



Talks in Torfaen for Parents & Caregivers



Information Sheet for professionals

What is this project?

- Following the successful pilot of **Talks in Torfaen for parents & caregivers** of **secondary aged**-children, **we are now** piloting a **new** series of talks aimed at families of nursery **and primary school** age children.
- Talks will take place on Microsoft Teams and last for 1 hour.
- Talks will cover a range of topics that all aim to help parents & caregivers with supporting their child's development and emotional wellbeing (e.g. *supporting your child to have a positive relationship with devices, supporting your child's emotional wellbeing*)

How long will this project last?

This will be a year-long pilot, and will consist of 3 cycles of talks.

Each cycle will consist of 5 talks that will take place on the same day and time every week for 5 weeks (see below).

Cycle 1: Autumn 2025
(after Oct half-term)

Cycle 2: Spring 2026
(after Feb half-term)

Cycle 3: Summer 2026
(after May half-term)

What we would like from you?

- We are asking if you can email flyers to the email addresses of parents & caregivers that you hold on record in your nursery/school/organisation.
- If you have a social media account (e.g. Facebook) we would be grateful if you could advertise the flyers using that forum as well.
- We would also be grateful if printed flyers could be advertised in your reception area.

What happens when the project is completed?

We will analyse how many people attended each talk, and what the overall feedback was from those who attended.

We will gladly share a summary report of these findings with yourselves.

If you have any questions about this project, please feel free to get in touch with **Dr Charlie Cowtan (Clinical Psychologist)** who is taking the lead on this project as Borough Lead for Torfaen. Charles.cowtan@wales.nhs.uk

