



Bemrose School, Changing Lives

Email: afcbmdd.adminchanginglives@nhs.net

Dear Parents/Carers

Changing Lives (Action for Children) is working together with Bemrose School, Years 9-11, to offer **The Blues Programme**.

The Blues is a 6-week small group programme designed to support young people aged 13-16 years, giving them the tools and understanding to prevent and reduce symptoms of anxiety, stress and low mood. It is based around the Cognitive Behavioural Therapy theory and focuses on the idea that our thoughts, feelings and actions are all connected.

The main aim is to support your child with all the stresses faced by teenagers today and to provide them with an understanding of coping strategies and how to apply these skills into daily life. The programme initially uses an optional questionnaire to identify students who may benefit from participating. Those pupils will then receive an invite and be asked if they would like to access this support.

If you do not wish for your child to be involved in this, please contact our admin team, afcbmdd.adminchanginglives@nhs.net to opt out including the name of your school, full name of your child and form group. If we do not hear from you before 3rd December, we will assume we have your permission to proceed.

If you would like further information please go to:

<https://www.actionforchildren.org.uk/what-we-do/children-young-people/blues-programme/>.

Yours sincerely,

Hannah Shoreson

Service
Coordinator
Changing Lives