

ABBOTSWOOD JUNIOR SCHOOL

'Helping **everyone** achieve their best'



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'It Really Does Matter'

Headteacher: Mr G Moore

Thursday 2nd July 2026

Dear Parents and Carers,

I am writing to let you know about a managing anxiety group that will be running for young people at the Totton Creative Hub from September.

The sessions will begin on **Wednesday 16th September** and will run weekly at the following times:

- **4:00pm–5:00pm:** Ages 7–13
- **5:30pm–6:30pm:** Ages 14–18

These small-group sessions are designed to provide a safe and supportive space for young people to explore ways of managing anxiety. You can register your interest by completing the form by [clicking here](#).

If you believe your child would benefit from meeting the team who run these sessions beforehand or if you feel it would be beneficial for them to see the space they would be using before attending, their team would be more than happy to arrange this. Please do so by sending an email to katie@fluidmotiontheatre.com.

There are also lots of other exciting things going on that young people can get involved in throughout the year and over the summer. You can find out more by visiting their website: [What's On in Totton | Creative Fun Activities in Southampton](#)

Yours faithfully,

George Adams
Pastoral, Safeguarding, Child Support & Deputy Designated Safeguarding Lead



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