



Bee-lieve Foundation

'Building a brighter future for young people'

Dear Parents,

Mental Health Matters

To mark thirty years in Catholic education, Steve Tindall (HT, Holy Family) has established a charitable trust entitled **Bee-lieve Foundation**. Bee-lieve aims to help young people suffering from mental health and their cause is beginning to gather some momentum via word of mouth, email and particularly on social media.

On **Saturday 19th September**, Steve and some friends will be doing a marathon walk for mental health from Westminster Cathedral to Holy Family via all the schools Steve has worked in during his career. Details of the walk and the cause can be found on the Bee-lieve Foundation website:

From Mr Tindell

The objects of the charity are:

To advance the education and health and life chances of young people up to the age of 18 and their families living in but not limited to South East England through:

- a) The provision of mental health and well-being support, social and physical activities and opportunities which develop their resilience, capacities and capabilities, enabling them to participate in society as mature, confident and responsible individuals.
- b) Providing training in the principles, practices and methods of providing emotional support to teachers, LSA's, volunteers and parents and in other allied or ancillary subjects.
- c) Promoting available agencies and providing funds for families to access counselling sessions and other areas of support connected to mental health and well-being.

The scope of the work we can do and the number of children we can help is clearly linked to our available funds and resources. It is for this reason that we are seeking your help in promoting the foundation and also helping us to raise much-needed funds.

Our major fund-raising event for 2020 is the 'Marathon for Mental Health' taking place on Saturday 19th September on a 26 mile route from Westminster Cathedral to Holy Family School in Addlestone. Our target is to raise £10,800 as this represents £30 for every month of my 30 year teaching career. We felt this was a good place to start and if we can hit this target, it will allow us to begin our quest to tackle the many complex mental health issues within our communities.

<https://www.beelievefoundation.co.uk/>

In the midst of the Coronavirus pandemic, there has never been a more important time to support the mental health of our nation. This is particularly relevant for children who have been trying to cope with months of social isolation from their friends. The Bee-lieve Foundation is here to provide invaluable support for children and their families as we begin to re-adjust to a very different world.

If you would like to make a donation to support the Foundation, please follow the link here:

<https://www.justgiving.com/crowdfunding/beelieve-foundation>

St. Anne's Support

I would very much like to support Steve with this as we all know the importance of looking after our children's mental health, particularly at the moment. The charity will also enable funds to support the children at St. Anne's where needed. It is not purely for the pupils at Holy Family. Therefore I urge you to support by:

- a) Sitting with your child to look at the website <https://www.beelievefoundation.co.uk/>
- b) **Support mufti day on Friday 18th September by wearing blue or yellow colours with a donation of £1 to the just giving page (see link) <https://www.justgiving.com/crowdfunding/beelieve-foundation>**
- c) Make a private donation.

Let us all get behind this wonderful charity to make life better for so many children.

God bless,



Mrs Murphy
Acting Head Teacher