

NEWSLETTER

BEAUTIFUL NEW BEGINNINGS CIC

MAR 17TH - APR 14TH 2026

UPCOMING FULLY FUNDED OR DONATION BASED EVENTS



CHILDREN'S WELLBEING EVENTS

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

Family Mindfulness Sessions, 3rd 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 Water Wellbeing age 8+ boys & girls. Saturdays 1.45pm, term time only. Dixons Broadgreen School

Wellbeing Warriors. Monthly session for children in year 5 to promote happiness and holistic health.

EASTER at Bright Park 4th April (Paid Event)



ADULT'S WELLBEING EVENTS

Spring Clean Your Energy Workshop 31st March 7pm
Energy Balancing & Relaxation Meditation with crystal healing, Manifestation tips, Chord cutting activity to let go of unwanted energy.

Adult's Theta Healing Meditation Class Tuesday 14th April 7.40pm. West Derby. Join us for deep relaxation and energy healing to release self limiting beliefs.

Antenatal Classes starting in March (paid service).
Outdoor First Aid Qualification 7th April (paid service).

COFFEE EVENINGS

SEND parents and carers coffee evening last Tuesday of each month 7-9pm. St Mary's Millennium Centre, West Derby. March's focus is on supporting anxiety with our expert guest speaker .



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 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 now available.



COMMUNITY WALKS

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

Wellbeing Walk, Croxteth Park, 1st April 10am



ONLINE EVENTS

Seasons Guide for Parents and Carers

Online 13th April 6pm

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

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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