



15th June 2026

Dear Parent / Carers

Please find below information from the Disabled Children's Team

The Disabled Children Team have been busy planning and organising new activities and groups, and we are pleased to invite you to a new monthly parent / carer group.

Are you a parent or unpaid carer of a Disabled child or young person? Are you looking for a calm, welcoming space to take a moment for yourself?

The team warmly invite you to attend a monthly session, *Parent Carer Pause* at Newport's Central Library. This is an opportunity to come in, relax and get comfortable, with light refreshments provided in a calm and supportive environment.

Each session will focus on wellbeing, relaxation, and creativity – offering you a dedicated space where you come first.

If you would like to attend, please book your place using the link below:

<https://www.eventbrite.com/e/1989828064305?aff=oddttdtcreator>

I hope you find this information helpful.

Regards

Mairi

Mairi Dunn
Deputy Headteacher