

STOP !! TAKE 5 **Every Thursday** **8.45am – 10am . Term-time**



TAKE FIVE..

How often do we actually stop and take a moment just to catch our breath. Take 5 is an opportunity to do just that. There is an opportunity to this EVERY Thursday of the month Term-Time

TAKE FIVE initially began at Cheddon Primary school as an invite to stop, have a cup of tea or coffee, stay for a chat with Rev Tracey (Church in Community pioneer) and catch up with friends.

This happens on the 1st Thursday of each month but we have now introduced **Take 5 Extra** which extends our invitation to the wider community and includes a variety of opportunities during three Thursdays of the month. We hope you will join us for some or all of the following activities:

1st Thursday of each month TAKE 5 for parents/ carers / family of Cheddon Primary School students only in Cheddon Fitzpaine School Hall

2nd Thursday of each month TAKE 5 EXTRA Breakfast at Tracey's 4 Garden Close, Northwalls Grange Estate (off Nerrols Drive) - arrive after school drop off and stay until 10am. Open to all

3rd Thursday of each month TAKE 5 EXTRA Community Walk (Meet outside school and we will lift share to Fyne Court - attempt a circular stroll whilst we chat). Open to all

4th Thursday of each month TAKE 5 EXTRA Quiet Space using a reflection and meditation at Tracey's; 4 Garden Close, Northwalls Grange Estate (off Nerrols Drive) - arrive after school drop off and stay until 10am. Open to all.

For more information please call Rev Tracey Hallett (Church in Community Pioneer) on 07854 489753.