



SUMMER

Activity sessions

**NO
LIMITS**
Helping Young People
Help Themselves

For Young people aged 11-18

Spend time in a safe space, relax and take part in our planned activities and games.

Monday 12th
August
11am - 12:30pm
1:30 - 3pm

Movie Munch

Thursday 15th
August
11am - 12:30pm

**Bring Your Own
'Thread' Tye Dye**

Monday 19th
August
11am - 12:30pm
1:30pm - 3pm

Table Tennis

Tuesday 20th
August
10am - 11:30am

**Minute to Win It
challenge**

Thursday 22nd
August
11am - 12:30pm

**Games on the Common
(weather permitting)**

Tuesday 27th
August
10am - 11:30am
12:30 - 2pm

Bubble Tea

Friday 30th
August
2:30pm - 4pm

Relax & Recharge

Scan the QR code to complete our form
and we'll be in touch

