



Beverley School

Empowering Autistic people to lead independent, fulfilling & happy lives

Saltersgill Ave, Middlesbrough. TS4 3JS

Head Teacher: Mrs Pippa Irwin
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Tuesday 14th September 2021.

Dear Parents/ Carers,

Parent Wellbeing sessions available

We have been fortunate to be offered 6 weeks of wellbeing sessions from Inward Bound, who ran our fabulous sessions last year. These sessions are for you to take time to unwind whilst learning strategies that you can use everyday to reduce stress. Some of the techniques you will learn are helpful for stress and anxiety, so may be something that you can share with other family members in your home! I would love to see last year's group members return as well as welcome some new parents to join us. This is also a great opportunity to meet other parents and get to know other families from school.

When? Wednesday mornings 10-11am from 6th October.

Where? Beverley School.

If you would be interested in joining us, please contact school or return the slip below and I will contact you to confirm your booking. There will be limited spaces available.

I will look forward to hearing from you.

Lisa Hyde

Family Liaison Officer.

Wellbeing Wednesdays

I would like to be contacted to book a place for Wellbeing Wednesdays.

Name: _____

Contact Number: _____

Child's Name: _____

An aspirational learning community that celebrates Autism. Where everyone is committed to exploring possibilities and opportunities to develop our students' potential.

Visit our website: www.beverleyschool.co.uk



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