



General Information for the FREE weekly Family Fitness and Fun sessions

Starting Tuesday 7th September– 14th December 2021 (excluding 26th October)

Sessions at 10.00 a.m. – 11.00 a.m. and 11.00 a.m. – 12.00 p.m.

2 hours of supervised play for children with Home-Start worker/volunteers in the hall

Location: Southminster Memorial Hall, High Street, Southminster, Essex CM0 7DE

Parking: is not available at the hall. The nearest public car park is approximately one minute walk away near to the William Fisher Medical Centre (CM0 7AY), opposite Queenborough Road. Alternatively, there is street parking in Burnham Road, or North Street (off Station Road), which are located close to the hall.

What to wear: enclosed non-slip shoes e.g. trainers or plimsolls and comfortable clothing such as jogging bottoms, t-shirt and sweatshirt.

What to bring: bottled water and a small selection of your children's favourite toys or books

What to expect

1. The fitness sessions will be delivered by Daniel Raynham.
2. Sessions will be geared to the different levels of the participants.
3. The wide range of activities can be completed at different intensities (easy, moderate, difficult).
4. Sometimes participants will do the same activity at the same time (potentially at different intensities), and sometimes participants will be doing different activities to each other.
5. Parents and children will have opportunities to exercise together or there will be space for the children to play near to their parents.
6. Music is sometimes played.
7. Children will remain the responsibility of their parents at all times.

Contact for Home-Start: Alison Janes will be at each session – to contact her please email alison.janes@home-startessex.org.uk or info@home-startessex.org.uk or telephone 01245 847410.

Non-attendance policy:

Parents should inform Home-Start Essex if they will be unable to attend any of the sessions prior to the session taking place. If parents do not inform Home-Start Essex prior to/on the day of sessions, then their space may be allocated to anyone waiting on a waiting list.