

Dear Parents/Carers,



I would like to introduce myself to you all. I am Annie Lowe, an Art Therapist and Counselling Services Manager for the Harrow Schools Counselling Partnership. Some of you will remember Georgina who previously ran the counselling service, she has recently moved to a special school to work with children.

The Harrow Schools Counselling Partnership is a company that specialize in providing a therapeutic counselling service within schools supporting students, staff members and families. From January I will be working at Park High every Friday running the counselling service. My role is to provide therapeutic, emotional support to students, parents/carers and staff members. I also work alongside another therapist, Claudio, who sees several students every Friday on a 1:1 basis.

As part of my role, **every Friday** I run a drop-in service for Parent's and Carers. This drop-in service offers a strictly confidential space for you to discuss and seek support for any issues that may be impacting you or your family. This could be a concern about your child or children; such as their behaviour, mood or sibling relationships; or it may relate to family circumstances such as a bereavement, divorce or job loss. As part of the drop-in service, I can offer therapeutic support, strategies to manage behaviour or signposting to other agencies who may be able to help. **In order to request an appointment, you can contact me directly by either email or phone.** The Parent drop-in usually runs from **9.00am – 10.00 am** but I can try to be flexible where possible as I know many of you have very busy lives. I can offer a one-off session or more regular sessions depending on what is best for you and this is something we can discuss when we meet.

Additionally, I run a similar drop-in service for Students during lunch time on Fridays. Again, students can request an appointment with me directly and they will be provided with a confidential and safe space to discuss any worries or concerns. In some cases, Parents/Carers may wish to refer their child to me, and you can also contact me directly to do so. Although it is important that I respect a student's decision as to whether they wish to attend or not, I can introduce myself and offer them a space to talk if you do raise any concerns.

At HSCP our philosophy is that **"its ok to not feel ok"** and **"asking for help and support is a good thing"**. Sometimes, we all need someone to talk to and sometimes we need someone who is trained to attentively listen and provide a confidential space. We are here to provide that; both for you and your children.

If you have any questions or concerns, please do not hesitate to contact me on the details below.

Best wishes,

Annie Lowe

School Counselling Manager

My contact details are:

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