

# Parents and carers wellbeing events



We offer a range of activities to help you relax and focus on yourself, prioritising time to build resilience.

Examples include Woodland Wellbeing, Spa day, Paddleboarding, Evening Creative Wellbeing, Wellbeing breakfast and afternoon tea.

- Various days and times
- Various locations
- For parents and carers



**Parents and  
Carers**



# Parent and Carers wellbeing events Led by Ceri, Sarah, or Lizzie

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Parents and carers wellbeing events can help by...

**Offering an opportunity to relax, make connections and gain support from other parents and carers in a safe and understanding environment. These events create a space for parents and carers to be reminded of who they are as individuals outside of their daily caring responsibilities.**

**“Such a lovely event to laugh, relax and offload, share experiences and feel really completely spoilt!”**

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With support from

