

## UPCOMING DATES 2019



CORNWALL ACCESSIBLE ACTIVITIES PROGRAMME

CHARITY NUMBER 1049555

### Please make a note in your diary!!!

<b>Monday</b> <b>25.02.19</b>	<b>Inset Day</b> <b>Activity</b>	<b>West Coast</b> <b>Academy</b> <b>Treleigh</b> <b>TR16 4AX</b>	2 x 45min sessions at £3 each person, per session.  Open to all CAAP members who attend the Special Partnership Trust. Please bring a drink and wear comfy clothes for being active!!	<b>£3 Dance 11am</b>	<b>All</b>
				<b>£3 Gym 12pm</b>	
<b>Friday</b> <b>01.03.19</b>	<b>Carers</b> <b>Event</b> <b>Taking</b> <b>care of</b> <b>you</b>	<b>St Agnes</b> <b>Football</b> <b>Club</b> <b>Postcode</b> <b>TR5 0SS</b>	'Taking care of you. Asking for help. Why we should, how do we do it and who do we ask?' An informal workshop to look at how we can all get overwhelmed by our daily lives and what actions we can take to make life just that bit easier. A chance to have a coffee with friends, share experiences and learn new skills. Workshop facilitated by Nicola Medicott an experienced counsellor, mediator, mum and mental health survivor.	<b>£5</b> <b>10am – 12pm</b>	<b>Carers</b> <b>Only</b>
<b>Sunday</b> <b>03.03.19</b>	<b>Family</b> <b>Swim</b> <b>Session</b>	<b>Newquay</b> <b>Waterworld</b> <b>TR7 2LZ</b>	Our regular family swim session in the fun pool with slides! Please bring your friends and family along if you wish.	<b>£3 per child + 1</b> <b>x carer free</b> <b>All others £3</b> <b>4pm – 5pm</b>	<b>All</b>