

Feel Good Families

Need some inspiration to get active and spend time together as a family? Why not sign up to Feel Good Families to get updates and information exciting opportunities in Ashfield, which you can take part in.

Feel Good Families aims to provide opportunities for families in Ashfield to Move, Play and Smile together through community based activities and events. This could include cookery, arts/ crafts or sports and physical activity - We hope to offer something for everyone!

Benefits to getting involved include:

- Join the Feel Good Families database to be the first to hear about the latest family activities on offer
- Spend good, quality time making memories with your children in your local community
- Opportunity to enter competitions and prize draws
- Have your say about local opportunities available for families
- Become a Feel Good Families ambassador and inspire other families to Move, play and smile together

For more information or to sign up and receive updates about activities on offer visit www.ashfield.gov.uk/feelgoodfamilies



For more info please contact
feelgoodfamilies@ashfield.gov.uk



Feel Good Families

Toy Story themed trails

Titchfield Park, Hucknall
6th August 2019, 11am - 2pm

Brierley Forest Park, Huthwaite
7th August 2019, 11am - 2pm

Follow a trail around the park to find toy themed clues.

Free event. Route suitable for pushchairs. Drop in between the above times, no need to book



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Feel Good Families

Strictly Families Dance Taster Session

Regency Ballroom, Market Place,
Sutton in Ashfield, NG17 1AQ

Saturday 31st August 2019
2-3pm

A FREE fun family dance session for parents and children to take part in together. No experience necessary. Suitable for all ages.



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