



North London NHS Foundation Trust  
Enfield Mental Health Support Team  
in Schools (MHST)  
Enfield CAMHS  
Bay Tree House  
Christchurch Close  
Enfield  
EN2 6NJ  
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0208 213 7776

Date: Thursday 26 June 2025

Dear Parents,

We are the Mental Health Support Team, also known as My Young Mind Enfield (MYME), a service in Enfield. The service was set up to support the emotional wellbeing of children and young people attending schools within the borough of Enfield, and your child's school is one of them.

As part of our work with Grange Park Primary School, we will be supporting with the delivery of the PSHE curriculum by running a workshop called Changes and Transitions to children in Y6. This workshop will support children in feeling ready and equipped for the move to secondary school. Given the emotional, social, and academic shifts involved, this transition can be a significant moment in a child's life—providing dedicated time to explore their thoughts, feelings, and practical strategies is crucial to helping them approach this next step with confidence. For more information about the group, please see the information sheet attached to this letter. The programme is being offered to your child's class and is made up of 2 sessions, which will take place on 04/07 and 18/07, during school hours. The sessions will be led by Mental Health Support Team practitioners.

As part of the group, we will need to collect relevant information from school about your child such as their name, date of birth, postcode, and any other relevant information that school feel we should be aware of. All information will be stored on a secure Electronic Patient Record System. This will help us to track how effective the group has been in helping the students learn about emotions

***In case of emergency outside of normal office hours please contact your GP or the 24/7 Crisis Line for Children/Young People & Families on 0800 151 0023, or attend your local A&E.***



and develop strategies to help them manage their emotions. Please see the below link which details Protection and Use of Personal Information which explains how we manage and protect your data. Please ensure you read NLFT policy on data protection and sharing of information which can be found by clicking this link: [Your Privacy and Information | North London NHS Foundation Trust](#)

If you have any questions about the programme, please send an email to the MYME (Mental Health Support Team) at [nlft.enfieldcamhsmhst@nhs.net](mailto:nlft.enfieldcamhsmhst@nhs.net) with the name of the group and your school in the title.

Should you **NOT WISH** for your child to take part in the sessions, could you please inform the school by completing the opt-out slip below, by 2/07/25. If we do not receive a response by this date, then we will assume that you are happy for your child to take part in the group.

If you change your mind about your child being in the group at any time, please let the school know and your child will no longer be in the group.

We look forward to working with your child.

Yours faithfully,

**Clinical Team Lead / Operational Manager**  
**MYME (Enfield Mental Health Support Teams)**

**SUMMER TERM MHST CHANGES AND TRANSITIONS GROUP**

I DO NOT wish for my child \_\_\_\_\_ to take part in the Changes and Transitions group.

Signed \_\_\_\_\_

Print Name \_\_\_\_\_

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