



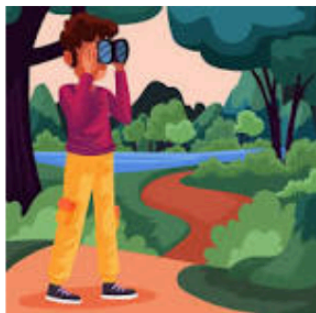
Family Coach Service

Spring Wellbeing Walks 2026*

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

No formal diagnosis or Educational Health Care Plan necessary.

All walks will meet at Hackney Service Center



Thursday 26th February
12.30 - 1.30pm

A walk to breath

Take notice of how nature can offer prompts to practice breathing exercises

Thursday 12th March
12.30 - 1.30pm

A walk to focus

Take notice to your surroundings whilst focusing on your own choices

Thursday 26th March
12.30- 1.30pm

A walk to change

An opportunity to view the changing seasons and reflect on how you might change.

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