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### About the Programme

Parentsactive in association with **Chelsea FC Foundation** and **HFEH Mind** will be running another round of Parentsactive8, an exciting 8 hour **physical and mental health wellbeing programme** specifically for **parent carers of children with SEND aged 0-18 years**.

**You must be living in the borough of Hammersmith & Fulham or are registered with a GP in Hammersmith & Fulham to join the programme.**

You will take part in a variety of physical activities, mental health workshops and have an opportunity to meet other parent carers over the 5 week programme, in the fantastic grounds of Stamford Bridge Stadium home to Chelsea FC!

**The programme will run for 5 weeks on Wednesdays at 10am**, starting on the 20th of September. Weekly sessions will be:

**20th September** (10am -12pm) – Introduction (1 hour) & physical activity session (1 hour) – 2 hours

**27th September** (10 am – 12pm) – Mental Health workshop with Mind – 2 hours

**4th October** (10 am -11am) – Physical activity session – 1 hour

**11th October** (10 am – 12 pm) –Mental Health workshop with Mind – 2 hours

**18th October** (10 am -11am) – Physical activity session – 1 hour

### To Book

Please book through the **Eventbrite link below** or contact us at [info@parentsactive.org.uk](mailto:info@parentsactive.org.uk) / 07572 138245 if you need any support.

<https://www.eventbrite.co.uk/e/parentsactive8-parent-carer-wellbeing-programme-tickets-634039417967?aff=oddtcreator>