



**The Hangleton
& Knoll Project**
Working for a better community



Hangleton & Knoll Parent Carer Group

A friendly group inspired and led by local parents.



Christmas Coffee Morning



Do you have a child with a disability, health problem or who is having difficulties at school? Come and meet families in a similar situation.

**Christmas Coffee
Morning with
Mince pies, Chocolate
Brownies, Nibbles, Hot
Drink and Chat.**

We will be joined by Sheri Whiting, Mind's Community Wellbeing Co-Ordinator.

She will share information on anxiety, mindfulness and how to cope with the stress of Xmas.

Tuesday 3rd Dec

Christmas Coffee & Chat



9.30 - 11.30am

**At St Richards
Church and
Community Centre
Egmont Road,
Hove BN3 7FP**

Want to know more?

Our parent volunteers are happy to have a chat with you about the support a group like this can offer.

Call Louise on 01273 905549 / 07990728830

or

Rhianydd on 01273 733126 / 07897533007

or find us on Facebook