

Dear Parent / Carer,

**FREE ONLINE COURSES FOR RESIDENTS OF NORTH WALES:**

- **Understanding your pregnancy birth labour and your baby**
- **Understanding your baby**
- **Understanding your child**
- **Understanding your teenagers brain**

The Betsi Cadwaladr University Health Board Public Health Team have invested in a multi-user licence for 4 award winning, quality marked, evidence based online courses by the Solihull Approach (a national NHS organisation).

These courses are for ALL parents-to-be, parents, grandparents or carers of any child from the antenatal period to age 18 years. These courses are relevant for parents of all children, including those with special needs, autism, ADHD etc. Within the attached documents is a Newsletter promoting the course, FAQ's and Testimonials by parents who have completed the course.

We believe that parents are their children's first and most important educators and we are delighted to share this growth and learning opportunity to you as parents and carers. We would encourage you to take advantage of this time limited opportunity. These courses are **FREE** to all residents of North Wales with the access codes below.

The licence is valid until 30 November 2022 so please take advantage of this fantastic resource while you can. Once you have accessed the courses using this code you will have non-expiring access.

Go to [www.inourplace.co.uk](http://www.inourplace.co.uk) and apply the **NWSOL** access code:

- **Understanding your pregnancy, labour, birth and your baby**
- **Understanding your baby**
- **Understanding your child**
- **Understanding your teenagers brain**

You will be asked to create an account so that you can resume the course where you last left off. You will also be asked to verify that you are legitimately entitled to use the access code by entering your postcode.

Personal information supplied by you remains private. Your responses to the monitoring questions are anonymised. You will not receive any marketing emails. You will receive congratulatory emails when you complete a module.

The Solihull Approach may very occasionally email you to tell you about updates to the course. We welcome your feedback.

For further information about the course visit [www.inourplace.co.uk](http://www.inourplace.co.uk)

For technical queries email [solihull.approach@heartofengland.nhs.uk](mailto:solihull.approach@heartofengland.nhs.uk) or ring 0121 296 4448 Mon-Fri 9am-5pm

**For any local questions or queries please contact in Welsh or English to [nwsol@wales.nhs.uk](mailto:nwsol@wales.nhs.uk)**

Best wishes, *BCUHB Public Health Team*