

## NATIONAL WELL-BEING DAY 2023



Monday 25<sup>th</sup> September 2023

Dear parents / carers,

**We're holding a Tea & Talk and raising funds to help create a world with good mental health for all.**

St. Paul's Catholic Nursery and Primary School would like to invite you to our up and coming **Tea & Talk** event to mark National Well-being Day on **Tuesday 10th October 2023 at 9am.** The event will give us a chance to have a cup of 'Tea and Just Talk' and with any kind donations we can raise money changing lives for the **Mental Health Foundation.**

I have invited a representative from **Broxbourne, Cheshunt and Waltham Cross (BCW) Schools Partnership** Family Support Worker Team who work closely with our school / parents and will be available at the event offering any advice if needed.

# Join us for Tea & Talk

**Have a natter.  
Raise money.  
Change lives.**



If you can attend please confirm by contacting the school office no later than **Tuesday 3rd October 2023** in order for us to be aware of numbers.

***Look out for our posters!***

**Have a natter.  
Raise money.  
Change lives.**

**TEA  
& TALK**  
Mental Health Foundation



### **Join our Tea & Talk...**

**Where:**

St Paul's Catholic Primary School

**When:**

Tuesday 10th October 2023 - 9am

**Contact:**

School office to confirm attendance

**We're holding a Tea & Talk and raising funds to  
help create a world with good mental health for all.**

**[mentalhealth.org.uk/tea-talk](https://mentalhealth.org.uk/tea-talk)**



**Good mental health for all.**

Registered Charity No.  
England 801130, Scotland SC039714,  
Company Registration No. 2350846.



**We look forward in seeing you!**

Kind regards,

**Netta Costanzo**

**Assistant Headteacher**

**SENDco, Inclusion & Mental Health Lead**