



EMAIL:

Meadowbanksp@cardiff.gov.uk

WEBSITE:

<https://www.meadowbanksp.co.uk/>

Dear Parents and Friends of Meadowbank School,

Pad Assessment clinic

Our school Nurse Anna Nicol and our School Liasion nurse Becki will be running the next Pad Assessment Clinic on **Thursday 9th October**. If you have any questions or concerns regarding your child's nappies, pull-ups or pads then you can book an appointment by contacting the school office on 02920 616018. They are able to support with queries about issues such as size, fit and absorbency. Once an appointment is booked, you will need to complete an input/output chart for your child to support the conversations at your appointment.



Coffee, biscuits and chat

We would like to invite parents to use our community room on **Friday 17th October** for a coffee, a biscuit and a chat. We understand that it can be difficult to meet other school parents and get to know one another, so we would like to help you do that! Come along between 10am and 11:30am for a chance to meet other parents, have a hot drink and relax for a little while. We would like to make these opportunities happen more frequently, so please come along and join in. Everyone is welcome!

Gair yr Wythnos – week beginning 29th September
Our Welsh word(s) of the week will be:

Brechdan
Sandwich



Diary Dates

Half Term: Monday 27th October – Friday 31st October 2025
End of Term: Friday 19th December 2025
Inset Days: Monday 3rd November 2025, Friday 13th February 2026, Friday 1st May 2026, Tuesday 5th May 2026 and Monday 20th July 2026.

Local support opportunities

Growing stronger Together

UNIT 4A SEAWALL ROAD,
SEAWALL COURT,
CARDIFF
CF245TH



Together We Thrive, Beyond Barriers



WHO WE ARE

Growing Stronger Together CIC is a not-for-profit community organisation based in Splott, Cardiff. We set up to support children and young people with Additional Learning Needs, along with their parents and carers. We believe every child deserves the chance to play, learn, and thrive in a safe and welcoming environment. Our mission is to reduce isolation, celebrate difference, and build stronger families and communities.

FEATURES

- ✓ Sensory room
- ✓ Messy play room
- ✓ Soft play
- ✓ A/n trained staff
- ✓ Activities / clubs
- ✓ Holiday schemes
- ✓ Drop in sessions

HANNAH.HUMPHRIES123@OUTLOOK.COM

Registered Charity No: 1168563



Where Disabled Children and Families Grow

Thrive Cardiff is a Charity in South Wales run by Parent Volunteers.

Set up in 1996 by a group of parents who have children with a disability, to help them to access leisure activities and events within a supportive community.



Thrive membership gives you:

Membership just £20 each Family per Year

- Access to our exclusive play sessions
- Subsidised events and activities for your family
- Access to the Thrive Holiday Home in the Gower at low rates for members
- Access to the private Thrive Cardiff Members Facebook group
- Access to a collective wealth of experience, knowledge, information & advice
- New friends, help and support from other parents ... and so, so much more!!!

JOIN NOW!



Info@Thrivecardiff.org

CONTACT US
[@TommyCardiff](https://www.instagram.com/TommyCardiff)



WEBSITE
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