

# GET ME OUT THE FOUR WALLS "Meets in the Mall"

Supported by Castle Mall, Norwich



Join the Get Me Out The Four Walls team for a programme of events at Castle Mall.

With FREE Arts & Crafts Days, Bounce & Rhyme Sessions, Health & Fitness Classes & loads more – there is a reason for everyone to escape their four walls!



## JANUARY - FEBRUARY

**Tuesday 8<sup>th</sup> January - 10.30am – 11.15am**

"Bounce & Rhyme Time" in the Honesty Library

Come and meet GMOTFW Ambassador Fiona for a fun session suitable for all ages with singing, dancing & stories.

**Wednesday 9<sup>th</sup> January – 10.30am – 1pm**

"Meet the Team" in Kastle Kids

Come and join us for a hot cuppa and a natter whilst the little ones play. There will be crafts, games & toys for children of all ages to enjoy whilst you get to know the team and hear all about our upcoming events.

**Wednesday 23<sup>rd</sup> January – 10.30am – 1pm**

Stay & Play session with the GMOTFW Referrals Team in Kastle Kids

Let the little ones play with the variety of games and crafts whilst having a natter with other parents & the GMOTFW Referrals Team. If you are struggling with anxiety, PND or are just wanting to have a chat about further support available for you, pop along to see us!

**Tuesday 5<sup>th</sup> February – 10.30am - 11.15am**

"Bounce & Rhyme Time" in the Honesty Library

Come and meet GMOTFW Ambassador Fiona for a fun session suitable for all ages with singing, dancing & stories.

**Wednesday 6<sup>th</sup> February – 10.30am – 1pm**

"Teddy Bear's Picnic" in Kastle Kids

Bring your picnic & favourite teddy for a stay and play. Stories, Games & Musical instruments will be set out for the little ones to play whilst the big ones can enjoy a hot drink and a chat!

**Wednesday 20<sup>th</sup> February – 10.30am – 1pm**

Mental Health Support & Chat in the Honesty Library

A light and informal session offering hints & tips from a local mental health professional on how to manage anxiety and how to access support. Activities will be provided for little ones.

**All sessions are FREE to attend and will include activities for children.**

**Please feel free to bring a friend or family member for support.**

**All events are subject to change.**

**For more information, please visit our website:**

**[www.getmeout.org.uk](http://www.getmeout.org.uk)**

**Charity Reg Number: 1177508**

