

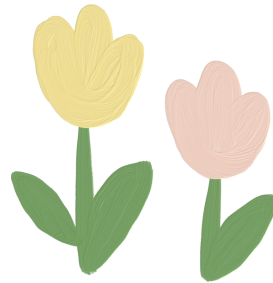


Family Coach Service

Summer 1 Wellbeing Walks 2026*

**For parents of children with
special educational needs and disabilities.**

No formal diagnosis or Educational Health Care Plan necessary.



Tuesday 21st April
12pm - 1pm

A walk to breath

How nature can offer prompts to practice breathing exercises

**Meeting: Sebright
Children's Centre,
Haggerston Park**

Tuesday 5th May
12pm - 1pm

A walk to connect

Create something for others to connect with on their walks

**Meeting: Hackney
Downs Mosaic Project**

Tuesday 19th May
12pm - 1pm

A walk to focus

Take notice to your surroundings whilst focusing on your own choices

**Meeting: New River
Cafe, Clissold Park**

To sign up please email: familycoach@hackney.gov.uk

Can't make the walks but still want to be part of the community?

Please email us to be sent the walks to complete in your own time.

*We need a minimum of 3 parents attending to be able to go ahead. If we don't have at least 3 parents sign up, we may cancel the session the day before. Anyone who has signed up will be notified via email