



21 May 2019

### **Junior School Charity Event 2019**

Dear Parent/Guardian

On **Friday 24<sup>th</sup> May 2019**, Junior School pupils (Years 8-10) will be fundraising for Action Mental Health.

*Action Mental Health (AMH) is a local charity which works to enhance the quality of life and the employability of people with mental health needs or a learning disability in Northern Ireland.*

*AMH has grown to deliver services and projects across the country for all members of our communities. Our health promotion work takes place in schools, community organisations and with local employers. Our employment services assist people to remain in work as well as providing skills and sourcing opportunities for those who want to re-enter the workforce. We have specific projects for young people, older people, people living with alcohol abuse, employees, employers, people managing long-term conditions, partnership work with other mental health and disability charities as well as working within our prisons.*

*We provide our clients with many opportunities, encouraging them to adopt healthier lifestyles and to widen their social networks. We also provide them with the skills to build a better future, set personal goals, develop coping skills, re-engage with society and become more employable. (Information taken from [www.amh.org.uk](http://www.amh.org.uk))*

The pupils will be participating in a **Silly Sock Day**. We ask for a minimum donation of £1.00. Your support would be much appreciated as we seek to raise awareness of mental health issues and this fantastic charity which aids those who live with mental health issues.

Many thanks.

Miss Byrne (Head of Junior School) and Mrs Haslam (Charity Co-Ordinator)