



# Wellbeing at Wimbledon Chase

## Autumn Term 1 2024



### Mental Health and Wellbeing at Wimbledon Chase

Upholding Article 24: A child's right to health and health services

Welcome to the Autumn Term 1 Wellbeing Newsletter, and a particular welcome to all our new families who have joined us this year. At Wimbledon Chase, we believe that mental health and wellbeing are crucial to the children's success and happiness. We're proud of the increase in our capacity to support both children and their families.

At Wimbledon Chase we provide mental health and wellbeing support for all children. We focus on this in class, in lessons and through assemblies and theme days or weeks. Some children and families may need more bespoke support and we are able to do this via the three routes below.

#### The Wimbledon Chase Team

We have an experienced team of expert professionals leading our Mental Health and Wellbeing offer. If you would like to speak to one of our school based practitioners please contact Mrs Adamson or Mrs Knapman in confidence via the school office.

**School Based - school professionals can refer or families can self-refer for this support.**

**Mrs Nikki Adamson** – Mental Health and Wellbeing Lead

**Mrs Clare Knapman** – SEND and Inclusion Lead

**Mrs Claire Nicholas** – Emotional Literacy (ELSA) programme Lead

**Education Wellbeing Service - families can self-refer for support with children's anxiety or behaviour via. [Wave6MertonMHST@swlstg.nhs.uk](mailto:Wave6MertonMHST@swlstg.nhs.uk) See details below.**

**Dr Kelly Lewis-Cole** – Lead clinical psychologist

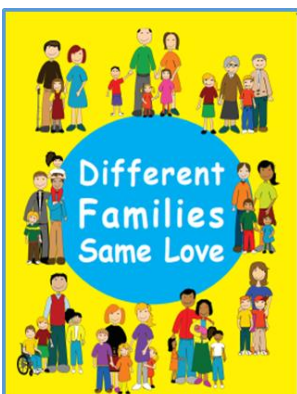
**Ms Megan Doyle** – Educational Wellbeing Practitioner (EWP)

**Targeted Mental Health Service (TAMHs) – school professionals refer families to this service**

**Dr Rosie Waterfield** – Lead clinical psychologist

**Ms Carrie Tse** – Art Therapist

The Wellbeing Section of our website ([click here](#)) has a range of useful resources and information including how to access support and self-refer to our Education Wellbeing Service.



#### Parent Coffee Mornings, Webinars and Workshops

At Wimbledon Chase we want everyone to feel that they belong to our community. We know that feeling a sense of belonging has a positive impact on our mental health and wellbeing. We believe in celebrating our differences and making connections through what we have in common. Accessing support with others can make you feel less alone.

Below is information about all the support available to our families this term.

Our first coffee morning is:  
**Supporting your child with Academic Demands**  
**Friday 20<sup>th</sup> September 9am School Hall.**

The sign up form is below.