



Co-op Academy
New Islington

We'd love for you to join us at school on Friday 7th February for a **"Time to Talk"** afternoon. A relaxed and welcoming event focused on mental well-being, conversation, and community.

What's Happening?

 1:15 PM - 2:00 PM: **Full-body stretch class**

 2:00 PM - 3:30 PM: **Time 2 Talk**

Afternoon Tea with special guest speaker **Niamh Roberts** from the NHS. Expect tea, cakes, bunting, and plenty of good conversation in a safe and supportive space.

This event is part of **Time to Talk Day**, a national initiative encouraging open conversations about mental health. Whether you fancy getting active, having a chat, or just enjoying a cuppa, everyone is welcome!

If you'd like to come along, please drop Miss O'Mahony a message at alice.omahony@coopacademies.co.uk.

Also, keep an eye out for our upcoming Time 2 Talk Walk email - a chance to unwind with a gentle stroll around the marina, good conversation, and a FREE coffee from a local barista on **Friday 14th February**.

We'd love to see as many of you there as possible at either of these events - just turn up, relax, and take some time for yourself.



Feren Trott

Certification: Level 2 Fitness Instructor,
Level 3 Personal Trainer

The MYLK Diary coaching takes on a holistic approach to wellness by helping you build healthy habits to sustain a healthy lifestyle through movement, meals and your mindset. Health is more than just the physical, recognising that all things are connected.