The Phoenix Primary School & Nursery

Leinster Road, Laindon, Basildon
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Friday, 6th November 2026

Dear Parents/Carers,

Anxiety Workshop for Parents and Carers

On Thursday, 26th November 9.30am -11am, we will be hosting a parent workshop focusing on anxiety in children and young people, delivered by SPACE (Support for Parents and Carers in Essex).

SPACE is part of the Essex SEND Local Offer and provides advice, guidance and emotional support to parents and carers of children and young people with Special Educational Needs and Disabilities (SEND). Their support is delivered by trained Peer Educators who have lived experience of raising a child with SEND, offering practical strategies and understanding from a parent's perspective.

This workshop is a valuable opportunity to learn more about anxiety, develop an understanding of how it can affect children, and gain useful strategies to support your child at home.

If you would like to attend the workshop, spaces are limited on a first come first serve basis. Consent to attend needs to be given via ParentPay by Tuesday, 24th November 2026.

We look forward to seeing you there.

Kind regards,

HLiddicott

Mrs Liddicott
SENCo

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to build the community of tomorrow