



Autumn Newsletter '24

Co Op Community funding

CAFA are proud to announce that we are now part of the CoOp UK Local Community fund.

We will be using this fund to raise money to create a sensory room for students. This dedicated space will support our students, providing them with a safe and calming environment to help reduce anxiety and improve their overall wellbeing.

If you are a CoOp member you can find out more about our project and to choose us as your cause visit the community section on your app or visit <https://membership.coop.co.uk/causes/87058>

Coming soon....

Our real Christmas trees and wreaths will be available for order soon, keep an eye on our social media pages for updates.

Pre orders will also be taken at the Pamper evening

Save the date...

Christmas Pamper Evening

Relax with soothing mini treatments, shop for fantastic Christmas gifts and indulge yourself with delicious refreshments
More details coming soon...

Friday 29th November 6.30pm - 9pm
Castell Alun High School, Hope, LL12 9PY



An evening surrounded by fairy lights, warm comforting aromas & the deep resonance of the bowls.

£15

Join us for a

Sound Bath Evening

An opportunity to relax deeply as you are carried by the sounds of the crystal singing bowls

Tuesday, 19th November
6.30pm - 8pm
Pre-booking essential



You may be wondering - what is a sound bath?
A Sound Bath is an acoustic sound healing journey that relaxes the body, clears the subconscious, calms the mind, and activates your body's natural healing systems.

What to expect

We will begin our evening with gentle breathwork before transitioning into our meditation. During which, your body is given the permission to relax and let go before the bowls begin to play, again relaxing even more deeply.

What to bring

Please bring with you: yoga Matt, water, blanket and pillow and create your most comfortable space then lie down and let the cosmic vibrations wash away stress and all that no longer serves you .

Castell Alun High School, Hope, LL12 9PY

To book please scan this QR code



Castell Alun School Lottery



For just £1 per week your numbers are entered into a school lottery with a small cash prize and a national lottery with a chance to win a **£25000** jackpot.

To join simply scan the QR code or visit www.yourschoollottery/castellalynhighschool

Got a bright idea?

We'd like to thank everyone who has attended our events so far this school year. We'd love to hear your ideas for what events you would like to see

If you'd like to come and have a chat, learn a bit more about what we do or maybe even join our volunteer list to help out at the occasional event, why not come to our next meeting and AGM on

Tuesday 12th November at 6.30pm