



**The Hangleton  
& Knoll Project**  
Working for a better community



## Hangleton & Knoll Parent Carer Group

A friendly group inspired and led by local parents.

### Coffee Mornings

Do you have a child with a disability, health problem or who is having difficulties at school? Come and meet families in a similar situation at our coffee morning.

**9.30 – 10am**

Time for a cuppa and a chat with other parent carers

**10 - 11am**

Bonita Holland who has 38 years experience of working with children and young people with SEND and mental health issues. She will explain how anxiety works and what it's purpose is. How it can be a useful sensation but how it can also get out of hand.

**11 – 11.30am**

Any questions

**Tuesday 15<sup>th</sup> Jan**

**What is the  
point of  
anxiety?**

**9.30 - 11.30am**

**At St Richards  
Church and  
Community Centre  
Egmont Road,  
Hove BN3 7FP**

#### Want to know more?

Our parent volunteers are happy to have a chat with you about the support a group like this can offer.

Call Louise on 01273 905549 / 07990728830

or

Rhianydd on 01273 733126 / 07897533007

or find us on Facebook