



**Canal &
River Trust**

Making life better by water



Jamila's Legacy CIC

Mental Health

Awareness | Resilience | Training

Young Peoples Project

Join us in the great outdoors this summer, and try something new!

Sat 10th June 2023, 2pm to 4pm - Canoeing @LOPC

Sat 12th August 2023, 2pm to 4pm - Canalside Sketching @Abbey Park

Sat 9th September 2023, 2pm to 4pm - Paddleboarding @LOPC

Limited Spaces - Booking Essential

Spaces will be offered on a first come, first serve basis

For more information:

contact Rehana Sidat 07821 849336 or info@jamilaslegacy.co.uk



Enjoy. Volunteer. Donate
canalrivertrust.org.uk

Making life better by water

Canal & River Trust is the charity that works with communities to transform their local canals and rivers, creating places and spaces that can be enjoyed by everyone, every day.

Charity No. 1146792