



# huddl

## Parent Talks

in association with

*David Lloyd*  
CLUBS

Held at



**Peter Hall** – Cambridge  
Performing Arts Centre

Huddl provides a platform for parents and carers to access up-to-date professional advice so that we can help our children with the pressures of growing up.

Visit our website to buy tickets or find out more:

**[www.huddl.uk](http://www.huddl.uk)**

**#jointhehuddl and follow us on social media**

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# Family Wellbeing & Nutrition

Tuesday 25th September

7pm – 9.50pm, £17.50 per ticket

At this Huddl Parent Talk you will gain tools from the PERMA+ model for wellbeing and learn about the latest neuroscience findings and why these matter for us as parents. You will be given a deeper understanding of how nutrition impacts our children's minds and bodies, some easy ideas for health and wellbeing will be provided, as well as great tips to nourish young brains. There is so much we can learn from these two professionals on this very current topic.

Speakers: Dr Hazel Harrison & Lucinda Miller MGNI MRNI MH

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# Friendship Groups & Bullying

Tuesday 30th October

7pm – 9.50pm, £17.50 per ticket

With 1 million young people affected by bullying every week (Young Minds) it is a common experience, whether being bullied or bullying someone else. It takes many forms and can have a lasting impact on the emotional wellbeing of those involved. As parents or carers how can we best help our children over hurdles such as peer pressure, the need to fit in, fall outs with friends? At this Huddl Parent Talk we will learn what the latest evidence suggests and gain practical tools from our Huddl professionals.

Speakers: Dr Rosemary Taylor & Dr Ruth MacConville

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# Social Media & Internet Safety

Monday 12th November

7pm – 9.50pm, £17.50 per ticket

How do we manage the best balance? How do we ensure our children and young people can safely operate and have the strength to talk when they are in distress? A recent study by ChildLine showed that the internet had an ever-growing influence on young people's lives. Many said constant comparisons to others on social media made them feel inferior, ugly and unpopular. Join this Huddl event to learn more to help your children and young people navigate the internet and social media in a positive way.

Speakers: Jonathan Taylor & TBC

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**£17.50 to join 1 Huddl Parent Talk or £42.50 to join all 3.**

**To buy tickets please visit our website [www.huddl.uk](http://www.huddl.uk)**

*All 3 events are also being held in Ipswich*

*– please see our website for more details.*

