



21<sup>st</sup> January 2020

Dear Parents and Carers

I have received the following information on family wellbeing. It is a free resource for all to access and runs for four weeks at a time. I hope you find it of use.



## Look After Your Family's Wellbeing during Lockdown

### Free Online Workshops

#### Are you finding it challenging to look after your family's wellbeing during lockdown?

In partnership with Somerset Skills & Learning, Young Somerset are hosting a series of free online workshops to give families the right tools and advice to be able to support their wellbeing during lockdown.

The course includes four consecutive, 2 hour sessions and will take place weekly on Monday evenings 18:00-20:00. This is a rolling course; the first course will begin on Monday 1st February and will be repeated monthly until July. If you are unable to attend all four sessions, you can still enrol on the course. Please contact [ruthgavenlock@youngsomerset.org.uk](mailto:ruthgavenlock@youngsomerset.org.uk) if you have any questions.

To enrol on the course and for more information about each sessions please visit: [www.sslcourses.co.uk/courses/course/looking-after-your-families-during-lockdown-young-somerset/](http://www.sslcourses.co.uk/courses/course/looking-after-your-families-during-lockdown-young-somerset/)

**Love learning, work together, achieve and shine.**

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### SESSION ONE

LOOKING AFTER YOUR FAMILY'S HEALTH IN LOCKDOWN:  
THE 7 PILLARS OF WELLBEING



### SESSION TWO

YOUNG PEOPLE -  
BUILDING RESILIENCE IN LOCKDOWN



### SESSION THREE

HOW TO MAKE PHYSICAL ACTIVITY  
FUN FOR THE WHOLE FAMILY IN LOCKDOWN



### SESSION FOUR

MAKING A WELLBEING PLAN FOR ME AND  
MY FAMILY AND STICKING TO IT

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Kind regards,

Tracey Hart  
Headteacher

