

ROOTS

A time for the family

A great way to spend time together
as a family on Saturday afternoons!



Take time out to share and enjoy creative, exciting and challenging activities within relaxed and friendly surroundings! You can turn up and leave at any time, though we're sure you'll want to stay and get the most out of Roots.



The first Saturday of every month*
between 2pm & 4pm**

* Unless otherwise advertised
** Turn up and leave at any time

We at Abbey Church recognise the importance of families, and the much needed opportunity for family to spend quality time together.

Roots is an exciting initiative launched in October 2010 designed specifically with this in mind.

Step into a welcoming and friendly environment where you and the rest of your family can enjoy quality activities together, located in our four zones – Challenge, Creative, Active and Relax.

When and Where?

Roots runs on the first Saturday of every month

(unless otherwise advertised)

between **2pm and 4pm**
at **Heron School, Abbeydale**

For further information:

call: **07788 110602**

email: **roots@abbeychurch.net**

web: **www.abbeychurch.net/roots**

www.facebook.com/rootsatabbey

The zones



Do you have a competitive spirit? The Challenge zone lets you compete against yourself, or as family vs family. How fast can you go? Can you work as a team to come top of the leaderboard?



Don't suppress those creative talents any longer! The Creative zone will give you the chance to express yourself through art or construction. Make things to take home and show off, whether they fit on the mantelpiece or not!



You won't find a television at Roots to watch your afternoon sports. Instead there's something that will get you running and jumping, or at least get you on your feet! Equipment and ideas for games are provided so that all the family can join in and enjoy.



Relax whilst enjoying drinks and pastries*! Newspapers, magazines, colouring materials and board games are available in this zone.

* fresh coffee, tea, squash and pastries are provided free of charge.


abbeychurch
Making Jesus known

Abbey Church meets 10:30am every Sunday at Heron School, Abbeydale.

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