



The
**Sunshine
Centre**

SUPPORTING & ENCOURAGING COMMUNITIES

The Sunshine Centre
Edmunds Road, Banbury
Oxon. OX16 0PJ
Tel: 01295 276769

Email: Community@sunshinecentre.org

Registered Charity Number 1124335

Registered in England & Wales No 05876714



Outdoor GYM

A 6 week course with MUDDY FEET promoting outdoor learning opportunities for you and your preschool children. At the Sunshine Centre we promote outdoor play to maximise opportunity for physical exercise and cognitive development.

MONDAYS from 13th September

12.45pm - 2.15pm

Book by either calling us on 01295 276769

or email us on Community@sunshinecentre.org

MUDDY FEET® believes that connecting with nature helps us have better, happier lives, and relationships. Nature connection helps us to appreciate and understand and protect nature. Muddy Feet knows that nature connection can help promote resilience, good mental and physical well being, emotional intelligence, team working, social skills and pro-conservation behaviour.