



## Easter Programme 2026

We are teaming with the Holiday Activity Food programme and will be providing a food hamper to those families who qualify for free school meals.

Date	Time	Location	Activities
Tuesday 31 <sup>st</sup> March	1.30pm - 4pm	Thurnby Lodge Children's Centre 76 Dudley Avenue, Leicester LE5 2EG  Phone 0116 454 3850	Art & Craft Forest School Sensory Space Sporting Activities Wheels for All Emotional Well-being Workshop *
Tuesday 7 <sup>th</sup> April	1.30pm - 4pm	New Parks Children's Centre Pindar Road, Leicester LE3 9RN  Phone 0116 454 3900	Art & Craft Forest School Sensory Space Sporting Activities Wheels for All Emotional Well-being Workshop*

### \*Emotional Well-being Workshop

We are also working in partnership with the CEIPS, C-CYPP (Calm Children & Young Peoples Programme) during the Easter break to offer Emotional Well-being workshop for parents and children.

The workshop will teach children techniques focusing on managing anxiety, low self-esteem and low mood. Also, parent sessions will be available to learn calming techniques to use with children.

Short sessions for children aged (6-14) for support around emotional well-being, anxiety or exam stress etc.

Parents are welcome to attend a short separate 15-minute session to learn some calming techniques to use with your children.

Booking is required to take part in the workshops [Complete the online booking form](#). Or use the QR code on the attachment.

