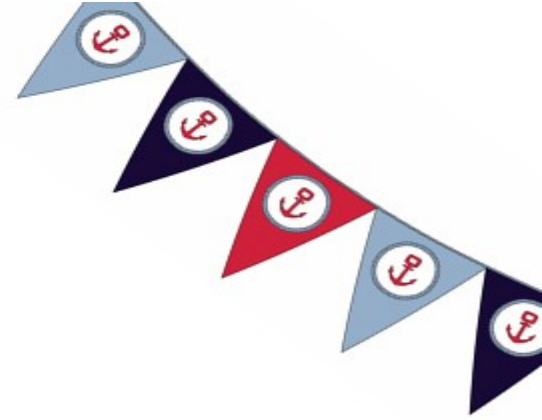




MERIDIAN COMMUNITY
PRIMARY SCHOOL
AND NURSERY
Learning for Life



26th January 2026

Dear Parents/Carers,

Introducing Lily Stevanovic - Parent & Carer Practitioner from Me & My Mind

Lily from 'Me and My Mind' team (part of East Sussex Mental Health Support Teams), would like to set up **free sessions** for **parents & carers** to support their child's **mental health and emotional wellbeing**.

Lily offers **workshops, themed coffee mornings, 1:1 drop-in sessions, online and recorded webinars** and at times **short courses** on specific subjects. Firstly, she would like to know what would be most valuable for you and your child right now.

Workshops/coffee mornings could include things such as, "**Taming the Worries**", "**Tricky Mornings**", "**Thriving Through Change**" or getting advice and support on **Children's Wellbeing** – workshop that covers **5 ways to wellbeing, sleep, food, digital media** and much more.

Please click: <https://forms.office.com/e/QYXhLwZ2NG> or **scan QR code** to complete **1-minute survey** to find out what is on offer and to express your current support needs.

For further information or to find out more speak to
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Senior Mental Health Lead



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