

# East Ham Nature Reserve

## Go wild family club!

Come along to East Ham Nature Reserve and have loads of fun exploring and getting to know the wildlife that lives there!

There will be different activities, games and things to do each month. We'll learn all about the different seasons, how the plants and trees grow throughout the year and see what the animals and minibeasts are up to.

We'll also do some family friendly habitat conservation work to help look after the reserve, do some crafts taking inspiration from the wildlife as well as play, build dens and relax.

Join us on the **3<sup>rd</sup> Saturday** of the month

12.00pm – 2.30pm

Meet at the visitor centre

Norman Rd, E6 6HN

**No need to book, just turn up. Sessions are free!**

This is a family session for parents and carers to join in with their kids, all children must be accompanied by an adult. All ages welcome.

Please dress for mess (clothes you don't mind getting dirty), with weather appropriate clothing (raincoat/sun hat etc). Long trousers and closed toe sturdy shoes please!

For more information please take a look at [www.activenewham.org.uk](http://www.activenewham.org.uk)

Or call 0300 124 0123

in partnership with

