**Message from the Wellbeing Team**

JAMI Events:

The Jewish community’s mental health charity are running a session “Getting through lockdown” specifically aimed at 14-16 year olds on the evening of **Monday 25th January** and an interview with Dr Ellie Cannon aimed at parents supporting their children on **Tuesday 26th January.**

More details can be found on [www.jamiuk.org/mhas](http://www.jamiuk.org/mhas) where people can register for the events. Please note that the 14-16-year-old session has very limited numbers of 16, maximum.

**Mrs N Cohen**

**Wellbeing Department**