



Wellbeing Coffee Catch-Up

How has lockdown been for you?

How have you managed the changes to your normal daily routine?

What challenges have you faced?

What have you been most grateful for during the lockdown period?

How often have you been able to talk with other adults and parents?

On **Thursday 4th February** and **Friday 5th February** we would like to invite you along to our **Virtual Wellbeing Coffee Catch-Up** session. This will be a relaxed and informal space where the adult members of our community can come together to chat about how things have been going for them during the lockdown period and receive a friendly and understanding ear.

The sessions will take place on **Zoom** from **11.00 to 11.30** on both mornings.

We look forward to seeing you there!

Mrs. Clare Bush
Wellbeing and Family Support Officer

Mr. Steve Wickenden
Wellbeing Support Mentor

Please contact us for meeting ID and password

