



Dear Parent/Carer

Place2Be is a national charity working in schools to improve the confidence and wellbeing of children and young people.

How Place2Be works

There is a dedicated room in the school where young people can go to express themselves and think about their worries through talking and creative work. Trained Counsellors support this process, helping young people to find new ways of coping with difficulties so they don't get in the way of friendships or learning.

Times when we're useful

There are times when young people might feel particularly sad, stressed, anxious or angry, due to problems such as bullying or friendship issues, worries about school, or difficulties at home. Some young people may become withdrawn; others may become more challenging in their behaviour: that's when having Place2Be in school is especially helpful.

How we help young people

Place2Be works with young people one-to-one and in small groups, offering regular time-tabled support for those who will benefit most. In addition, all students in years 7, 8 and 9, can find help with friendship issues and other worries by choosing to visit Place2Talk – short lunchtime sessions that are open to individuals and to groups.

Confidentiality

We routinely meet with parents to discuss their worries about their children through our 'Parent Partnership' support. However, specific details of what students say within the room are confidential unless the Counsellor has concerns about the student's safety. In this case, Place2Be's School Project Manager will then liaise with the appropriate school staff member. We always obtain consent from parents or carers before working with young people.

How we help schools

Place2Be also supports teachers and school staff members via a consultation service called Place2Think, which in turn helps the whole school to thrive.

Any questions?

You are welcome to talk to Jennie Robinson, the Place2Be School Project Manager at your school, either face-to-face or via telephone or email. Tel: 01992 424400 ex259 E-mail [JR@goffs.herts.sch.uk](mailto:JR@goffs.herts.sch.uk)

To find out more about Place2Be, please visit our website: [www.place2be.org.uk](http://www.place2be.org.uk)

Best Wishes

Jennie Robinson

School Project Manager & Counsellor