



Ambition Aspire Achieve

# Wellbeing Group

At The Terence Brown Arc in the Park Bethell Avenue, London E16 4JT



Feeling alone or anxious? Come and make new friends and have a great time at our weekly wellbeing sessions for young people (ages 8 to 16)

★ Free to attend ★ Safe, supportive and friendly environment

**Activities Include:** Personal Development Workshops, Mindfulness Sessions, Sports and Exercise Sessions, Arts and Crafts, Drama and Music, Growing and Gardening, Volunteering Opportunities, Duke of Edinburgh Awards Scheme, Day Trips and Experiences, **and much much more!**

**Timings (term time):**

**Juniors (ages 8 to 11)** Tuesdays and Fridays 4pm to 6pm, Saturdays 12pm to 2pm

**Seniors (ages 12 to 16)** Tuesday 6pm to 8pm

**Timings (holidays):**

Daily Mon to Fri - **Juniors** (10am to 2pm) **Seniors** (2:30pm to 6:30pm)

To find out more: please contact Paula Blake on 07432 024002 / 0207 5114253 or by email [paula@theaaazone.com](mailto:paula@theaaazone.com)

Delivered by fully trained DBS checked staff



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## **Additional Information**

At Ambition Aspire Achieve our main priority is to keep children and staff safe, whilst providing fun and engaging activities. Following guidance surrounding COVID-19, we have introduced a number of measures to ensure our clubs and activities are delivered safely at all times

### **Safety measures will include:**

Pre-booking introduced for all sessions with places allocated on a first come first served basis

Additional controls in place to access Arc in the Park, including non-invasive temperature checks

Reduced group sizes on site at any one time

Extra hygiene and cleaning measures, before, during and after all sessions

Maintaining social distancing measures

Adapted activities that are fun and engaging

For further details, please feel free to contact

Paula - [paula@theaaazone.com](mailto:paula@theaaazone.com) 07432 024002