

Tolworth Girls' School & Sixth Form



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28 February 2019

Dear Hope and Graham

Thank you very much for the tremendous Mental Health and Wellbeing Support you have provided to Tolworth Girls' School & Sixth Form. Due to the Trust's generosity we now have a fully accredited counsellor in school working with five different students on a 6-8-week cycle; the counsellor has been critical for some of our more vulnerable students who require specialised guidance and support.

Our counsellor has provided the following statement: "I think that there is a very real need for a counselling service at Tolworth Girls' School & Sixth Form. The benefit of the work lies in providing the student with a confidential and safe relationship, which can sustain them when home life is at its most complex."

Recently, the Trust has funded ten more members of Tolworth staff to undergo The Mental Health First Aid qualification to enable them to appropriately and confidently support students with mental health needs.

In addition, the Trust has funded useful training for our Student Support Workers who are at the forefront of mental health work within Tolworth Girl's School & Sixth Form. The training provided includes education around adolescent self-harm, increased anxiety seen in young girls and implementation of Mindfulness into our school ethos.

We have been privileged to have Hope Dear speak to multiple year groups within school about Grace who was a Tolworth Girl herself. Feedback from students was extremely positive, and it was a unique opportunity for them to hear someone speak about their own family's journey with mental health. These conversations in school with Hope have created a dialogue around mental health and the Trust has become well-known in Tolworth Girls' School & Sixth Form with many students selecting this charity when doing bake sales and other charitable initiatives.

We believe that our relationship with the Grace Dear Trust has only just begun, and we are excited to continue working with them towards the common goal of improving student Mental Health and Wellbeing.

Again, thank you for the support you have offered and continue to offer Tolworth Girls' School & Sixth Form.

Yours sincerely

Siobhán Lowe

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Headteacher

