



## Clare Shobbrok

Deputy Headteacher

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Welcome to our Mental Health and Wellbeing page.

I am Ms Shobbrok, Deputy Headteacher at Trinity School. One of my key responsibilities is to lead our strategy on Mental Health and Wellbeing. Our mission, to live life in all its fullness, means we need to look after ourselves and each other and this includes mental wellbeing.

We are very fortunate to have a full-time counsellor. We have a number of trained Mental Health First Aiders based at both sites. In addition to our mental health and wellbeing team we have our resident Play Therapist and Dramatherapist, as well as members of staff who are trained in Draw & Talk Therapy and Lego Therapy.

I am proud to say that we now have fully trained and well-established year 10 and 11 pupil Wellbeing Ambassadors. Our Terrific Trinitarians play a vital role in our wellbeing structure, as they provide valuable early help to their peers, as well as promote on mental health topics. The team as a whole enables us to tackle mental health and its issues directly through the provisions and curriculum, which supports our whole community.

I hope you find the information in this section of the website useful. Please do get in contact with the team or I if you have any enquires or questions.



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