

HEALTH AND WELLBEING DROP IN SESSIONS

Come and chat to your local
School Nursing Team.
We can offer support and signpost
services to help you.



Mental Health

Sleep

Anxiety

Relationships

Support

Sexual Health

Smoking/Vaping

WHERE

Place: Meeting Room 2 / Inset suite

Dates: 1st Thursday of the month

(2nd Oct, 6th Nov, 4th Dec 2025,
8th Jan, 5th Feb, 5th Mar, 16th Apr, 7th May, 4th Jun, 2nd Jul 2026)

Time: 11:30am - 12pm
and
1:15pm - 1:45pm

