



# DROP-IN MULTI-SPORTS SESSION FOR CARERS

Come along and try something different, meet new friends and learn new skills. The session is tailored to the needs of the group. Carers are able to bring the people they care for, for free.

**£2.50**  
PER SESSION

**When:** Thursdays at 11-1pm

**Where:** Southend Leisure & Tennis Centre,  
Garon Park, Eastern Avenue, Southend SS2 4FA

This programme is developed in partnership with an allied health professional and coaching team

For further information please contact Megan Potts  
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