

# The Fun's All Free

at the  
Alan Shearer  
Centre  
Activity Centre



## **Saturday 16 March - St Patrick's Day Crafts**

Make a pot of gold for the end of your rainbow and a lucky shamrock decoration.

## **Thursday 21 March - Down's Syndrome Day**

Socks are the Down's symbol so we'll be wearing odd socks and making sock puppets and animals.

## **Monday 25 March - Music making**

Carol from *Making Music Together* returns for another fun music therapy session.

## **Tuesday 26 March - Virtual Reality**

Visit the beach or Buckingham Palace via the amazing virtual reality headsets of Reminiscence Ltd.

## **Saturday 23 March - Cakes and Biscuits**

Decorate some tasty biscuits and cake pops with icing and sprinkles.

## **Saturday 30 March - Mother's Day Crafts**

Make a personalised card and some paper flowers for mum.

## **Saturday 6 April - Decorate the Den**

Help us make some decorations to put up in the Den in our Woodland Walk.

All activities take place between 12 noon and 2pm unless otherwise stated.

Please note that activities may be subject to change.

## **Plus all our regular *FREE* facilities**

- Giant Ball Pool
- Hydrotherapy Pool
- Music Room
- Sensory Rooms

**Booking is essential. For more information, please call our Centre Manager, Amanda Head, on 0191 267 8118**

Alan Shearer Centre • West Denton Close • Newcastle upon Tyne • NE15

[www.alanshearercentre.org.uk](http://www.alanshearercentre.org.uk)