



SUMMERHILL INFANT SCHOOL

Clouds Hill Road

St George

Bristol

BS5 7LE

Telephone/Fax: 0117 903 0243

Email: Summerhill.i@bristol-schools.uk

www.summerhillinfantsschoolco.uk

Mr I De N'Yeurt
Headmaster



Monday 30th January 2023

Murmuration have a new batch of wonderful SEND parent nurture groups starting this month. These groups are for parent carers who want:

- to connect with others who get it
- to take a break from holding it all and feel held themselves
- to learn ways to build resilience

This course is run by a therapist and a community worker/parent carer. You can book a place via <https://murmurationcommunitytherapy.eventbrite.com>

Feedback from previous participants:

- 'This group has freed me from the deep pain of isolation that I've felt since my child was born.'
- 'I have learned so much, more than I ever expected, and I've come away with an amazing group of friends who just 'get it''
- 'Poppy and Naomi are amazing. I love them! We all laughed and cried our way through the sessions and learned a lot. If you are thinking of attending, then do so! You won't regret it!'
- 'Talking openly about feelings and helping us to understand them was invaluable'

If you are working with a parent who you feel could benefit from some connection and resilience building, please encourage them to get in touch. These groups are all East and central Bristol but after Easter we will be running groups in other parts of the city.

