

Join the fun with Change Makers

FREE!
for
families



An afterschool club for families with children of all ages, who want to know more about being active and eating well.

Take part in fun games and activities together, with access to expert information and support.



Discover how small changes can make a big difference to your health and wellbeing!

**Wednesday 3rd November to Wednesday 15th
December**

Southam Primary School

3.10pm-4.40pm*



Changemakers is supported by Rugby Borough Council



Places are limited to first come, first served.

To book a place please email gayle.osbourne@rugby.gov.uk with the details on the below form.

Parent's name** :

Address:

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Postcode:

Mobile number:

Email:

Please outline the family members you would like to attend:

Child's Name	DOB	Gender	School

* A member of the Change Makers team will be in touch with you before the sessions start.

**Parents/carers must attend the session with the child/children