



Get Me Out The Four Walls “Meets in the Mall”



Supported by Castle Mall, Norwich



Escape the four walls and come along to our FREE programme of family friendly events at Castle Mall.

All Welcome!

OCTOBER 2019



Tuesday 1st October- 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 2nd October – 10.30am – 1pm

“Wellbeing Service” Stay & Play 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 and we will be joined by the Wellbeing Service for advice and mental health support.

Wednesday 9th October– 10.30am –1pm

“A Taste of Life Within Care” in Kastle Kids

A special session held with representatives of The Norfolk & Waveney STP to advise members on careers, apprenticeships and volunteering positions available in the Health & Social Care sector. There will be local organisations there to offer support with CV writing, interview technique and how to apply for positions. See separate flyer for more information or contact info@getmeout.org.uk

Usual stay & Play activities and refreshments will be provided.

Wednesday 16th October– 10.30am –1pm

“SENSational Families Stay & Play” in Kastle Kids

Let the little ones play with the variety of games and crafts whilst having a natter with other parents and the GMOTFW team. We are also being joined by the Special Educational Needs charity SENSational Families for some sensory fun – come and join us!

Saturday 19th October – 10am – 12pm

“Lego Club” in the Puzzle Room

Join new Ambassador Ian and some of the GMOTFW team for some team building fun, using Lego for the big ones and Mega Bloks for the little ones! A perfect activity to focus the little ones before hitting the shops!

Free Tea, Coffee & Pastries will be available. Mums, Dads, Grandparents, Carers - ALL WELCOME!

Wednesday 23rd October – 10.30am – 1pm

“Meet the Referrals Stay & Play” in Kastle Kids

Join the GMOTFW team for usual stay & play fun! We’ll also be joined by our GMOTFW referrals team for a chat about services available or just for a chat. All welcome.

Wednesday 30th October– 10.30am – 1pm

“Creepy Crawlies” Messy Play in Kastle Kids

Join the GMOTFW team for some messy play, perfect for little ones to explore.

Messy Play Session Timings: 10.30am - 11.30am and 12pm - 1pm

PLEASE NOTE THAT DUE TO POPULARITY, WE MAY OPERATE A TICKET SYSTEM FOR MESSY PLAY SESSIONS ONLY

Please arrive early to avoid disappointment.

Usual Stay & Play Activities are available between 10.30am and 1pm

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 on our organisation, please visit our website:

www.getmeout.org.uk

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