

**We organise nights out for parents...bowling, cinema, theatre, dining out etc.. Giving parents back their social life!**

We actively encourage parents to participate in shaping the future for our children.

**We arrange ‘brunches’, organise tennis games and more for parents. Making the most of the time kids are in school!**

**We have a swimming club @ Balaam Leisure Centre for families of DISABLED children. It runs every Sunday 12.30 till 2pm. Please call and register before the first time you attend.**

**Nominal fee of £5 per family to cover booking costs**

**We provide practical and emotional support for parent/carers from all walks of life**

**We organise family activities during school holidays including park days, soft play gym, bowling, cinema & welcome more ideas!!**

**To be kept informed of all our activities please complete our registration form or contact either Zeenat Khan, Ann Hills or Kim Steward in any of the following ways:**

**Ring: 0208 5521077 Text: 07528562902 Email: zeenatkhan9@hotmail.co.uk**