

BRACKNELL HEALTHY PARENT CARER PROGRAMME

LED BY SEND PARENT CARERS TO
SUPPORT THE HEALTH AND
WELLBEING OF OTHER PARENT
CARERS OF CHILDREN WITH SEND IN
BRACKNELL FOREST



What's it about?

Join us for a 12-week journey of discovery where you'll:

- Uncover the magic within yourself
- Boost your confidence
- Make small, meaningful changes for your busy life



Programme options

ONLINE (via Teams):

Dates: Thursdays, from 09/01/25 to 03/04/25

Time: 7:00–9:30 PM

IN-PERSON:

Dates: Tuesdays, from 14/01/25 to 08/04/25

Time: 10:30–1:00 PM

Location: The Oaks & Hollies Childrens Centre,
Wordsworth, RG12 8QN



BOOK NOW

Online sessions: <https://shorturl.at/qgQcT>

In person sessions: <https://shorturl.at/YthVW>



University
of Exeter

Medical
School