



JUMP AVENUE is a FREE 12 week interactive and engaging healthy lifestyle programme for children aged 5-11. Starting in **April 2017** the programme is packed full of fun and learning for children and their parents / carers in a supportive, welcoming and friendly environment.

Our experienced and friendly team offer weekly 'Jump Avenue' sessions, which include understanding how to eat a healthy balanced diet in a fun and interactive way, together with parents / carers and lots of activity and games for your children.

Service	Venue	Day	Time
Ashfield	St John's Methodist Church, Titchfield Avenue, Sutton in Ashfield, NG17 1EU	Thursday 27 th April	16:30 – 17:30
Gedling	Arnold Hill Community Centre, Gedling Road, Arnold, NG5 6NY	Monday 24 th April	16:00 – 17:00
Mansfield	St John's Centre, St John Street, Mansfield, NG18 1QH	Wednesday 26 th April	16:30 – 17:30
	Church Vale Primary School, Church Warsop, Mansfield, NG20 OTE	Wednesday TBC	13:00 – 14:30
Newark & Sherwood	Lover's Lane Primary School, Warburton Street, Newark, NG24 1LT	Monday 24 th April	16:00 – 17:00
Broxtowe	Middle Street Resource Centre, Middle Street, Beeston, NG9 2AR	Monday 24 th April	16:30 – 17:30
Bassetlaw	Kilton Forest Community Centre, 15 Longhurst, Kilton, Worksop, S81 ODA	Wednesday 26 th April	17:30 – 18:30
Rushcliffe	Crossdale Primary School, Crossdale Drive, Keyworth, Nottingham, NG12 5FB	Tuesday 25 th April	16:00 – 17:00

To secure a place on Jump Avenue or to find out more please contact us via..

CALL 03330 05 0092*

EMAIL changepointnotts@everyonehealth.co.uk

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Our friendly, supportive team will be happy to help.