

Newsletter

Dear Parents, Carers and Students

Happy New Year and welcome back to new exciting term.

WELCOME BACK

It has been great to see all the year groups together in School after the staggered start. The joyous sound of happy young people enjoying being in School with their friends and teachers has been fantastic.

Thank you for your support with maintaining high standards with the school uniform. Mrs Eynon in Student Services has asked me to encourage students to check lost property because we have a large amount of lost uniform and equipment to be reclaimed from last term.



EXTRA-CURRICULAR

In this newsletter we are delighted to share the Term 3 extra-curricular and club timetable. I would like to say a big thank you to Ms Board (Science) and Mr Pate (Music) who have been organising lots of staff volunteers to run clubs after school. Last term they surveyed students to find out the sort of clubs that they would be interested in and we are very confident that there is something for everyone this term. We encourage students to sign up and get involved...you can earn house points, make new friends and develop a new talent or hobby.



COVID CASES AT BFS

Finally, I am pleased to report that despite the headlines covid cases at BFS remain very low and student attendance has been well above national average...long may this continue.

We are all hopeful that we can shortly start to get back to normal and focus on life after the pandemic.

Wishing you all a lovely weekend



MRS S KING

KEY DATES

- Wednesday 19 January - LIVE YEAR 9 OPTIONS EVENT – 5.30pm
- Thursday 20 January - Year 11 Elevate Company "ACE" exams
- Wednesday 26 January - Year 9 subject evening virtual

THANK YOU

A big thank you to families, parents and students for their support and understanding as the school tightened some of its systems and focus at the start of this term. There has been a marked improvement to morning punctuality, promptness around school and the support for why we have tweaked systems such as same day detentions. Please continue to encourage your children to be prompt and proactive so that they make the most of all the opportunities this year.



MR EAST



REMINDER - PLEASE COMPLETE OUR RSE RELATIONSHIPS & SEX EDUCATION (RSE) PARENT SURVEY

https://forms.office.com/Pages/ResponsePage.aspx?id=bCkKhyVdnEuSUF1_fzQ18eN8a77V_y1Mm1LItQHMJppURTg1NjRSTeoyOUk2QTNOVDY1R0ITRloxNy4u



FACE MASKS



Student Services are issuing face masks to students who need them. We are encouraging students to bring one in but the number of masks being issued is increasing by the day. Please remember to send your children in with a face mask.

LATERAL FLOW TESTING

Students are asked to continue to test twice weekly on Sunday/Monday and Wednesday/Thursday and report results to www.testregister.co.uk

The screenshot shows the TestRegister app interface. At the top, it says 'TestRegister'. Below that, it says 'Please submit your test' followed by the name 'Sophie Smith'. There is a 'Test date:' field with a date picker set to 'dd/mm/yyyy'. Below that is a 'Test strip ID:' field with a search icon. A small blue icon with a question mark asks 'What does a test strip ID number look like?'. At the bottom, there are three buttons for 'Test result': 'Negative', 'Positive', and 'Void'. A 'Submit result' button is at the very bottom.



BFS EXTRA-CURRICULAR

AT BFS WE HAVE A HUGE RANGE OF EXCITING CLUBS STARTING NEXT WEEK!

CROCHET CLUB

Learn to crochet and knit like a pro! Knitting is fun and creative and is good for wellbeing. Come and give it a try - you'll be hooked!



MISS ROWDEN, DF15
WEDNESDAY

SCIENCE CLUB

Fire, explosions, experiments, oh my! Get hands-on and find real-world applications of your science knowledge. In Science Club we will be answering age-old questions such as "how are fireworks made?", "how do forensicists solve crimes?", and "what would happen if I set this on fire?".



MR INNES, CF18
WEDNESDAY

BOARD GAME CLUB

Defend the kingdom, destroy Tokyo, serve an expensive feast, build a city, or even trade goods in outer space! Get together with friends, play and have fun! Discover new games, play your favourites from home and even design new ones of your own!



MR MILSTEAD, CG11
RED TUESDAY

MATILDA THE MUSICAL COSTUME WORKSHOP

Work behind the scenes making and creating fantastic costumes for our very own musical!



MRS HARVEY, CG02
THURSDAY

PHOTOGRAPHY CLUB

Get snappy! Learn the art of photography, including how to get the perfect shot and fine tuning your work using editing software. A great new focus for your lunchtime!



MRS KINNERSLEY,
WEDNESDAY LUNCHEON

CELEBRATION COOKING

Celebrating foodie treats from around the world! Expand your cooking repertoire and create delicious recipes to cater for all tastes.



MRS FORD, CG20
MONDAY

DUNGEONS & DRAGONS

QUEST CLUB

Ever wanted to stalk through a dungeon to find lost treasure, or defend a city against an army of Orcs. Or maybe just explore a dark forest with your gang of elfish rogues. Find new ways to problem solve, tap into your creativity and join a campaign. Dungeons and Dragons is a popular role-playing game where you choose any character and navigate them through a world of wizards, thieves and heroes.



MR MILSTEAD, CG11 RED TUESDAY

BFS EXTRA-CURRICULAR

FANCY DOING A CLUB BUT UNSURE WHAT'S ON OFFER?



ECO BUILDING CLUB

We will be working hard to create a wildlife oasis at BFS by making various animal houses - bug, bird, bat, butterfly and more! Recycling and upcycling as much of the materials as possible, students will be using the workshop to develop their design, planning and construction skills. Let's go wild at BFS!



MRS GORDON, CG19
THURSDAY - YEAR 7 & 8



FLYING START CHALLENGE

Design and make a glider and compete with other schools locally and in the South West region. Learn about basic flying principles and designing. The glider that flies the furthest wins!



MR LAM, CG22
FRIDAY, YEAR 8 ONLY



KS4/5 PHILOSOPHY CLUB

'What am I?'; 'How do we know other people have minds?'; 'What should I do with life?'; 'Does this chair exist?' Philosophy examines the questions which Science and other subjects still can't answer! No prior knowledge needed



MR BLANCE, CG15
MONDAY



KS3 BOOK CLUB

Ready, steady book! Binge your to-read list with fellow bookworms. Whether you're in to Harry Potter, dystopian thrillers or just the classics, when in doubt, go to the library!



MRS SPEAR, LRC
BLUE WEDNESDAY



WELLBEING CLUB

Lots of positive ways to quieten the mind, feel good about yourself and make new friends. Sounds good? Then this is the club for you. From the benefits of stretching, breathing, positive affirmation and all things wellbeing, come and see what it's like. No registration needed, just turn up - it's going to be fun!



MS TOWNSEND & MISS HASTINGS, DF14
TUESDAY



EMBROIDERY CLUB

Embroidery club is sew fun! Students in embroidery club work closely with Miss Horton to learn basic stitches that they can develop into a design. Pieces of work are completed with the use of a hoop that students can take home to keep and cherish!



MRS STOKES, DF34
THURSDAY

DEBATE CLUB

Should the canteen stop selling junk food? Should homework be banned? If you love arguing and want to discuss the hot topics of today, then come along to debate club. Each week we will be researching and debating different controversial topic.



KS4



MISS BARNES, DF22
RED WEDNESDAY



MR LUSTING BRUCE, CF02
FRIDAY LUNCH TIME

KS3

BFS EXTRA-CURRICULAR

FANCY DOING A CLUB BUT UNSURE WHAT'S ON OFFER?



PRIDE AMBASSADORS

Come along to join a fun, safe space of welcoming young people where you will learn about a variety of issues affecting the LGBTQ+ community, and work together to help make BFS a more inclusive environment



MISS ROBERTS, DF23
MONDAY



ART CLUB

Art club is currently focused on assisting the Drama department in making props and sets for their upcoming production of Matilda. Anyone is welcome, attendance every week is not necessary. We will still be throwing in the occasional seasonal project alongside working on Matilda!



MRS STOKES, DF34
WEDNESDAY



CHESS CLUB

Make your move, join chess club! Learn to be the next grandmaster, challenging other students to exciting games in a relaxed, friendly atmosphere. Check mate!



MS COLEMAN, DF17
WEDNESDAY



KS3 PROGRAMMING CLUB

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MRS RAMANANDI
WEDNESDAY



POETRY BY HEART

Poetry By Heart is a competition run each year, where students record and enter a video of themselves reciting a poem from memory.



MR TREEN, DG05
WEDNESDAY

GIRLS PROGRAMMING CLUB

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MRS RAMANANDI
THURSDAY



MATHS HOMEWORK AND REVISION

Do you miss the point of vertices? Are your vectors pointing backwards? Come to maths support to improve your understanding and put the fun back in to functions. If you want to work on a particular topic, need some extra exam practice or just want a space to do homework with a teacher on hand, these sessions are for you



MR LUSTIG-BRUCE, CF02

Y10 THURSDAY
Y11 MONDAY
KS3 WEDNESDAY
Y12 MONDAY
Y13 THURSDAY

BFS EXTRA-CURRICULAR

FANCY DOING A CLUB BUT UNSURE WHAT'S ON OFFER?

JOLLY GREEN GARDENERS

I just wet my plants! Find your roots and embark on large-scale projects to make Bristol Free School a suburban jungle. From building vertical planters, to creating sustainable gardens, to clearing up our own pond area, we will bring some gorgeous greenery into our grounds!



MISS KELLY & MR ELLIS, CF20
THURSDAY

SCHOOL PRODUCTION

Rehearsals for our musical this year "Matilda"! Look for the full rehearsal in the Drama department.



PERFORMING ARTS TEAM, DRAMA HALL,
WEDNESDAY

LANGUAGE AMBASSADORS

A club for our wonderful language ambassadors to plan events and celebrate success.



MR NOUAS,
WEDNESDAY

KS3 DRAMA SHOWCASE

Working in small groups, rehearse extracts from various popular plays working towards some exciting performance opportunities. All are welcome!



MS CLIFTON, DRAMA HALL
MONDAY

STREET DANCE

Dance, get fit and have fun! Come and learn some exciting routines in a friendly atmosphere - all welcome!



MS LALEYE, DRAMA HALL
FRIDAY

HUMANITIES MAGAZINE CLUB

<https://www.loom.com/share/6d9a02162b4a4969bfe50090bd4022d6>



MR GREEN, DF25
MONDAY

ARABIC CLUB

Meet other Arabic speaking students and get to know each other, speaking in your home language.



MS EDDAHBI, CG10 LUNCHTIME
ON THURSDAY (12-10, 12-20)



CIRCUS SKILLS

Do you want to learn a completely new skill to impress all your friends and family? Do you want to discover a hobby that provides endless entertainment? Come along to circus skills club for this and more! Term 3's focus is juggling.



MR LALLY, CG13

BFS EXTRA-CURRICULAR MUSIC CLUBS



MR PATE

BAND

DRAMA STUDIO, MONDAY

Big ensemble group playing fun pieces including film music, pop songs, jazz, classical pieces and more! All instruments welcome and any ability level. If you want to jam with a big group of people, then this club is for you!

DYNAMICS CHOIR

DRAMA STUDIO, THURSDAY 3-4

Do you love singing? Our big choir group Dynamics learns fun songs in harmony. Come and sing in a relaxed, fun environment and have the chance to perform around Bristol and beyond! (We even sang in Disneyland once!) No experience necessary - all are welcome!

CHAMBER CHOIR

DRAMA STUDIO, THURSDAY

4-4:30

KS4 and KS5 singers are invited to stay on after our Dynamics rehearsal for our chamber choir "Treble In Paradise". Performing exciting acapella music with even more challenging and interesting harmonies!



FOLK BAND

DG31, MONDAY 3-3:30

"Hollow Trees", a folk music ensemble group for acoustic instruments with amazing vocal harmonies. The band has recorded music videos, played at festivals and more! Looking for guitar, ukulele, violin and other folk instrumentalists (Any accordion players out there?)

MUSIC TECH CLUB

DG32, THURSDAY

If you would like time to explore making music using Logic Pro on the music computers, then Music Tech Club is for you!



JAZZ BAND

DG31 MONDAY 3:30-4:30

"Treble Bass", BFS' jazz band plays a range of jazz standards as well as Blues, Soul and Funk. The band has recorded 3 full albums and several music videos. They regularly play at festivals and prestigious venues including Bristol Beacon, The Anson Rooms and The Old Duke. Brass players wanted in particular!

BFS EXTRA-CURRICULAR SPORT CLUBS



MRS WYNNE-JONES

BADMINTON

**TUESDAY, MEET AT CHANGING
ROOMS**

All year groups welcome to come and play badminton on the Muga. Bring your kit!



BASKETBALL

MEET AT CHANGING ROOMS

Shoot some hoops after school! Bring your PE kit - all welcome!

Monday Y7, Wednesday Y10&11, Thursday Y8&9



CROSS COUNTRY

MEET AT CHANGING ROOMS

Finish the week with a fitness focus - come and join Cross Country on Friday! All year groups welcome



FOOTBALL

TUESDAY, MEET AT CHANGING ROOMS

Are you the next Ayman Benarous (ex BFS Bristol City player!) Hone your skills in the BFS football squad. Meet in the changing rooms with your PE kit, boots and shinpads.

Monday Y10&11, Wednesday Y8&9, Thursday Y7



BFS MFL THE LANGUAGE AMBASSADOR SCHEME



MONASTIC SIGN LANGUAGE AND CISTERCIAN NUMERALS

During the 10th century, as Christianity began to spread, many monastic orders began springing up for people to devote their lives to virtue and the servitude of God. Some, like the Trappist monks, were often discouraged from speech, seeing it as a temptation to exercise one's own will instead of the will of God, which therefore meant they would often take vows of silence or limit their speech. However, the problem sprang up how they would communicate between each other and upon that came the idea of a monastic sign language: a way of communicating without disturbing the vow of silence. These were usually lexicons containing words that a monk would need to often use such as bishop, bible or hymn; however, they varied between monasteries. For example, travelling Franciscan friars used finger alphabets to spell a message. Whilst Benedictine monks used signs, indicating words to communicate during moments of silence. These signs had no real grammar but would follow the usual format of the country where it was being used, and the oldest sign book (where a monastic sign lexicon would be recorded) is dated to 1075 in the abbey of Cluny, in modern day France, and the Hirsau abbey, in modern day Germany and some like Cistercian and Trappist signs are still used to this day.



DARIO, Y10

As well as this, Cistercian monks had an interesting numeral system called the Cistercian numerals. These were created during the thirteenth century, around the same time that Arabic numerals were introduced in northwest Europe. These were used for indicating years, foliation (numbering pages), the lines of a staff in musical notation and other uses, but were not used for arithmetic, accounting or fractions. A person would create numbers by attaching ends to a vertical stave to form a glyph. The different markings would represent different numerical values which varied from manuscript to manuscript (the one used below is one such variation). If one wanted to write 1 then they would simply add a small line to the top right of the stave and if they wanted to write a 3 a small line facing downwards positioned in the top right. To change the place value, e.g. to form a 10 or a 100, the added drawing was either reversed or inverted or both to represent different powers. So if one wanted to write 5978, they would write it so*.



**THE VENERABLE BEDE'S
FINGER ALPHABET**

These were also sometimes done horizontally and followed the same rules of forming numbers except they would be flipped horizontally to allow the flow of the text to not be broken. However, these numbers could only go up to 9999, yet some people proposed forms to increase the place value. One such person from fifteenth century Normandy suggested making a glyph of "1000" under and around a glyph of "10" to produce 10,000. Another individual, by the name of Noviomagus wrote 1,000,000 by subscripting the glyph for "1000" (in horizontal form) under another "1000" (also in horizontal form). One doodle also suggested using horizontal staves for lower powers of ten and vertical staves for higher powers of ten, which would have enabled for numbers in the ten millions, however most of these were not used commonly. The Cistercians eventually abandoned the system for the Arabic numerals but there was still some usage outside of the order until the early twentieth century.

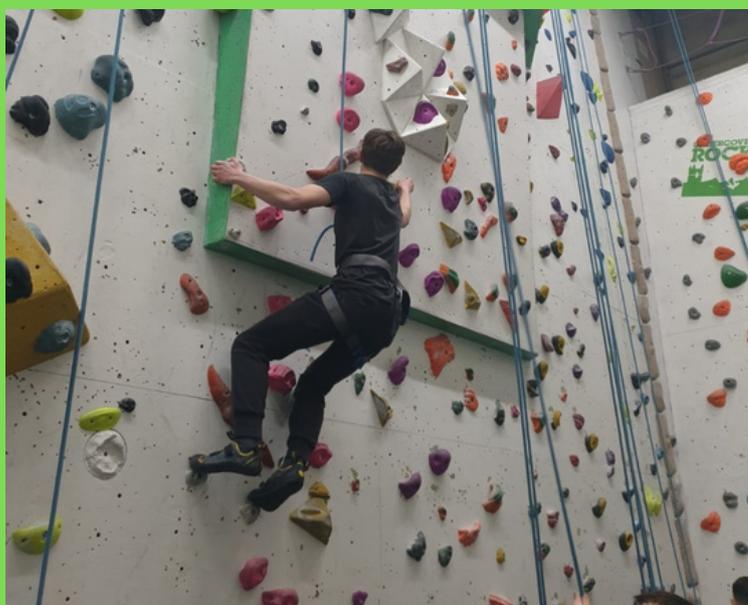


4	5	6	7	8	9
40	50	60	70	80	90
400	500	600	700	800	900
4000	5000	6000	7000	8000	9000



MR WHITFIELD

11 PE students have started a climbing course as part of the practical session of their course. Students are attending "The Church" climbing centre and will be receiving expert guidance and instruction from their staff. With a focus on safety and the development of technical climbing skills, students will be tasked with completing climbs with varying degrees of difficulty, with an expected standard of 6A to be achieved. As part of the course, students also get the opportunity to experience bouldering which is a form of low level climbing that does not use ropes. They have all made a fantastic start and hopefully this will give them the confidence to maintain their involvement into the future.



SIXTH FORM FOOTBALL FIXTURE VS ST BEDES.



VOTES FOR SCHOOLS

TOPIC FOR NEXT WEEK: LOSS AND BEREAVEMENT



MRS JENKINS

VOTES FOR SCHOOLS

Y7-Y11

We wanted to provide you with an update regarding an upcoming VotesforSchools lesson, which will be delivered during the week of 17-21 January 2022. The subject of the lesson will be loss and bereavement.

It was agreed by the Commissioners that the VotesforSchools lesson should focus on coping with loss and bereavement. This is to develop further resilience in young people who may have recently been bereaved, or who may experience this in the future. We also hope it will allow all members of the school community to show empathy for others who may experience loss and allow them to feel comfortable sharing their feelings

We recognise that this is a very sensitive topic, which will hit close to home for many of our young people and their families. We also appreciate that culturally, some students may find the discussion particularly challenging. It is for these reasons that we wanted to provide you with advance warning of this topic, so that you can prepare to potentially continue this conversation with your child(ren) outside school hours. We hope you will agree that, despite being a difficult conversation, this is a necessary one for all our students, no matter their situation.

EXTRA SUPPORT

THE CHILDHOOD BEREAVEMENT NETWORK



<https://childhoodbereavementnetwork.org.uk/>

WINSTON'S WISH



<https://www.winstonswish.org/>

SUDDEN



<https://sudden.org/>

TALKING TO YOUR CHILD ABOUT ONLINE SEXUAL HARASSMENT - A GUIDE FOR PARENTS

A panel of young people, working with Commissioner Dame Rachel de Souza, shared their advice on the things they wish their parents had told them before they entered the online world and their findings formed the basis of the advice published today. Have a read today!

https://www.childrenscommissioner.gov.uk/wp-content/uploads/2021/12/cco_talking_to_your_child_about_online_sexual_harassment_a_guide_for_parents_dec_2021.pdf



BFS SCIENCE



MS SHEEHAN

YEAR 8- SCIENCE HOMEWORK

8TG7 did a great job on their "sunbed warning" homework in science - Have a look below!

Sun beds and skin cancer

How do sun beds work?

Fluorescent tubes in sunbeds tan the skin by emitting UV Rays, the same type of radiation that is found in natural sunlight. The fluorescent tubes tan the skin travelling deeper into the skin and produce Melanin. People usually use sun beds before going on holiday to look tanned, although many may not know the dangers of using one.



Melanoma

Melanoma is a cancer that usually starts in the skin. It can start in a mole or in normal-looking skin. Melanoma develops from cells called melanocytes that start to grow and divide more quickly than usual. If melanoma is not removed the cells can grow deeper into the layers of the skin. If melanoma cells get into the blood or lymphatic system, they can travel to other parts of the body.

A normal amount of UV light could cause your skin to absorb it and you get a sun tan, but if you have too much you could easily get a sun tan. UV also affects and damages your DNA, if this builds up over the year this could result in skin cancer. This brings us to the question are sunbeds effective and most importantly safe? ~~sunbeds~~ use the same rays as the sun so they are still severely dangerous. ~~EA AA~~

In modern media sun tans are highly desired so with so many young people using sunbeds is it really a good resource when it comes with so many dangers? There are many cons for example, you don't even need a sun bed to produce Vitamin D, a sunbed will not help protect your skin from the sun.

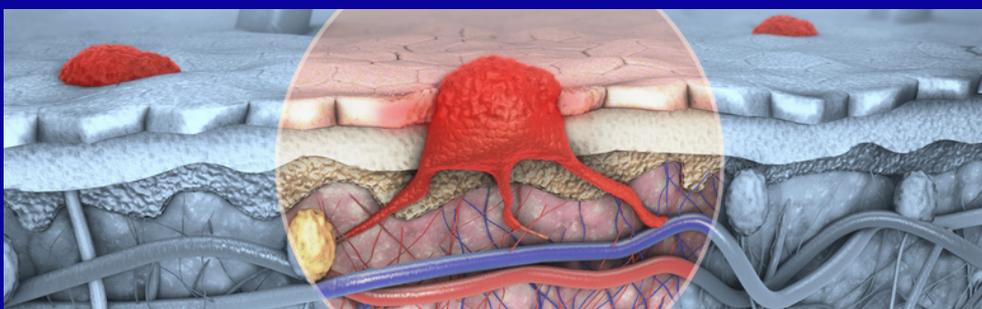
Real stories:

In October 2014, a woman aged 23 noticed a mole on her neck. After she had it removed it became raised and crusty, bleeding occasionally. 2 weeks later was the time she sat with her doctor and that is when he told her she had melanoma - skin cancer. This ~~was~~ was most likely caused by using sunbeds. At the age of 10 she started to use sunbeds. At December, she spent a week in hospital having surgery, which left her with a 12cm scar. She then had regular skin and mole checks, and promised to stop using sun beds. She then got a hard lump in her neck that was stage 3. She was told her cancer was spreading very quickly. She is stage 4 cancer and is 30 years old always saying "I wish I could go back in time and tell that girl no tan is worth what I have gone through."

In the 1920's suntan became fashionable. People started using Niels Ryben Finsen's lamp (Finsen lamp) which was originally made to help people with skin problems.

In 1970, Friedrich Wolff, a European scientist developed this lamp further and invented the first tanning device.

In the 1980's, scientists noticed a sudden rise in the number of skin cancer cases. Like the sun, sunbeds, sunlamps and tanning booths give off ultraviolet (UV) radiation. This radiation can damage the DNA in your skin cells. If enough damage builds up over time, it can cause cells to start growing out of control.





MENTAL HEALTH & SAFEGUARDING

Mental Health & Safeguarding Support, Advice & Information



Ms Townsend, Mental Health & Safeguarding Manager



Miss Hastings, Medical and Mental Health Officer

PARENT/CARER SUPPORT OFFER - WEBINARS

Free training with Anna Freud Children's Centre, online workshops for parents & carers of young people. Further details on each webinar are below. To register please click on the relevant Zoom link.

BUILDING RESILIENCE, STAYING CONNECTED AND NURTURING YOUR RELATIONSHIP WITH YOUR TEEN

Date: Tuesday 18 January 2022

Time: 5-6pm

Register in advance for this webinar:

<https://annafreud.zoom.us/j/9876543210>

<https://annafreud.zoom.us/j/9876543210>

WEATHERING THE STORMS OF STRONG TEEN EMOTIONS: DO'S, DON'TS AND WHEN TO CONSIDER TALKING TO SOMEONE

Date: Monday 24 January 2022

Time: 1-2pm

Register in advance for this webinar:

<https://annafreud.zoom.us/j/1234567890>

<https://annafreud.zoom.us/j/1234567890>

ADOLESCENT SELF-HARM: HOW TO MAKE SENSE OF IT AND WHEN TO SEEK SUPPORT

Date: Wednesday 2 February

Time: 5-6.15pm

Register in advance for this webinar:

<https://annafreud.zoom.us/j/0987654321>

<https://annafreud.zoom.us/j/0987654321>

MANAGING TEEN BEHAVIOUR THAT CHALLENGES: TIPS AND TRICKS

Date: Tuesday 8 February 2022

Time: 12-1pm

Register in advance for this webinar:

<https://annafreud.zoom.us/j/5678901234>

<https://annafreud.zoom.us/j/5678901234>

ANXIETY IN ADOLESCENCE: HOW CAN PARENTS HELP?

Date: Tuesday 22 February 2022

Time: 5-6pm

Register in advance for this webinar:

<https://annafreud.zoom.us/j/4567890123>

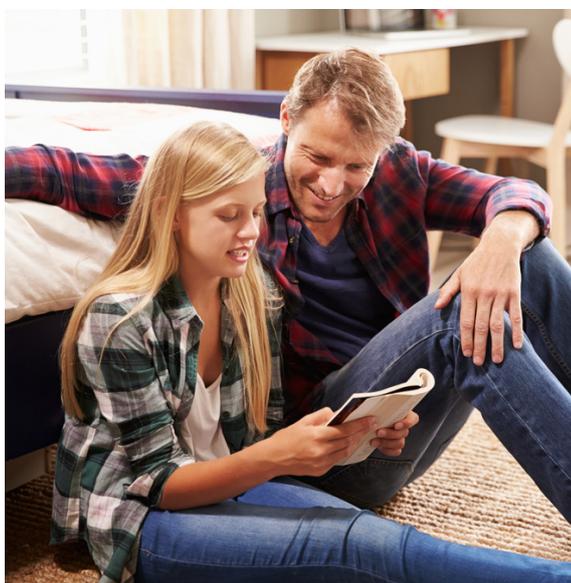
<https://annafreud.zoom.us/j/4567890123>



DADS AND MALE CARERS

We would like to invite you to attend a 4-week online “Connecting Dads and male carers” group, starting on 26 January 2022, in collaboration with the Anna Freud Centre Schools Support Service. The group is specifically for Dads and male carers and is being run by a male practitioner (Tom Cawthorne).

- Each session will run for 1 hour from 7pm on a Wednesday evening for 4 weeks, with a break over half-term. The group will be offered to Dads and male carers from a variety of secondary schools and will be closed once at capacity (max. 12 spaces per group). In addition to the Connecting Dads and male carers group, there will also be 5 Connecting Parents/Carers groups, which are open to all parents/carers of adolescents (advertised separately).
- The group aims to provide a place to think about the challenges of parenting adolescents, as well as a space for you as parents/carers to attend to your own wellbeing which we think is just as important. During the group, we will also think about the specific challenges faced by Dads and male carers of adolescents.
- To register for the introduction meeting on Wednesday 19 January 7-8pm, please click on the following link - <https://annafreud.zoom.us/j/911111111111>



PARENT & CARER GROUPS

We would like to invite you to attend a 4-week online “Connecting Parents and Carers” group, starting in the week of 24 January 2022, in collaboration with the Anna Freud Centre Schools Support Service.

The “Connecting Parents and Carers” groups aim to provide a reflective space to think about the challenges of parenting adolescents, as well as a space for you as parents/carers to attend to your own wellbeing which we think is just as important. The groups are not webinars, and they are also not therapy, but rather aim to support parental emotional wellbeing and the connection between parents/carers and their teens. They are interactive groups with a mixture of teaching and discussion to structure the reflective space.

To register for the introduction meeting, please select the relevant group and click on the zoom registration link.

Monday 17 January 12-1pm <https://annafreud.zoom.us/j/911111111111>
 Tuesday 18 January 1-2pm <https://annafreud.zoom.us/j/911111111111>
 Wednesday 19 January 12-1pm <https://annafreud.zoom.us/j/911111111111>
 Wednesday 19 January 5.30-6.30pm <https://annafreud.zoom.us/j/911111111111>
 Wednesday 19 January 7-8pm (group for Dads and male carers) - <https://annafreud.zoom.us/j/911111111111>
 Thursday 20 January 12-1pm <https://annafreud.zoom.us/j/911111111111>

