

# FEEL GOOD CLUB

## HARROW MHST



Speak to your school to sign up



Ages 6-9 years



Cedars Children's Centre



Whittlesea Rd, Harrow, HA3 6LS

Growing self esteem, emotional literacy and friendship skills through play

This club is **FREE** of cost and funded by the **NHS**.

WEEK 1		
Monday 27 <sup>th</sup> July	9:00am - 12:00pm	
Tuesday 28 <sup>th</sup> July	9:00am - 12:00pm	
Wednesday 29 <sup>th</sup> July	9:00am - 12:00pm	
Thursday 30 <sup>th</sup> July	1:00pm - 4:00pm	
Friday 31 <sup>st</sup> July	9:00am - 12:00pm	

WEEK 2		
Monday 3 <sup>rd</sup> August	9:00am - 12:00pm	
Tuesday 4 <sup>th</sup> August	9:00am - 12:00pm	
Wednesday 5 <sup>th</sup> August	9:00am - 12:00pm	
Thursday 6 <sup>th</sup> August	1:00pm - 4:00pm	
Friday 7 <sup>th</sup> August	9:00am - 12:00pm	

To sign up for **WEEK 1** or **WEEK 2** contact your school!



## **Harrow Mental Health Support Team in partnership with Harrow Early Help**

# **Interested in signing up for Feel Good Club? Here's how to do it:**

1. Fill out the slip below & return to school
2. The school will refer your child to Harrow MHST - this referral will be opened on your child's NHS medical record
3. Expect a call from one of our clinicians. This will be to learn more about your child, confirm your details are correct & answer questions you may have!

Feel Good Club is an opportunity for any child aged 6-9, who attends a Harrow school, to grow self esteem, emotional literacy & friendship skills through play!



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### WEEK 2

 Monday 3 <sup>rd</sup> August	9:00am - 12:00pm
 Tuesday 4 <sup>th</sup> August	9:00am - 12:00pm
 Wednesday 5 <sup>th</sup> August	9:00am - 12:00pm
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To sign up for **WEEK 1** or **WEEK 2** contact your school!



Child's name .....

Class .....

I consent for my child to be referred to Harrow MHST for Feel Good Club

I understand that a NHS health record will be created for my child to store their information securely

Parent name .....

Parent signature .....