



6th October 2026

Worries Workshop for Year 7 Parents and Carers

Dear Parents/Carers,

As part of our ongoing commitment to supporting the emotional wellbeing of our pupils, Brynteg School is working closely with **SHINE**, an early-intervention, school-based service within NHS Child and Adolescent Mental Health Services (CAMHS).

We are pleased to invite parents and carers of our Year 7 pupils to a **Worries Workshop**, designed to provide practical advice and support around some of the common worries and concerns young people may experience.

The workshop will explore ways in which parents and carers can:

- better understand the emotions and worries that young people may experience
- recognise some of the signs that a young person may be struggling
- develop practical strategies to support their child at home
- encourage positive emotional wellbeing and resilience.

Workshop details

Date: Wednesday 21 October 2026

Time: 3:30pm to 5:00pm

Venue: Brynteg School, Humanities Hall

The workshop will be followed by a short **question and answer session**, providing an opportunity for parents and carers to ask any questions they may have.

The session is open to **all parents and carers of Year 7 pupils**. Please note that this is a parent/carers workshop and is not intended for pupils to attend.

We hope this session will provide a helpful and supportive opportunity to learn more about how we can work together to support our young people and navigate the challenges that can come with this stage of their development.

We look forward to welcoming you on the day.

For further information about SHINE and the support they provide, please visit:

[NHS Wales - Shine Whole School Approach](#)

[CAMHS SHINE Whole School Approach Service](#)

Yours sincerely,

P.P. 

A Stimpson
ALN Manager, Brynteg