

Water Primary School

Happiness, Health & Opportunity

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The Wellbeing Roadshow is coming to our school!

When – Friday 7th May

Where – Infant Yard

Time – 8.40am

- Things we already know- child obesity is a major problem in Rossendale we are way above the national average.
- Mental health problems including depression, anxiety and obsessive compulsive thoughts have been on the increase but have soared due to the pandemic.
- Physical activity can improve mental and physical health
- Loneliness is a good predictor for poor health.

As part of Rossendale's recovery after the pandemic we are hoping to bring a number of health care professionals to you in the school yard. This first event is part of the bigger picture to help all families in Rossendale. Hopefully, the success of our first roadshow will enable similar activities in all schools across Rossendale, as we continue to collaborate, connect with all families and parents.

We are here to listen, give tips, chat and signpost you and your family to relevant services. Please do come along and say hello.

Who will be there?

Shahan Lais- social prescriber. A social prescriber can connect you with groups that are going on in the community. Such as dance, gardening, healthy eating debt management etc. The aim is that with connection with like-minded people mental health and physical health will be improved.

Jo Tomlinson- health coach. Jo can help support and coach you through your own wellbeing journey. Through regular contacts, motivating you to improve your health and become your own self manager. Jo can also help connect you with other services and peer support.

Lancashire Women's centre staff- Lancashire women's centre provides multiple services for all (not just women). You can self-refer to Lancashire women's for talking therapy, employment support, money, benefits and debt advise plus more. <https://lancashirewomen.org/>

Dr Emma Gladwinfield local GP, plus other members of your local primary care team.

This Roadshow has been risk assessed in terms of Covid-19

This event has been risk assessed in terms of Covid-19. Please can we ask that all parents wear a mask whilst on the school premises.

