

# FAMILIES INFOCUS (ESSEX) ACTIVITY CLUB

at Chelmsford Sport & Athletics Centre  
Salerno Way, Chelmsford, CM1 2EH



Join us for FUN every  
Saturday

3.30pm to 5.30pm

(unless advertised - please see our website)



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Play activities for children with a disability or special needs  
and siblings,  
accompanied by their parents/carers

- *Qualified **trampoline** coach available (every Saturday)*
- ***Free play, games and equipment** (every Saturday)*
- ***Gymnastics circuit and coach** (fortnightly)*
- *Set in **nice airy, secure and friendly environment** for the children*
- *Somewhere **parents, friends, family and carers** can come to **relax, talk to other parents or rush about with the children***
- *Suggested donation **£2 per child***

## Interested?

For further details please phone us on  
**01245 353575** or go to our website  
**[www.familiesinfocussessex.org.uk](http://www.familiesinfocussessex.org.uk)**  
email: **[helpline@familiesinfocussessex.org.uk](mailto:helpline@familiesinfocussessex.org.uk)**  
or come and visit

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