

21 Nov 2025

Newsletter No. 11

Tel: 01384 818545 info@ashwood.dudley.sch.uk

Article 28 Every child has the right to an education

Dear Parents and Guardians,

Our PTA is holding a Christmas Craft night on Wednesday 3rd December, please send your ticket request and payment to the Office.

Christmas Dinner will be on the menu on Wednesday 17th December, make sure you book your child's dinner. This will also be our Christmas Jumper day, your child will be welcome to wear a festive jumper over their uniform.

Children in Need raised **£257**. Thank you for all your contributions!

Thank you to all the parents who attended our Year 6 Maths Workshop on Thursday. We hope you found it useful.

Early Years Christmas production is on Wednesday 10th Dec at 9.15 am and Thursday 11th Dec at 2 pm.

KS1 Christmas production will be on Tuesday 9th December at 9.15 am and on Wednesday 10th December at 2pm.

KS2 "Christmas around the World" will be on Wednesday 10th December at 6pm at Holy Trinity Church, Wordsley.

Privacy Notice Please take a moment to read our [Privacy Notice](#).

Facebook Do remember to take a look at the School's [Facebook](#) page.

Mr Butler and Mr Perkes

School Photographs

Aperture came to School on Wednesday 19th November to take individual and family photos.

We're using Parent Link so you get instant access to your child's photos when they're ready—no codes needed. Please pre-register here: <https://aperture-online.flexschools.co.uk/register/OXExDmXZj>

Dinner Dates

Next week, the following staff will be in the lunch hall:

Mr Dimmock - Wednesday

Miss Hartle - Thursday

It would be wonderful to see as many children as possible joining the teachers in enjoying a school dinner. We hope this helps make lunchtime a highlight of the day!

We look forward to seeing you!

Dates for the Diary

Wednesday 3rd Dec 2025

PTA Xmas Craft Session

Tuesday 9th Dec 2025

KS1 Xmas Production

Wednesday 10th Dec 2025

EYFS and KS1 Xmas Productions

Xmas Carol Concert 6pm

Wednesday 17th Dec 2025

Christmas Jumper Day

Christmas Dinner

Thursday 11th Dec 2025

EYFS Xmas Production

Friday 19th Dec 2025

End of term

Monday 5th Jan 2026

INSET Day

Tuesday 6th Jan 2026

Children return to School

Monday 16th to Friday 20 Feb 2026

Half Term

Friday 27th March 2026

End of term

Monday 13th April 2026

Children return to School

Thursday 7th May 2026

Voting Day

Friday 8th May 2026

INSET Day

W/C Monday 11th May 2026

Year 6 SATs

Monday 25th to Friday 29th May 2026

Half Term

Monday 1st to Friday 5th June 2026

Health Week inc Sports Days

Monday 8th to Wed 10th June 2026

Y6 Residential Trip

Thursday 16th July 2026

Y6 Leavers Party

Friday 17th July 2026

Y6 Leavers Assembly

End of term

Monday 20th July 2026

INSET Day

Please note INSET days are provisional and are subject to change

Praise Assembly

Children who gained badges and certificates deserve our special congratulations: **12/11/2025**

Key Stage One

RR Foxes - Billy
1CB Moles - Savannah
1/2JB Squirrels - Laila
2W Badgers - Roman

Key Stage Two

3/4D Chestnut - Freddie
3/4R Oak - Ava-Mae
4H Elder - Rowan
5/6D Beech - Keira
5/6E Holly - Harry
6BB Rowan - Megan

Menu* wc 24.11.25 (Week 2)

Monday

All Day Breakfast (V option available)
Fish Option
Hash Browns
Banana Cake & Custard

Tuesday

Mac 'n' Cheese (V)
Fish Option
Potato Wedges
Strawberry Mousse

Wednesday

Roast Chicken
Roast Chicken (H)
Quorn Balls (V)
Gravy & Stuffing
Fish Option
Mashed & Roast Potatoes
Waffles

Thursday

Chicken Tikka Masala
Country Veg Bake (V)
Fish Option
Rice
Raspberry & Apple Cake

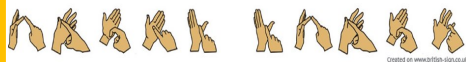
Friday

Pizza Party (V option available)
Fish Option
Chips
Fruity Friday

All dinners must be booked through School Money the day before they are needed. Please contact the school office if you are having any issues.

*** Subject to change**

Early Years



Forest School has been going well and Nursery and Reception children have enjoyed going to explore and learn in our Forest area for the past 8 weeks. There will be a Christmas special session on Friday December 12th which will be a lovely treat after our Christmas play. It will then resume in the Spring.

Christmas play rehearsals have began! Please check bags for your letter, we would be very grateful for your support with providing a costume.

The Early Years Christmas play is **Wednesday 10th Dec at 9.15 am** and **Thursday 11th Dec at 2 pm.**

Tree Tots Toddler Group



We're really sorry that our toddler group isn't able to run right now. We know how much the children (and grown-ups!) enjoy coming together, and we're continuing to look for solutions. Thank you for your patience and understanding—we truly hope to be back up and running, and we can't wait to see you then.

KS1 News



In Key Stage One we have been learning all about shape. The children have been identifying the vertices and sides on 2D and 3D shapes. They have also looked at the different examples of shapes in our environment.

In Art we have been building onto our relief maps to make them 3D and have recognised some of the shapes we have discussed in Maths.

Next week we are going to start to learn our songs and dances for the Christmas show!

RBDC News



What a fabulous week we have had in the RBDC.

In Acorns we have been looking at different animals and grouping them depending on their habitats. We could easily recognise all our farm animals and the noises they make. We had lots of fun copying the sounds.

Conkers have been exploring how antibiotics were discovered in Science. We set up an experiment to see how germs effect everyday life and what we can do to prevent spreading germs.

Year 3/4 PUDs have been looking at how every deaf person communicates. They have been looking at the similarities and the differences and what this looks like for individuals within the deaf community.

Star of the Week this week is **Lillianna**, for demonstrating her independence in all lessons. She has tried really hard to advocate for herself when she does need support. Well done Lillianna.

This week's signed video is all about 'Food'. Please share with your child.

<https://www.youtube.com/watch?v=lvtekbhdtQA>

Sign of the week: Food



Football Update



It has been a busy few weeks for our school football teams!

On 7th November, our Year 6 football team took part in the Dudley Schools' FA Tournament at the Dell Stadium. The team played brilliantly and worked incredibly hard throughout the competition, showing determination and teamwork in every match.

Our girls' football team also competed in the Dudley Schools' FA competition on Monday 17th November, again at the Dell Stadium. Their fantastic team spirit and super attitude were clear to see - well done to everyone involved!

In addition to the tournaments, the Year 6 football team managed to squeeze in a league match against Glynne Primary School, played under the floodlights at Ashwood. What an exciting experience for the players!

A huge well done to all of the children who have represented the school so far. We look forward to hearing more about how our teams progress throughout the year.

TT Rockstars



1. William 3/4R
2. Bobby 3/4R
3. Kobie 3/4R

KS2 News



This week has been full of exciting learning opportunities and memorable experiences across the school.

One of the highlights was a fantastic assembly and workshop led by Severn Trent. Their visit helped raise awareness about the water cycle and river processes, giving the children valuable knowledge about how to stay safe and look after our environment. The pupils were enthusiastic participants throughout and impressed our visitors with their thoughtful and inquisitive questions. It was also school photograph week. All children have now had their pictures taken, so please remember to place your orders if you would like prints.

In English, Years 3 and 4 have begun a new non-fiction unit focusing on non-chronological report writing. The children have thrown themselves into researching fascinating facts about Stone Age animals, discovering everything from ancient predators to prehistoric habitats.

Meanwhile, our Years 5 and 6 pupils have continued their work linked to Anti-Bullying Week. This theme has been explored further in their English lessons, where the children have been reflecting on characters' feelings and writing persuasive letters encouraging others to stand up against bullying.

It has been a productive and inspiring week, and we are proud of the children's hard work and enthusiasm in all areas of their learning.

PE

Years 3/4 - Mon (bring your kit) and Thurs (come to school wearing your kit)

Years 5/6 - Fri (bring your kit) and Wed (come to school wearing your kit)

When the children come to school in their PE kit they must wear their yellow PE top, green shorts / **black joggers** and their green Ashwood Park jumper or cardigan.

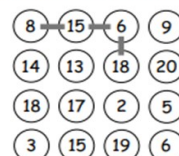
Hoodies and gilets are **not** permitted. Please support us to ensure that all of our children are in the correct uniform and feel part of our Ashwood Park team.

Maths Problem

Joins

Join any four numbers.
Find their total.

Joins can go up, down or sideways, but not diagonally.
The score shown is $8 + 15 + 6 + 18 = 47$.



Find the highest possible score.
Find the lowest possible score.

Try joining five numbers.
Now try joining five numbers using only diagonal joins.

Children will be making Christmas Crafts, watching a Christmas film and enjoying a snack with friends.

CHRISTMAS CRAFT NIGHT

WEDNESDAY 3RD DECEMBER

REC/KS1 3:15—4:30pm

KS2 3:15—4:45pm

Places must be booked by
Friday 21st November

£5.00

Includes chocolate milk and cookies.



Children's Speech and Language Service (Dudley)

Advice for parents and carers can be found at:

<https://www.blackcountryhealthcare.nhs.uk/our-services/childrens-speech-and-language-therapy-service-dudley>

Dudley's Special Educational Needs and Disabilities Bulletin

The Dudley Special Educational Needs and Disabilities e-bulletin's aim is to keep parent carers, education settings and stakeholders informed about Dudley's Special Educational Needs and Disabilities (SEND) Improvement Programme as well as news and events.

As a system we are working hard to improve our SEND offer across the borough. A lot is happening and we are gathering pace to better support our children, young people and families with SEND.

Our latest bulletin provides:

- updates of our improvement journey including our progress of our Delivering Better Value Programme in SEND
- SEND news from the Dudley Parent Carer Forum, Health, the council and partners
- details of useful events for parent carers and practitioners
- SEND Education Settings News which includes information about free SEND training Resources.

Sign up now [SEND Improvement Programme - September 2024 \(govdelivery.com\)](https://www.gov.uk/government/news/send-improvement-programme-september-2024) to receive this e-bulletin direct to your email inbox

Health Choices

Dudley Public Health and Wellbeing is part of Dudley Council. We support and enable residents, families and communities to make positive lifestyle changes and improve your health and wellbeing.

There is lots we can do as individuals to stay healthy and well in Dudley borough. This website is a one-stop place for up-to-date public health information and news, from pregnancy and early life to healthy ageing.

<https://healthydudley.co.uk/>

Healthy Lunchboxes

The Healthy Lunchbox Resource is available to support children & families to make healthy, yummy and tooth friendly food choices for their children's lunchbox.

<https://www.dudleyhealthylunchbox.org.uk>

DudleyParents

There is a one stop shop for parents in the Dudley Borough offering support and information. You can gain free access to guidance and support over a range of topics for parents including First 1001 Days as a Parent, DadPad, Five to Thrive, Solihull Approach, Triple P, Parents in Conflict, The Henry Approach.

www.dudleyparents.co.uk/home

Dudley's Local Offer is a new one stop shop website for children and young people with special educational needs and disabilities (SEND) and their parents and carers.

The website contains a wealth of up to date information on areas which include education, training and work, health, leisure and fun, care and moving into adulthood. The website aims to help young people and parents to make individual, informed, positive decisions and choices



The Dudley family hub network is a one-stop shop, offering advice and support for families in Dudley with children aged 0-19 (25 if the child has special educational needs and/or disabilities). It includes an online offer and five local family hubs.

The network includes key Start for Life services. These cover the period from conception to age two. Core Start for Life services such as midwifery, health visiting and early years support are included.

<https://www.dudley.gov.uk/residents/early-years-and-childcare/dudley-family-hub-network/>

SEN Soft Play Sessions

Dudley leisure centres offer soft play sessions for children with SEN:

At Duncan Edwards Leisure Centre, there is a SEN soft play session **every Wednesday from 5.00pm - 6.00pm**

At Halesowen, there is a SEN soft play session **every Monday from 4.30pm - 6.00pm**.

Both sessions are suitable for children under 11 years of age with disabilities, special educational needs, ASD and their siblings.

New Sensory Room at Coseley Family Hub
Parents and carers can now book time in a NEW sensory room at the local family hub in Coseley. The FREE space is bookable for between 30min to an hour and gives the chance for children of all ages to explore a range of sensory activities with their parents/carers.

The sessions are self-led but staff will be on hand to support or answer any questions. To book call the hub on 01384 813096.

[Soft play | DB Leisure](#)

Parent Carer Forum Update:



Dudley Parent carer Forum welcome registrations for membership from parent/carers and also offer associate memberships to wider family members or practitioners working within Dudley. Joining up means you will be kept up to date on all the latest news, information and events doing on in Dudley. Parents/Carers will also receive a FREE gift when they sign up!

[Sign Up Here](#)

Integrated Early Years Service Parent Support Group



This group offers support to parents and carers of children with a range of additional needs. It provides a supportive environment to engage with your child, and also to gain practical advice for everyday routines.

[See More Details Here](#)

Autism



Autism Central is a website for parents. It aims to ***"signpost you to information on a wide range of topics around autism and support that is available from Autism Central, our partner organisations and other trusted sources"***

<https://www.autismcentral.org.uk/resources>

SEN Help

Kids are a charity who create life-changing opportunities by providing a wide range of support to families. They run playscheme days at their centre alongside community days for signed up families. Parent/carers wishing to refer or register with Kids for care planned services can do so by requesting a referral form via the enquiries email: enquiries.orchard@kids.org.uk or via telephone: 01384 897489.

Sassy Sensory surprises are launching 'Wellbeing Walks', they will take place in a different location each month.

Contact toni@sassysensorysurprises.co.uk for further details. Information can be found on their website regarding their recently launched sensory lending library.

Happier Minds

Whether you are a young person, a parent/carers or a professional working with young people we hope this site will be helpful to you and those you care about.

<https://happierminds.org.uk/>

Dudley's Disability register

Dudley Council have **revamped its Disability Register** to better support children and young people with disabilities and their families. The register is a **voluntary and confidential list** that helps the council plan and deliver better services, tailored to local needs. It's quick and easy to register! **Benefits include** families who register can request a **free day pass** for entry to **Dudley Zoo** when attending with their child, receive updates about local services, events, and consultations, help shape services and your registration helps Dudley Council understand the needs of families and improve support.

Visit the [Dudley Disability Register page](#) to complete the online form. **For help completing the form or to request your Dudley Zoo pass, contact the Children with Disabilities Team: 0300 555 0050 (press option 1) or email: businesssupportcdt@dudley.gov.uk**

[We love Carers](#) provide support for carers and their families all year round. Information, advice, signposting, advocacy, help with form filling and much more. Weekly play sessions and holiday play sessions for children with disabilities and additional needs are available. **Their Autumn and Winter timetable can be found [here](#).** Contact them via email hello@welovecarers.org or telephone **01384 396626** for further information on any of the above.

[Sassy Sensory Surprises](#) invite you to their Family Autumn Wellbeing Walk on **Saturday 25th October 2025** at the Walsall Arboretum (Broadway N, Walsall, WS1 2QB), meeting at the Children's Play Area. It runs from 11:30am to 1:00pm; The SASSY team will be there from **11:20am** to welcome you and sign families in. Previous wellbeing walks for parents and carers have been a huge success with great turnouts and events are now extended to the whole family! [Book your spot here](#). Contact toni@sassysensorysurprises.co.uk for further details. Information can be found on their website regarding their sensory lending library.

[Happy Helping Hands](#) are based in Upper Gornal. Please email happyhelpinghands@aol.com to be added to the mailing list for information on their services. **Family play sessions will be run at Sycamore Adventure on Sunday mornings 9.30am to 12pm throughout October. (£4 per child).**

[Kids](#) are a charity who create life-changing opportunities by providing a wide range of support to families. They run playscheme days at their centre alongside community days for signed up families. Parent/carers wishing to refer or register with Kids for care planned services can do so by requesting a referral form via the enquiries email: enquiries.orchard@kids.org.uk or via telephone: **01384 897489**.

The Beacon centre are hosting a Children's Halloween spooky craft and activity club on Tuesday 28 October at Cherry Street SEND hub in Wolverhampton a Halloween Party/Quiz on 29 October and a Railway walk in Wombourne on Friday 31 October . Please email: enquiries@beaconvision.org for full details of all events.

[Deaf Children's Society](#) run a **Youth club for children aged 10 to 18 years**, held monthly at Queens Cross Network for information or this or on any events they run, email dudleydeafchildrensociety@yahoo.com for information.

[Sycamore Adventure](#) will be **open** for their inclusive play, family play and bookable Pedal Go Kart sessions this October. *See website for full dates and how to book.*

[Dudley leisure centres](#) are all-inclusive, encouraging everyone to access as many sessions as possible. Our centres offer quiet and disability sessions for children and adults. Accessible facilities are available throughout each of the leisure centres, family fun disability swimming sessions run throughout the holidays, details below:

Halesowen LC: Saturday's from 2.15pm to 3.30pm

Crystal LC: Friday's 2pm – 4pm

Duncan Edwards LC: Wednesday 2.45pm to 4.30pm or Saturday's 1.15pm to 2.15pm

SEN sessions can be accessed at [Planet Play](#) suitable for children under 11 years of age with disabilities, special educational needs, ASD and their siblings. Sessions take place during the holidays at Duncan Edwards Leisure Centre every Wednesday 5pm to 6pm and at Halesowen Leisure Centre, every Monday 4.30pm to 6pm.

Activezone run disability sports for children, young adults and siblings. (sessions takes place for children aged 5 to 8yrs or 9 to 18yrs) Children can take part in various sports, see the below web pages for dates available at each leisure centre:

[Crystal Leisure Centre](#)

[Duncan Edwards](#)

[Lifted Spirits](#) provide a safe space for families of children with disabilities and SEN, they meet *term time only* every Tuesday 9.30am to 11am.

The [Odeon and Showcase](#) cinemas will both be hosting accessible and autism friendly sessions this Halloween. **Showcase cinemas are also running [mini movies](#) sessions for toddlers to let your little ones discover the magic of cinema with a selection of tot friendly movies.**

Unheard Voices are a SEND carers support group run by parents to help other parents and carers. They meet up term time on **Fridays 10.30am to 12pm** at Jubilee Hall, Ladies Walk, Sedgley. DY3 3UA or Thursday evenings (term time) at Humbugs café in Sedgley 6pm to 7.30pm. Email unheardvoices13@yahoo.com for further information.

[Hoult's House](#) based in the Rye Market Stourbridge run SEND Sessions on Monday and Tuesdays from 2.245pm to 4.15pm, low level sound and limited numbers.

WORDSLEY
Christmas
LIGHTS SWITCH ON

AT WORDSLEY GREEN SHOPPING CENTRE

Saturday 6th December

4PM - 7PM

STALLS ★ RIDES ★ LIVE MUSIC ★ FOOD
SANTA'S GROTTO AND SPECIAL GUESTS!

**BLACK
COUNTRY
RADIO**



**THE
GLASSCUTTERS
ARMS**

EST. 1840

Haze
Hair Studio



WWW.TICKETSOURCE.CO.UK/SANTASGROTTOWORDSLEY2025

Dudley SENDIASS Workshops

For parents/carers of children with SEND and young person with SEND up to 25 years old seeking further information about SEND support and processes in education.

Academic Year 2025 – 2026	SEPTEMBER	NOVEMBER	JANUARY	MARCH	APRIL	JUNE
All workshops 10am – 11.30am on Teams						
Understanding how to access SEN support within settings	8 th	21 st	22 nd	4 th	21 st	22 nd
Understanding the EHC Needs Assessment request process	9 th	17 th	23 rd	5 th	22 nd	23 rd
How to check a draft plan	10 th	18 th	19 th	6 th	23 rd	24 th
Preparation and process for annual review	11 th	19 th	20 th	2 nd	24 th	25 th
Preparation for key transitions	12 th	20 th	21 st	3 rd	20 th	26 th



To book on to a workshop email dudley.sendiass@dudley.gov.uk

[Dudley SENDIASS Website](#)

Dudley SENDIASS Service offers information, advice and support on all matters relating to SEN and disabilities including health and social care to parents and carers of children with SEND and Young People with SEND up to 25 years old.

Helping Children Get the Best Start in Life

Free Programmes & Workshops

HENRY supports families to **build healthier habits and routines** that support children's physical and emotional wellbeing, right from the start and as they grow.

A range of **free, friendly and practical** sessions are **available to parents and carers in Dudley** with children aged 0-12, as well as those expecting a baby.



WANT MORE
INFORMATION?

or visit www.dudleyparents.co.uk



Body safety matters

Helping your child understand boundaries and personal safety

Keeping children safe starts with conversation

Talking about body safety can feel uncomfortable – but it's one of the most powerful ways to protect children. Children who understand their bodies, boundaries and rights are more confident and better equipped to speak up if something feels wrong.

You don't need a big formal talk – short, everyday chats work best.

Here are some simple conversation starters you can use:

- “Do you know what parts of your body are private?”
- “If someone made you feel uncomfortable, who would you tell?”
- “Has anyone ever asked you to keep a secret that made you feel funny or unsure?”
- “You're allowed to say ‘no’ to hugs or kisses, even to family – how do you feel about that?”
- “What would you do if someone touched you in a way you didn't like?”

Use natural moments (e.g. bath time, getting dressed, bedtime stories, a walk in the park) to bring up the topic gently. Keep your tone calm and reassuring. The goal is to help children feel safe, heard and empowered.

Reassure them: “You can always talk to me about anything – I'll always listen and help.”

Don't forget the online world

Even at primary age, many children play games or watch content online. It's important they know that body safety rules apply online too.

- Teach them never to share photos of their body, especially private parts.
- Make sure they know: if anyone asks them to do something that feels odd, secret or confusing online, they should tell you straight away.
- Talk about how some people online might pretend to be children when they're not.
- Use privacy settings and supervise young children during screen time.
- Remind them: “If something online makes you feel uncomfortable or unsure, it's never your fault. Just come and tell me.”

How you can support at home

- 1) Use everyday moments to talk about safety.
- 2) Read books together on body safety.
- 3) Practice naming trusted adults they can go to if worried.
- 4) Reassure them: they will never be in trouble for telling the truth.

WHAT CHILDREN NEED TO KNOW

 THEIR BODY BELONGS TO THEM Children should know that they are the boss of their own body. No one – not a peer, adult, friend or family member – has the right to touch them in a way that makes them feel uncomfortable.	 PRIVATE PARTS ARE PRIVATE Teach them the correct names for private body parts (e.g. penis, vagina, bottom). This helps remove shame and confusion – and makes it easier to report any concerns clearly.	 THE 'NO, GO, TELL' RULE If someone makes them feel unsafe or breaks a body boundary: Say “NO!” GO to a safe place TELL a trusted adult.	 SAFE AND UNSAFE TOUCH Help your child understand: <u>Safe touch</u> : hugs, holding hands if they want to <u>Unsafe touch</u> : touches that hurt, feel scary, confusing, or are kept secret.
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**We help with anxiety,
depression, or stress**

NHS
Dudley
Talking Therapies

FREE

confidential, and tailored for you

Our experts have helped lots of people in
Dudley become happier and healthier



For anyone aged 16 or over registered with a Dudley GP

Support available via...



In-person



Phone



Video



Online



Workshop



Call 0800 953 0404 or self-refer by visiting
www.blackcountryhealthcare.nhs.uk/talking-therapies

**SCAN
ME**

Free School Meals

If you receive any of the following support payments your child may be entitled to Free School Meals

- Income Support
- Income-based Jobseekers Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- The guaranteed element of State Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit Run-on – paid for 4 weeks after you stop qualifying for Working Tax Credit
- Universal Credit

If you currently receive free school meals but have now moved into the area, you will need to complete a new Free School Meals Application form

If you wish to apply for Free School Meals, please go to

www.dudley.gov.uk/resident/your-council/council-tax-and-benefits/benefits/free-school-meals

If you need further information, you can contact the Free School Meals Team by:



Telephone -01384 814988



Email – freeschoolmeals.benefits@dudley.gov.uk



Visiting – Dudley Council Plus, Castle Street, Dudley
between 8.30am and 5pm Monday to Friday, 9am and 12 noon Saturday

YOGABRIDGES
PRESENTS

BRITISH WHEEL OF YOGA CERTIFIED

SUITABLE FOR ALL LEVELS OF ABILITY



EVERY THURSDAY | START AT 7.30PM

Ashwood Park Primary School, Bells Lane, Wordsley, Stourbridge, DY8 5DJ

£9 / CLASS OR 10% DISCOUNT FOR FULL TERM

FOR BOOKINGS AND ENQUIRIES PLEASE CALL OR EMAIL JAN:

07764 404975 | janetcooper@blueyonder.co.uk | www.facebook.com/yogawithjan