



MOVERS & MAKERS

Move. Create. Connect. ♥

A relaxed drop-in for mums and children to move, make and have fun together in a safe, welcoming space.

You're not alone. You belong here. ♥

**RELAX & CONNECT**
Enjoy a cuppa, friendly faces and a listening ear.

**MOVE TOGETHER**
Gentle movement for you and your little ones.

**GET CREATIVE**
Fun crafts, colouring, making and more.

**ALL WELCOME**
Drop in when you can, stay as long as you like.

BOOKING IS REQUIRED ♥

£ **£5 REFUNDABLE DEPOSIT**
Refunded when you attend.

 **2 X DROP-IN SESSIONS**
09:30 – 10:45 AM or
11:15 – 12:30 PM

 **G04 CAFE ON THE REC**
Colchester, CO1 2HE

BOOK YOUR PLACE ♥

Scan the QR code to book your place today!



Be More Dandelion 

 **Colchester City Council**

Brought to you by Be More Dandelion. Empowering women who have survived domestic abuse to grow and thrive. Funded by Colchester City Council