

# Northfield Natter



We have put together a series of short talks for those of you with children in the Northfield and Mastrick areas. These are one-off events and parents/carers are welcome to attend as few or as many sessions as they'd like – there'll be opportunity for discussion and to ask any questions (or if you'd prefer to just to grab a cuppa and listen in, that's ok too!).

How to support you and your family with loss and bereavement - Tina

Boyle, Clan: 10.30am – 12pm, Tuesday 27<sup>th</sup> April.

Nutrition and tips for healthy eating – Caroline Hay-Crawford, Family

Learning: 1 – 2.30pm, Wednesday 5<sup>th</sup> May.

Supporting your and your family's mental health – Jenny Adie, Healthy

Minds Team: 10.30am – 12pm, Tuesday 11<sup>th</sup> May.

Understanding autism – Marion McLaughlin, One Stop Shop:

10.30am – 12pm, Tuesday 18<sup>th</sup> May.

Benefits welfare advice – John Mulhern, Welfare Rights Team, CFine:

10.30am – 12pm, Tuesday 25<sup>th</sup> May.

Google meet links will be posted on Facebook each week. Or if you'd prefer to get this emailed/messed to you, please let us know. No formal registration is required to attend these talks, however it would be good to have a rough idea of numbers in advance, so please let us know if you plan on joining. For more information, please contact Angela Family-Learning, Helen Family-Learning or Ruth Family-Learning on Facebook.

