





 **The Garibaldi School**
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Head Teacher
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7th February 2025

Dear Parent/Carer

Re: TomTalks Visiting Speaker 11th February 2025

On Tuesday 11th February, as part of our Personal Development Provision, we will be hosting guest speaker Tom Dickinson for a talk aimed at Years 9 and 10. Tom delivers these talks to promote mental health awareness, following the loss of his brother, Liam, to suicide.

Tom has provided the following summary to describe this session, which has been kindly funded by Pauls Pitstop, a local Mental Health charity:

“TomTalks was founded to make a difference in the world and help avoid other families going through what we went through as a family, losing our Liam to suicide. The talk is there to raise awareness around mental health.

I talk about my personal journey, from losing Liam to my own struggles and how I got to where I am today. I discuss social media and how it is affecting our mental health, how we can improve our mental health, and break the stigma around asking for support.”

We are really looking forward to having Tom visit us to speak to our learners, following on from Children's Mental Health Week this week.

Please do not hesitate to get in touch if you require any further information about this.

Yours faithfully,

Miss C Mitchell
Personal Development
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