

1 November 2023

Dear Parent/Guardian/Carer,

I am pleased to announce that the Sunlight Project is going to be delivered at South Borough Primary School beginning in January 2024.

The Project consists of weekly interactive sessions for children who may be affected by the alcohol or substance use of another person. This could be a family member, a friend or a member of your close community. It aims to provide a safe and fun space for your child to support their emotional wellbeing in a small group setting.

The sessions will be held by two of our trained workers and will use role play, group games, art, crafting, and sit down discussions throughout. This is to help the children improve their understanding of topics such as resilience and wellbeing, support networks and healthy relationships, and age-appropriate conversations around drug and alcohol awareness.

The Sunlight Project does not seek to work against or punish parents or others that may use alcohol or drugs, and children do not have to share any details of their experiences even if they attend group sessions. We will work with you to make sure the content is right for your child, and there will also be an opportunity for you to sit and talk with our workers about the project and any concerns you may have.

The programme is voluntary and children do not have to take part if they do not wish to, and they can change their mind at any point in the Project. The schedule for sessions has been designed to minimise disruption to their education.

If you have any questions or concerns about the Sunlight Project please do contact Ms Parkhouse at the school or myself at sunlight@wearewithyou.org.uk

Thank you for taking the time to read this letter.

Yours sincerely,

Emma Jones

Sunlight Project worker,
We Are With You