

Be U Hubs
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Subject: Be U Hubs - Mental Health Workshops and Interventions

Dear Parents and Carers,

We are delighted to announce that Be U Hubs (part of ABL Health) will be delivering our early intervention service at your children's school.

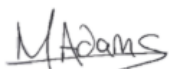
Our delivery includes specifically themed workshops, which use various interactive activities and discussions to help create a sense of community and to promote resilience and mindfulness. The goal of each of our workshops is to equip children and young people with practical tools, insights and skills that they can use in their day-to-day life. This is a preventative service, designed to be accessible to all children and young people, not just those with identified needs.

However, if it is beneficial, then we can provide additional support for those children and young people who may need additional information, advice or guidance. This will involve a 1:1 session with an Emotional Wellbeing Practitioner. The model builds on the success of single session intervention by incorporating a blend of therapeutic techniques with strengths-based and goals-based approaches.

Our service is funded by the Department for Health and Social Care and as part of our funding agreement, we require data to monitor the impact of our services. The data required will include demographic information such as name, date of birth, postcode, as well as other information such as whether your child has had previous mental health service involvement. Please be assured that when this data is shared with the Department of Health and Social Care, each child will be non-identifiable. The Department is looking to identify trends rather than track, monitor or identify individual children or families.

If you have any concerns regarding the data being submitted to Be U Hubs, please speak to your child's school in the first instance. We can't wait to get started!

Kind regards,



Marcus Adams
Service Lead