



Archibald Family Support
Archibald First School
Archibald Street
Gosforth
NE3 1EB
1st May 2013

Dear Parent/ Carers

During the last year I have undertaken both my Complementary Therapy and Adult Resilience Training. To enable me to practise and develop my skills and to gain valuable experience in this field, I am looking for up to 10 participants who will be willing to commit to four Monday mornings commencing on Monday 10th June 2013 from 9.15 to 10.15 to take part in my new project “Monday Morning Mindfulness. (There will be 6 free crèche places on offer to allow families with preschool children to take part).

If you would like to book a place on this course, please return the attached slip to the School Office by Monday 20th May. If this new project is successful I am planning to apply for Ward Committee Grant for the funds to be able run from September 2013 – July 2014.

Thank you for your continued support of my role

Kindest regards

Diana West

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I would like to book a place on Monday Morning Mindfulness.

Name

Contact details

I will/ will not require a crèche place

