

SENDSATIONAL **COFFEE** **MORNINGS**

For Parents & Carers



Elmwood School - 10:30am - 12:00pm

Hamp Avenue, Bridgwater, TA6 6AW

28/09/18 - Mindfulness Session

01/03/19 - Sensory Session - Making Slime

28/06/19 - Mindfulness Art

Taunton Library Café - 10:30am - 12:00pm

Paul Street, Taunton, TA1 3KZ

17/10/18

& - Combining with Somerset Parent & Carer Coffee Morning

20/03/19

Williton Children's Centre - 10:30am - 12:00pm

Killick Way, Williton, Taunton, TA4 4QA

30/11/18 - Session on self care

26/04/19 - Resources from Elmwood LSC will be available to play with and Borrow

Burnham-on-Sea Princess Theatre - 10:30am - 12:00pm

Princess Street, Burnham-on-Sea, TA8 1EH

25/01/19 - Tea and Cake

24/05/19 - Making Emotion Stones

What are SENDsational COFFEE MORNINGS?

Sensational Coffee Mornings are a free and welcoming event aimed at parents and carers who have children and teens with additional needs, disabilities or mental health issues. The coffee morning is for primarily for parents and carers. Professionals from CAOT, Escape Support Group, Somerset Parent Carer Forum, Sendias, CAMHS, Shortbreaks Team and Elmwood LSC will be in attendance. Some of the activities on offer will be mindfulness, crafts, picnics, sensory toy making and much more - these will be advertised closer to the time.

Tea, coffee and a reassuring chat will be available. So please join us!

For more information please contact

Jeanette Humphries

Tel: 01278 411211

Email: JHumphries@educ.somerset.gov.uk

Or

Cath Elsworth

Tel: 0777 1810499

Email: Catharine.elsworth@sompar.nhs.uk