

9<sup>th</sup> February 2017

Dear Parent/Carer

***Invitation to join us at: Supporting parents and carers concerned about a child's emotional wellbeing or mental health event.***

We know that 1 in 10 children and young people aged 5 - 16 suffer from a diagnosable mental health condition - that is around three children in every class. Nearly 80,000 children and young people in the UK suffer from severe depression.

With this in mind, the Safeguarding Children Board at Cheshire West worked with young people to find out what more we can do to help those experiencing emotional wellbeing difficulties. They told us to offer increased support to the parents and carers who help them to cope with their feelings on a daily basis.

So, supported by colleagues in Cheshire West Child and Adolescent Mental Health Service (CAMHS) and the National Charity Young Minds we are pleased to be able to offer a one day event specifically for parents and carers to attend.

**The event will take place at Civic Hall, Ellesmere Port, Cheshire, CH65 0AZ on Friday 24<sup>th</sup> March 2017 9:45am – 3pm.**

The day will provide lots of information, practical advice, and access to services that can answer questions and provide ongoing help to families. There is no expectation that parents/carers discuss their children's personal circumstances, but for those who wish to professionals will be available throughout the day.

To request a place contact the LSCB **by phone (0151 35 66614)**; or **via email** at [LSCBtrainingandevents@cheshirewestandchester.gov.uk](mailto:LSCBtrainingandevents@cheshirewestandchester.gov.uk) You can also ask a professional working with you to apply on your behalf (please note they will need to provide your name and contact details so that we can confirm your place with you).

The event is free of charge. Let us know at the point of booking if you require transport to the event. There will be refreshments and lunch provided. **Please note the event is not suitable for children, of any age, to attend.**

If you have any questions please contact Sian Jones on 07584206913 or via the email address above. We look forward to seeing you there.

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**Gill Frame, Independent Chair, Cheshire West Safeguarding Children Board**