

NEWSLETTER

BEAUTIFUL NEW BEGINNINGS CIC

OCTOBER 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
Girls Only Water Wellbeing and Paddleboard skills, Thursdays, Broadgreen 7.45pm
Baby Massage six week course running through October.
Inclusive Children's Multisports session, Bright Park, Saturdays at 10.30am



ADULT'S WELLBEING EVENTS

Adult's Yoga 13th October 6pm.

New Aquanatal weekly classes starting 1st October 6pm.

Our Adult's Meditation class will resume again in November.

COFFEE EVENINGS

SEND parents and carers coffee evening held on the last Tuesday of each month 7-9pm. St Mary's Millennium Centre, West Derby.
On 27th October Jo Collins will be teaching us how to use hand reflexology on our little ones to help them feel calm.



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.

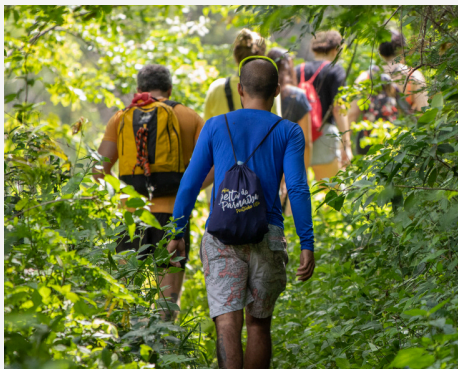
Carr Lane Woods, Mondays 12.30pm

Norris Green Park, Tuesdays 10am.

Tower Hill Eco Therapy Garden, Wednesdays 10am

Plantation Primary, Fridays 10am

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, October 10am

Wellbeing Walk, Calderstones Park 5th October and
26th October 10am

Buggy Wellbeing walk, Croxteth Park 30th October 10am



ONLINE EVENTS

Parent and baby yoga on zoom 5th October 1pm

Tots Yoga on zoom 19th October 1pm

STAY AND PLAY

Join us at the Millennium Centre West
Derby every Friday term time 1pm-
2.30pm for fun and welcoming stay and
play with tea and toast!



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