



Dear Parents/Guardians

Action for Children is working together with your child's school to deliver a 2 week programme called 'Bouncing Back'. We are currently providing this to your child's school.

The Bouncing Back programme will be delivered over 2 x 1 hour sessions to the whole class group with the support of a member of the school staff team and is aimed at helping young people to identify triggers to negative thought processes that can impact our emotional and mental well-being. It is based around the Cognitive Behavioural Therapy theory and focuses on the idea that our thoughts, feelings and actions are all connected. As we know, this has been a difficult year for most of us.

The programme is designed to encourage children and young people to develop an 'inner' tool kit to help them to challenge their own thought processes and promote positive emotional well-being.

Action for Children will ask school for the Name, Date of Birth and Registered GP for all children that access the programme. Can you please click on the following link to either give or withdraw your permission for the school to release this information [Consent](#). Please note that if permission is not given your child cannot take part in the programme. Our privacy policy can be found at <https://www.actionforchildren.org.uk/privacy-policy/>

This information is requested due to our service being commissioned by the CCG where we have to report back quarterly stats in relation to number of children we work with, ages, genders, and localities of GP's. NHS Derby and Derbyshire Clinical Commissioning Group brings together the combined expertise of 112 local GP practices, split between eight different Places, to commission health services on behalf of over 1,065,000 patients in Derbyshire.

If you would like further information please go to: <https://www.actionforchildren.org.uk/what-we-do/children-young-people/blues-programme/>, or email either Nicola.Wood@actionforchildren.org.uk or Caroline.Stodart@actionforchildren.org.uk

Yours sincerely,

Caroline

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