

TJW/tp

8 September 2026

Dear Parent/Guardian

Re: 3 Dads Walking & Suicide Prevention Talks - Year 9, Year 10, Year 11 - Monday 28 September 2026

As part of our ongoing commitment to our students' emotional wellbeing, we are delighted to inform you that Mike Palmer from 3 Dads Walking will be coming into Wildern on Monday 28 September 2026. They will be delivering inspirational and educational talks to students in Year 9, Year 10 and Year 11.

- **3 Dads Walking** - Three fathers who each lost a daughter to suicide - have dedicated themselves to raising awareness, driving change, and encouraging open conversations among young people across the country. Their famous 300 mile walk across the country in 2021 raised £1.5 million for Papyrus, and led to thousands of supportive and open conversations. Mike Palmer, the father of Beth, will be speaking about his journey, why talking and opening up is important along with the power of simple conversations.

Whilst this presents an important opportunity for our students to hear about real world situations, we also appreciate that for some of our students this topic may be particularly sensitive and emotional. The presentations will be appropriate for each year group and will be focussed on hope and the power of kindness.

To ensure all students feel comfortable and supported throughout the day:

- Tutors will prepare their students in a session before the 28 September 2026.
- Follow-up activities during tutor time will reinforce key takeaways, particularly around where to seek help.
- As always, your child's tutor, DOPA and any member of staff will be available to talk to them if necessary.

We would encourage you to openly talk to your child about these upcoming talks and if you would like any further support or information, please speak to your child's tutor in the first instance.

For immediate support or resources at home, you can also access:

- **3 Dads Walking:** Learn more about their mission at 3dadswalking.uk

Yours sincerely

Mr T. Ware
Lead Practitioner for Wellbeing