

### SWIMMING

#### Sedgemoor Splash, Bridgwater

**Saturday 5th January.** Arrive between 10.15 and 10.45am. Cost is £2.00 per child (all ages) with carers free. Transport is available if required but anyone needing transport must phone Sue Hawkins on 01823 279329 at least 24 hours in advance.

#### Swimming, St James Street Pool



All swimming sessions are held at St James Pool. Cost: only 50p per person.

**Family swims:** Wednesday 9th, 16th, 23rd, & 30th January 4.00pm-5.00pm.

**Sunday swim:** 20th January, 3.00pm-4.00pm

**Aquafit:** Thursdays, 17th, 24th and 31st January 1.00pm-1.30pm. Occasional Aquafit session: £2, or 50p per person if swimming

### SOROPTOMISTS SWIMATHON

The annual Soroptomists Swimathon is on Sunday 2nd February. Swimmers and Captains are still needed. This is always a really fun event for both children and adults and is a really good fundraiser, so come and join us!!

### VALENTINES DANCE

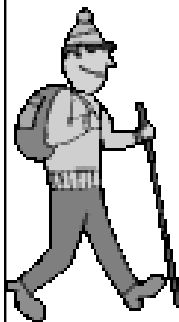


Come along to our Valentines Dance on Saturday 16th February. Live band "Home Brew" are kindly donating all profits to ESCAPE and have dedicated their two CD's to us! The band play music from the 60's 70's, 80's, 90's etc so should appeal to all tastes. Tickets are limited, so book now!! Closing date is 8th February.

### DOCTOR DOLITTLE

We have booked to see a matinee performance of Doctor Dolittle at The Bristol Hippodrome on Saturday 22nd March. This is a magical family show with spectacular sets, lavish costumes, top class singers and dancers and brilliant animals, and it stars the wonderful Tommy Steele. Tickets are £20 per person. A booking deposit of £5 per family is required and the closing date is 21st January. Booking form attached.

### CARERS' PUB WALK & LUNCH



ESCAPE's pub walk will take place on Thursday 10th January. Walkers meet at The Bathpool Inn car park at 10am. Anyone wishing to have lunch but not to walk, meet in the pub from noon. Need a lift? Give us a ring at the office and we'll try to help.

### BELATED CHRISTMAS GREETINGS

Thank you to everyone who has contributed towards our Communal Christmas Card. So that we list everyone who has donated, your greetings will be included in our next publication.



The Committee  
and Staff of  
ESCAPE Support Group  
would like to wish you all a  
very Happy New Year

### CONTACT US

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