

Dear Parent/Carer,

Compass Changing Lives Mental Health Support Team (MHST) is an emotional wellbeing in schools service helping children and young families to develop important wellbeing skills and confidence. We will soon be working with Duckmanton Primary School, and your child is invited to attend one of our group-work programmes looking at Coping with Transitions and how to manage this.

The sessions will be delivered within school, during the school day. The programme will be delivered over 5 weeks, and each session will last for approximately 1 hour.

We will cover the following areas:

- Exploring previous Transitions
- Psychoeducation – what happens in the brain and body when we experience anxiety, worries and stress, exploring the Fight, Flight & Freeze Response.
- Types of Worries
- Problem Solving
- Unhelpful thoughts
- Introduce Coping Strategies.

In order for your child to take part in the group-work sessions please click on the link or scan the QR Code to access the Microsoft Form:

[Consent for Group work: Transition Group at Duckmanton Primary School, Bolsover Team – Fill in form](#)



Please complete this by Friday 22nd May 2026.

If you have any queries or further questions, please do not hesitate to contact school or Compass Changing Lives on 01332 315569.

Kind Regards,

Hayley Gardner - Supervising Practitioner (in training)



01332 315569



changinglives@compass-uk.org



@compassclmhst