



**Mums, Dads and Carers -
we want to know how best we can support
you with your own emotional wellbeing
and that of your children and young people.**

**So please take a couple of minutes
to complete our quick and
anonymous survey.**

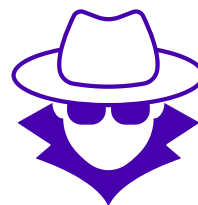


**To complete our survey please either:
[CLICK HERE](#) or [SCAN](#) the QR code below**



**Submit your name, email, and
completed questionnaire by
5pm on Friday, 31st January
2025, to enter a prize draw for
a £30 Amazon voucher.**

**The winner will receive their
voucher in the week of 10th
February 2025.**



**Want to remain
anonymous? - no
problem. It is a
choice. We would
still love to hear
from you. All
entries will be
anonymous unless
you choose to give
us your details.**