

Workshop 1 – Outdoor Leisure Activities for ‘Health and Well-Being’ 5th April 2017

Activity	Duration	Description
10:00am MAZI -Dimitria	30 minutes	Arrival/Registration/Overview of day Seating on bus/car
10:30am Dimitri (Day Respite Van) Dimitria (Personal Car)	15 minutes	Travel to Southbank on Day Respite Bus and drop off near Epicurious Gardens
10:45am MAZI -Dimitria Eleni Samios- Interpreter	15 minutes	Coffee and morning Tea/ Discussion ‘Outdoor Leisure Activities for Health and Well Being’
11:15am Aslihan Mustafa- F3PT Executive Master Trainer	30 minutes	Board walk activity with Aslihan
11:45am – 12:15pm	30 minutes	Picnic Lunch
12:15pm-12:30pm	15 minutes	Collect Herbs to take home
12:30pm-1pm	30 minutes	Free time/shops
1pm-1:15pm Dimitri (Day Respite Van)	15 minutes	Walk to pick up point / seating on bus
1:15pm-1:30pm	15 minutes	Depart Southbank /drop off at Greek School /Finish