

EXPLORE  
NATURE

Wellbeing activities



Song writing  
& Music

Age 7 - 14 years old

FAQs available

Healthy  
Food Fun  
activities

Storytelling

Games

Moving and Grooving presents

# Active Adventures Inside and Out

Aimed at SEND families, and those  
who like creative play



**Saturdays in 2025**

4th January  
18th January  
1st February  
15th February  
1st March  
15th March

Mereside Community Centre,  
Mereside, Shrewsbury SY2 6LH  
**(NEW Start Time) 10.30 - 12.30**

To book your place email -  
[jamila.walker@takingpart.co.uk](mailto:jamila.walker@takingpart.co.uk)  
07974078919

£4 per child £10 per family  
with 3 or more children



SIBLINGS welcome. Option to take respite and leave children  
with Enhanced DBS checked and trained Taking Part staff