

# NEWSLETTER

BEAUTIFUL NEW BEGINNINGS CIC

APR 13<sup>TH</sup> - MAY 14<sup>TH</sup> 2026



## UPCOMING FULLY FUNDED OR DONATION BASED EVENTS

### CHILDREN'S WELLBEING EVENTS

Wellbeing Warriors, children age 8+, fun wellbeing activities, 1<sup>st</sup> Tuesday each month, West Derby 6.30pm

Family Mindfulness Sessions, 3<sup>rd</sup> Tuesday each month, West Derby 6.30pm

Girl's Only Water Wellbeing age 10+ Thursdays 7.45pm, term time only. Dixons Broadgreen School

Children's Community Wellbeing Session 2nd May 1.15pm, Aimed at children aged 8-12 who want to learn more about breathwork, meditation, crystals and mindfulness activities that they can use to support their wellbeing and emotional regulation.



### ADULT'S WELLBEING EVENTS

Adult's Theta Healing Meditation Class  
Tuesday 14<sup>th</sup> April and Tuesday 12<sup>th</sup> May  
7.40pm. West Derby.

Join us for deep relaxation and energy healing to release self limiting beliefs.

### COFFEE EVENINGS

SEND parents and carers coffee evening last Tuesday of each month 7-9pm. St Mary's Millennium Centre, West Derby.



SCAN ME

Full information and future dates for all events can be found on the website. Please note that most events are limited in numbers so please book quickly to avoid disappointment.

All events must be booked. To book use the QR code to go to the events page or visit [www.beautifulnewbeginnings.co.uk/events](http://www.beautifulnewbeginnings.co.uk/events) We cant wait to welcome you!



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## FOREST SCHOOL

All forest school locations run term time.

Little Wood Stockbridge, Mondays 10am.

Norris Green Park, Tuesdays 10am.

Karonga Gardens Fazakerley Tuesdays 1pm.

Tower Hill Eco Therapy Garden, Wednesdays 10am & 12pm

Carr Lane Woods, Prescot, Thursdays 10am

Court Farm Woods Halewood, Fridays 10am & 12pm.

Forest School Practitioner training also available.



## COMMUNITY WALKS

Everyone is welcome on our community walks. Currently running once per month in various locations. Dates vary.

Wellbeing Walk, Croxteth Park, 1<sup>st</sup> May 10am



## ONLINE EVENTS

**Seasons Guide for Parents and Carers 13<sup>th</sup> April 6pm**

Hear more about our schools wellbeing program and how it can support your family.

**Transition Support - Starting Secondary 27<sup>th</sup> April 6pm**

For parents of children starting secondary school, to support the transition process.

**Starting School Early Years 6<sup>th</sup> May 6pm**

We'll go through an early years overview, how to support your child preparing & understanding curriculum expectations.

## STAY AND PLAY

Rainhill Village Hall every Thursday term time

9am-11am

Prescot Stay and play every Thursday term time

1pm-2.30pm

Millennium Centre West Derby every Friday term time

1pm-2.30pm



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