



# PASTORAL NEWSLETTER

## SPRING 2025



### Support available

#### LOCAL AREA CORDINATOR

Ceri Goodfellow can help you find advice and support in our community.

Please contact her on:

Ceri.Goodfellow@swansea.gov.uk

or

07976 659082

#### TY FFOREST RESOURCE HUB

485, Llangafelach Rd, Brynhyfryd, Swansea, SA5 9EA

E-Mail: tyfforesthouse@gmail.com

Ty Fforest is a community based non profit organisation which is based in Swansea. They provide and promote access to advice, food share, essential items, food bank, support services, crisis team, and an outreach team.

#### LOCAL GROUPS

Anxiety Support Wales are providing group workshops for adults and young people.

Please contact

anxietyswansea@outlook.com

or

07562290133 / 07506000498



### Reaching Wider

Reaching wider at Swansea University would like to offer free activities/workshops for our parents and carers.

Use the link below to tell us what you would like to see from them:

<https://forms.office.com/pages/responsepage.aspx?id=LrXKu76f1k0i859mxD3yaGwLpInM4pdIvLh3VE3sVMRUQIY4VIRWMFZLWE5ZNldMVkhaM110MFg2Ty4u&route=shorturl>

### Mindfulness ideas

#### THE BODY SCANNER

This mindfulness activity is great for check ins and to give your brain a break after a long day.

Please see link below for video:

<https://www.youtube.com/watch?v=xLoK5r0l8Qk>



### Teddy & Carol

Teddy the therapy dog is making great progress in getting to know the children at Burlais.

Teddy has brought so much joy and comfort to our children and staff.

Teddy has also encouraged our children to read him stories and we have seen a growing confidence in many of our pupils.

We will be hosting a fundraiser for Cariad Pet Therapy as a 'thank you' for all their support.

### Dates to remember

09.04.25 - Pastoral coffee morning.  
Everyone is welcome!

10.04.25 - Fundraiser for Cariad Pet Therapy -  
voluntary donation of £1