

PAPAYA in partnership with the schools of Romsey invite you to:
LET'S TALK ABOUT OUR KIDS AND THEIR TECH



Dr Helen Thomas is a GP in Hampshire, a member of Health Professionals for Safer Screens as well as a parent member of Smartphone Free Childhood. Dr Thomas has delivered health harms talks in schools and healthcare professional training across Hampshire.

Hannah Verney Lloyd is a qualified teacher with over ten years of experience and, most recently, served as an Assistant Head Pastoral at a London prep school. She is passionate about mental health and wellbeing and cares deeply about empowering parents, children, and teenagers as they navigate managing their online lives to achieve the best possible mental health and happiness.



ROMSEY RUGBY CLUB, GRANGER FARM SPORTS PAVILLION, SO51 0EE

June 10th 2025

6.15-7.45 PM

SECURE YOUR FREE TICKET HERE OR VIA QR CODE

HELPING FAMILIES TO THRIVE IN THE DIGITAL AGE

Parenting in the **digital age** has never been more complex, with issues surrounding screen time, social media use, and gaming. Many parents are concerned about their children's mental health, especially the impact of screens on it.

In this interactive talk, Dr Helen Thomas and Hannah Verney Lloyd will unpack some of the **complex issues** surrounding smartphone use and, in a **non-judgmental** manner, aims to help you find solutions that work for your family.

TOPICS

- The link between mental health and wellbeing and spending too much time online
- Strategies for delaying the smartphone
- Strategies for families to achieve a healthy balance with technology
- Question and discussion time

ENQUIRE ABOUT A FREE KS2 PAPAYA WORKSHOP FOR YOUR SCHOOL