



Monksdown Primary School

Where children come first

Chair of Governors:
Mr M. Reynolds
Headteacher:
Mrs J Price

Website: www.monksdownprimary.co.uk Fax: 0151 256 6281
Email: Monksdown-ao@monksdown.liverpool.sch.uk Telephone: 0151 226 1606
Address: Monksdown Road, Norris Green, Liverpool, L11 1HH Twitter: @monksdownschool

Friday 26th January 2024

Are you a parent or carer of a child with additional needs or disability? Or are you currently on a waiting list?

Did you know you can access fully funded coffee evenings to connect with other parents, share your experiences and seek support and advice with Beautiful New Beginnings?

I am so excited to be with you all for the SEND coffee evening on Thursday 1st February at The Millennium Centre in West Derby, Meadow Lane L12 😄

🧘 I'm going to be doing a Theta Healing Meditation with you that will take you into a deep state of relaxation (the Theta brainwave is like a dreamy state) and gift you with beautiful positive healing downloads of peace and calm! 🧘

The meditation will take place between 7 and 8pm and then you should be nice and chilled for the second part of the coffee evening where we'll all have time to have a chat and seek any advice! ☕

Please bring:

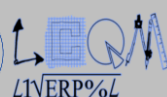
- 🌟 Meditation/yoga mat to lie on
- 🌟 A pillow/cushion/s for your comfort
- 🌟 A snuggly blanket
- 🌟 A drink of water
- 🌟 Anything else you need to aid your comfort
- 🌟 Wear comfortable warm clothes... pjs welcome if desired!

Respectful

Resilient

Responsible

Resourceful





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It can be a challenge being a parent of a child with additional needs. There's a lot to manage, lots of forms to fill in, a lot of behaviours to understand, a lot of worry... sometimes it's just a lot! It can help to have others around you who are going through similar things, to know you're not on your own, to know there is support and help out there.

Please do come along. It's free to you as it's fully funded but you must book via the link!

I can't wait to see you all there Kathy x This is a free event but places MUST be booked as we can only accommodate a certain amount of people in the room.

Book here <https://www.beautifulnewbeginnings.co.uk/event-details/send-coffee-evening-1-7>

Any questions please contact Kathy at www.facebook.com/kathysaramccann or www.instagram.com/kathysaramccann



Respectful • Resilient • Responsible • Resourceful

