

Working in partnership, Sheffield Mencap and FURD would like to invite you to try out our taster sessions

**Wednesday 20th November 1:00 pm – 3:00 pm**

**SESSIONS ARE FREE!**

Experience fun and inclusive taster sessions in:

* Inclusive Contemporary Dance (with qualified teacher): 1.30-2.30 pm
* Football (with qualified coach): 1.30 – 2.30 pm

No experience necessary – please wear loose clothing and suitable footwear

Or

If you just want to find out more about the Carers Outreach Project and other activities by FURD you are welcome to drop in for an informal chat

Everyone welcome regardless if you’re a carer or not!

Refreshments will be provided

**Venue: U Mix Centre**

**17 Asline Road**

**Sheffield**

**S2 4UJ**

For more information please about the Carers Outreach Project please call 0114 2758879 or email cope@sheffieldmencap.org.uk

For more information about FURD, contact the U-Mix Centre on 0114 258 7787