



## SELFguarding Newsletter No: 2



Wednesday 7th of December 2022

Happy new week from SELFguarding

This is also SELFguarding's Second official Newsletter, Thank you all for the feedback from the first Newsletter.

As promised, I would like to update you all on SELFguarding's progress.

This week SELFguarding had a meeting with Better Leisure Centre, and I'm pleased to say that SELFguarding will officially be working alongside Better leisure Centre offering any children that takes The Hayley's Course a free sporting session of their choice in any of their 6 centres in Tower Hamlets.

Also, a couple independent Sporting Companies – Kekoa Football and MileEndCamp Athletics will be offering 2 free training sessions.

These are all based in Tower Hamlets and Greenwich, but SELFguarding will be looking to branch out in due course.

Like I mentioned in our first newsletter I'm still looking for a primary school to take part in a pilot study for years 5 and 6. Please pass on my contact details at SELFguarding if you feel your child's school would be interested. My email is:

[Yourlance@selfguarding.co.uk](mailto:Yourlance@selfguarding.co.uk)

Once again thank you all for your support.

Look forward to updating you all again soon.

Take care from

SELFguarding