

Author Visit – Friday 10th February

To the family of «First_Name» «Surname» (Y«Year»),

We will be getting a visit from local author Christopher Proudfoot on Friday who will share with the children his picture book, 'Ria the Anxious Hermit Crab'.



The book was written during the first lockdown to raise awareness of the importance of mental wellbeing in younger primary school children and to help to normalise any issues they may be facing or any worries they might have.

During the session, Chris, who is certified in 'Chimp Management', will be briefly discussing what anxiety is as well as encouraging children to talk to friends and family about any worries they might have in the future. The children will also have the opportunity to ask Chris any questions they might have, whether it be about anxiety, the book or about creative writing.

For some classes, the session will also include a creative writing activity.

Copies of 'Ria the Anxious Hermit Crab' are available from Bookends and Ashbridge in Brown, in Carlisle, for £6.99. However signed copies can be purchased on the day of the visit for £5.

If you would like to purchase a copy, please complete and return the form below.

Kind regards,

Daryl Spencer

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Ria the Anxious Hermit Crab – order form

«First_Name» «Surname» would like a copy of the book.

- ☐ I enclose £5 cash in a named envelope
☐ I would like to be charged via my ParentPay account

Signed: _____ Print name: _____