



EMAIL: [Meadowbanksp@cardiff.gov.uk](mailto:Meadowbanksp@cardiff.gov.uk)  
WEBSITE: <https://www.meadowbanksp.co.uk/>

Friday 22<sup>nd</sup> November 2024  
No. 165

Dear Parents and Friends of Meadowbank School,

### Parent Questionnaire



Thank you to those who have already taken the time to complete the parent's questionnaire. If you would still like to do so, then you can fill it in at the QR code to the left. It will be left open until **Wednesday 27<sup>th</sup> November.**

### Building Resilience for Parent Carers

Contact are pleased to announce their new service for 'Wales based' Parent Carers. Are you a struggling parent carer? If you are struggling with your wellbeing and need a listening ear or some help finding ongoing support you can access free telephone support from Contact's Parent Advisor. This FREE Building Resilience service is here for you! They provide:



- Emotional support
- Advice and ideas to help you cope

Appointments are free, confidential and over the phone or online. The parent advisers are all parents of children and young people with disabilities, plus they have a huge wealth of professional experience. Please visit <https://contact.org.uk/cymru/building-resilience/> or contact [sophie.barker@contact.org.uk](mailto:sophie.barker@contact.org.uk) / 07990 234 440 to find out more.

### Inclusivity Session

Infinity Trampoline Park run an ALN session every Tuesday at 5 pm. There is a cost of £6 per person. They are only open to those with additional needs. In these sessions:



- Music is turned off.
- Loud bangs and harsh smells are avoided.
- The staff that work the session are the same every week (barring holidays) and are well trained and experienced with the session.

Please note: although it is meant to be a quiet session, it is very popular and usually about 40 people go to the session so it does get busy. Please email: [community@infinitycardiff.co.uk](mailto:community@infinitycardiff.co.uk) to find out more.

### Pad Assessment Clinic

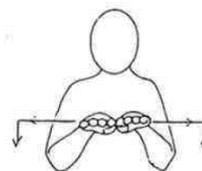


Please see overleaf for more information about our upcoming assessment clinic for those children who wear nappies, pull ups or pads.

**Gair yr Wythnos** – week beginning 25<sup>th</sup> November  
Our Welsh word(s) of the week will be:

**Bwrdd**

Table



### Diary Dates

INSET Days: September 2<sup>nd</sup> & 3<sup>rd</sup>, October 25<sup>th</sup>, **May 6<sup>th</sup>, July 21<sup>st</sup>**  
Half Term: Monday 23<sup>rd</sup> December – Friday 3<sup>rd</sup> January

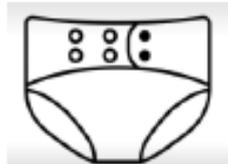
End of Term: Friday 20<sup>th</sup> December



# Pad Assessment Clinic

Does your child wear nappies, pull ups or pads?

Do you have any queries, questions or concerns, for example about correct size or absorbency ?



We will be holding a **Pad Assessment Clinic** at

**Meadowbank School**

**Thursday 5th December**

Morning only - **by appointment** via the school office

This is an opportunity to meet with Becki our School Liaison Nurse and Anna Nicol our School Nurse to discuss any queries.

If you would like to attend please contact the school office on 029 20616018 to book an appointment. You will also need to complete an 'Input/Output' chart for your child before attending. This will be sent home with your child once your appointment is booked.