

Event Itinerary...

<u>10:00</u>	<u>Forum opens</u>
<u>10:10</u>	<u>Introduction</u> in the marquee from John Starkey followed by Jo Taylor, Dawn Nisbett and Anna Kennedy presentations done for 11:00
<u>10:00</u>	<u>Snow White</u> for one hour Meet and Greet and pictures
<u>10:00</u>	<u>Introduction to Tennis</u> up to 2 hours (session 1)
<u>10:00 till 12:00</u>	<u>Pokémon and Potatoes</u>
<u>10:00</u>	<u>Healthy Cooking Workshops</u> 40 minutes each session (Session 1)
<u>10:30</u>	<u>Mindfulness Sessions</u> - 30 minutes each session (Session 1)
<u>10:45</u>	<u>Healthy Cooking Workshops</u> 40 minutes each session (Session 2)
<u>11:00</u>	<u>Treasure Mapping</u> - approx. 1 hours (Session 1)
<u>11:00</u>	<u>Runners Boot Camp</u> - 1 hours
<u>11:30</u>	<u>Mindfulness Session</u> (Session 2)
<u>11:30</u>	<u>Family Cycling Session</u> approx. 1 hours (Session 1)
<u>11:45</u>	<u>Healthy Cooking Workshops</u> 40 minutes each session (Session 3)
<u>11:45</u>	<u>Led Walk</u> - leading in to fun run
<u>12:20</u>	<u>Fun Run Warm Up</u> with Patrick Wolstenholme from Oldham Community Leisure
<u>12:25</u>	<u>Mayor of Oldham</u> short talk and starts off the Fun run
<u>12:30</u>	<u>Fun Run</u> approx. 1 hours
<u>13:00</u>	<u>Introduction to Tennis</u> - up to 2 hours (Session 2)
<u>13:10</u>	<u>Healthy Cooking Workshops</u> 40 minutes each session (session 4)
<u>13:30</u>	<u>Family Cycling Session</u> approx. 1 hours (Session 2)
<u>13:30</u>	<u>Mindfulness Session</u> (Session 3)
<u>14:00</u>	<u>Healthy Cooking Workshops</u> 40 minutes each session (session 5)
<u>14:00</u>	<u>Afternoon Presentations</u> approx. 1 hour in total Ben Gilchrist, Joe Williams and Julie Holt
<u>14:00</u>	<u>Treasure Mapping</u> - approx. 1 hours (Session 2)
<u>14:30</u>	<u>Mindfulness Session</u> (Session 4)

All day activities and
sessions from

10:00 till 15:00

(Drop in sessions and
activities No need to book)

- Water based activities
- Growing Hub
- Oldham Play action group - active play
- Ability Wheelz taster rides
- Woodland Craft
- Climbing Tower
- Pure Innovations
- Health and wellbeing market place
- Reiki
- Health checks
- Diabetes screens
- Massage
- CPR demonstrations with Saint Johns Ambulance

15:00 CLOSE of Forum

Thank you!

