Hi everyone,

The Attachment Working Group thought it would be nice to bring back Feel Good Friday. This is a great way for us to share news and accomplishments from across our staff team. If you'd like to have something included in FGF please just send me over an email.

We have also introduced 'Hug in a Mug', a nice way to show a little appreciation for each other. This is simply a little mug filled with a few treats. If you receive the mug, feel free to pass it on to a colleague filled with their favourite snack or chocolate. There's a tick list in the staff room to show who's received the mug. When you pass it on, could you please tick their name off the list? If you don't wish to take part, please let me know or just pop the mug back in my dookit and I can move on to the next person.

Any questions, please let me know.

Have a great day and a fantastic weekend when it comes.

Sam