

NEWSLETTER

BEAUTIFUL NEW BEGINNINGS CIC

JULY 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

Children's Yoga Sessions, 1st Tuesday each month, West Derby 7.30pm

Family Mindfulness Sessions, 3rd Tuesday each month, all ages, West Derby 6.30pm

Family Yoga Sessions 3rd Tuesday of each month, age 4+, West Derby 7.30pm

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



ADULT'S WELLBEING EVENTS

Adult's Theta Healing Meditation Class Tuesday 14th July 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. On the 28th July Sue Nolan will run a workshop on parental wellbeing, focusing on the invisible load.



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 can't wait to welcome you!



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FOREST SCHOOL

All forest school locations run term time.

Little Wood Stockbridge, Mondays 10am.

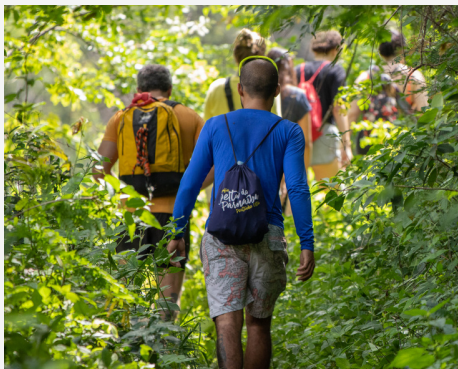
Norris Green Park, Tuesdays 10am.

Karonga Gardens Fazakerley Tuesdays 1pm.

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

Plantation Primary, 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, 3rd July 10am

Buggy Wellbeing walk, Croxteth Park 31st July 10am



ONLINE EVENTS

There are no online events scheduled for July, but stay tuned for more coming soon!

STAY AND PLAY

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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