



## Hemsby Primary School

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Thursday 17<sup>th</sup> December

Dear Parents and Carers,

### Well Being Information

This has been an exceptionally challenging year for all of us and we know that Christmas is often a difficult time of year for people and, with measures in place to prevent the spread of coronavirus, we may not be able to do the things we normally do and to be with friends and family, especially if they are vulnerable and feel they need to be alone to be safe, this year. A new mental health campaign called 'Not Alone', has been launched to help people who will find this Christmas particularly difficult to deal with. Norfolk County Council, the Norfolk and Suffolk NHS Foundation Trust, local mental health charity, Norfolk and Waveney Mind, and the county's NHS Norfolk and Waveney Clinical Commissioning Group (CCG) are working in partnership with the support of Archant to encourage people to reach out to those who may be struggling. The campaign offers support and advice, via an e-card. This digital card can be sent to people who may be struggling, to show that they are being thought of and to signpost them to a range of services that can give them some extra help and support. A paper version of the card will also be free in Friday's edition of the EDP and Evening News. To send the e-card to someone, please go to this address:

<https://t.email.archant.co.uk/lp/notalonethischristmas>

There is also the NHS Wellbeing Service, which offers a range of talking therapies, employment support, peer support and social activities by telephone, video call, instant messaging and webinar. The service is for anyone experiencing common mental health and emotional issues, such as low mood, depression or stress. People can self-refer by calling: 0300 123 1503 or by going to the following address:

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

We hope you and your family keep safe and well this Christmas.

Kind regards,

*Sian Harmer*

Sian Harmer  
Headteacher

