

Horn Park School

Alnwick Road, Lee, London, SE12 9BT
Tel: 020 8857 5003
Email: hornpark@compassps.uk
Website: www.hornpark.compassps.uk

Executive Head Michelle Bernard
Head Teacher Jack Green



19th December 2025

Anxiety in Children with ADHD and Autism

Dear Parents and Carers,

We are delighted to invite you to our second workshop on anxiety, titled '**ADHD, Autism and the Link to Anxiety**'. This session will be led by experienced practitioners from the **Greenwich Mental Health in Schools Team (MHST)**, who specialise in providing early interventions for children and young people experiencing mild to moderate mental health challenges.

MHST are offering this psychoeducational workshop for parents, focused on autism, ADHD, and their connection to anxiety in children. This session will provide introductory information on these neurodevelopmental conditions and explores how they may contribute to anxiety.

In addition to sharing practical tools and strategies to support children, the workshop also aims to create a supportive space for parents to share their experiences and deepen their understanding through peer discussion.

The workshop will take place in school on **Wednesday 28th January 2026 at 9:00am – 10:00am**. Please report to the school office on arrival.

Please follow [this link](#) to register your interest.

Yours sincerely,

Miss Waite
SEMH lead