



Girls tackle tarantula challenge

Fear of spiders is said to be the UK's most common phobia.

And last month, girls from Francis Holland school on Bourne Street were invited to face that fear at a talk by John Clifford, a clinical practitioner who runs the Friendly Spider Programme at London Zoo.

The scheme is said to successfully treat 99 per cent of arachnophobics in a single day by using a combination of hypnotherapy and cognitive behavioural

therapy. As part of the talk, the girls were also invited to meet a tarantula called Madge (pictured).

Headmistress Lucy Elphinstone said: "Giving our girls the experience to confront their fears is not only a wonderful learning experience but a chance to understand themselves better and to manage anxiety.

"This is an important life skill, and I am proud of their bravery in meeting the challenge of the fearsome tarantula."