



Hello,

I'm Vikki, the new Place2Be Mental Health Practitioner/Counsellor in your school.

I'll be here in Clarendon Road Primary on Mondays 8:00 – 16:00

(this is me, please do pop in and say 'hi' if you get a chance)



I am deeply passionate about mental and emotional health so do come and talk to me about any ideas or thoughts you may have about this service.



Things I enjoy...

- walking my dog
- paddleboarding (I'm very new to it!)
- swimming
- reading
- watching films

Things I find difficult...

- doing presentations in front of lots of people
- having lots of work to finish
- not spending enough time with my friends & family



Some of the things I do to practice looking after my own mental and emotional health:

- Walking in the country side or along a beach with Billy my dog
- Switching off and watching a film (marvel ones are the best!)
- Spend time with people who make me laugh
- Reading books



I look forward to meeting you!