

NIGHTINGALE



Newsletter no9

Wellbeing Hub

The Mindful mums Wellbeing Hub for Parents offers a range of resources to support parental wellbeing during early parenthood. Developed by a locally-commissioned parenting mental health service and part of South East London Mind, it is a collaboration to collate and share perinatal mental health resources to as wide an audience as possible.

The Padlet can be accessed here:

<https://padlet.com/mindfulmums/wellbeing-hub-for-parents-in-south-east-london-u8e1xf55z5w78f9i>

Nursery Stay and Plays - weekly on Thursdays 8.30am - 9.30am & 12.30pm-1.00pm

Reception stay and reads every Thursday at 8.20am

2nd Feb 6-7pm - - Anxiety Workshop (see Dojo)

Young musicians day Saturday 7th February (see Class Dojo for details)

9th Feb - Children's mental Health week

Saturday 21 February, 10am to 4pm, free unar New Year Fun Day @ Maritime Museum

Half term holiday: Monday 16th February - Monday 22nd February

Important dates

Game On! Step Inside Our Brand New Games Room

Take a look at our new games room! This space is great for developing friendships, learning turntaking skills and mostly - having fun. A big thank you for all of your support at our fundraising activities which have enabled us to provide this amazing resource.

