



# 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 within Castle Mall.

Sessions include Messy Play, Health & Wellbeing Stay & Plays and Bounce & Rhyme sessions.  
All Welcome!



### SEPTEMBER 2019

**Tuesday 3<sup>rd</sup> September - 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 4<sup>th</sup> September – Sorry. no Meets in the Mall Session today!**

**Wednesday 11<sup>th</sup> September – 10.30am – 1pm**

Stay & Play with Zumbini Kelly in Kastle Kids

Join the GMOTFW team for some fun, games & a hot cuppa. We're also excited to welcome GMOTFW's Kelly who will be offering a Zumbini Dance Session for the little ones too! Everyone Welcome!

**Wednesday 18<sup>th</sup> September – 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 21<sup>st</sup> September – 10am – 12pm**

“Lego Club” in the Puzzle Room – NEW!

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 25<sup>th</sup> September – 10.30am – 1pm**

“Weather” Themed Messy Play in Kastle Kids

Join the GMOTFW team for our monthly Messy Play session! We'll have messy games, sensory fun and the little ones can make their very own Rain Shaker to take home! All Welcome!

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

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