



# DONNINGTON FEEL-GOOD FORTNIGHT

**START YOUR  
ADVENTURE  
AT THE  
LAUNCH**  
= FIRST ACTIVITY  
PASSPORT STAMP

**SAT 25 APRIL  
10AM-12.30PM  
TURREFF HALL  
DONNINGTON TF2 8HG**

**FREE / LOCAL /  
ORGANISED**

Featuring family games, local services marketplace, library activities, free refreshments, face painting and more. Attending the launch also earns your first stamp on your Activity Passport!

Take part in as many sessions as you like, and you could even win a prize worth over £250. Just attend:

- Three activities as an individual
- Four activities as a couple
- Five activities as a family

With daily events for all ages – from racquet sports to Rockfit, youth clubs to wildlife crafts, walking groups to theatre tours and everything in between – this is your opportunity to explore, connect and enjoy Donnington like never before.

Get ready for two fantastic weeks of free activities across Donnington! From sports sessions and family fun to creative workshops, health events, fitness classes, youth activities, nature adventures and more – there's something for all ages and abilities.

Explore Donnington's brilliant green spaces, community venues, local groups and clubs as they throw open their doors with dozens of free, try something new sessions. Whether you want to get active, get creative, meet people, or just enjoy time with family and friends, this is your chance to dive in and enjoy everything Donnington has to offer.

Please wear appropriate clothes and footwear for the activities.  
Programme subject to change.  
Sessions may be cancelled in the event of bad weather or unsuitable conditions.

#BUILDINGSAFERSTRONGER

**ALL SESSIONS ARE COMPLETELY FREE  
JUST TURN UP, JOIN IN, AND HAVE FUN!**

Saturday 25 April

## 1. LAUNCH EVENT

10-12.30pm

Family Games Session & Marketplace.

Venue: Turreff Hall.

Contact : T. 01952 608001

What3words: ///chap.chickens.subtitle

Monday 27 April

## 2. STREET CRICKET

5.30-7pm

Shropshire Cricket they will be delivering a Street Cricket session – It's a fast-paced version of the game – which gives young people in communities with limited access to clubs a great opportunity to enjoy and play the game.

Venue: Broadoaks Recreation Ground / MUGA.

Contact:

E. sachal.lee@cricketshropshire.co.uk

T. 07875730151

What3words: ///savers.cobras.upward

Tuesday 28 April

## 3. FAMILY BASKETBALL SESSION

4.30-6pm

Bring the family along for a fun, active basketball session! Whether you're shooting hoops, learning new skills, or just enjoying some energetic time together, it's a great way for all ages to get moving and have a good time.

Venue: Donnington Recreation Ground / MUGA.

Contact: E. info@4all.foundation

T. 0800 3213617

What3words: ///clubs.fewest.electrode

## 4. COMMUNITY WALKS

10am

Ramblers Wellbeing Walks.

There are three regular weekly walks, all taking place on Tuesdays:

- 10:15am – Grade 2 Walk 30–60 minutes  
Possible but few gradients, steps or uneven ground.
- 10:15am – Grade 3 Walk 60–90 minutes  
Definite or likely gradients, steps and uneven ground. Brisk pace.
- 10:30am – Grade 1 Walk 15–30 minutes  
Easy terrain with very few or no gradients. Wheelchair and pushchair friendly.

Venue: ASDA Donnington Wood. Please arrive 10–15 minutes before any walk. Meet in the overflow car park beyond the petrol station.

Contact:

www.walkingforhealthtelfordandwrekin.org.uk

## 5. INTRODUCTION TO RUNNING

6-7pm

Join the introduction to running session facilitated by Donnington Runners. Come along and start your running journey with guidance on exercises, stretching, and general running advice.

Age Requirements:

- This session is open to anyone aged 16 and over.
- If you are 13–15, you must attend with an adult aged 18 or over.

Venue: Broadoaks Recreation Ground / MUGA. Meet near the children's play area.

Contact: Donnington Runners on Facebook.

What3words: ///caused.lawyer.valve

Wednesday 29 April

## 6. FAMILY RACKET SPORTS

5-7pm

Try Padel, Pickleball, Tennis – plus a burst of MultiSports! Enjoy fun, engaging, all ability sessions with LovePlayActive, where you can try: Padel, Pickleball, Tennis and Multisports activities. Perfect for anyone looking to get active and try something new!

Venue: Donnington Recreation Ground / MUGA.

Contact: E. info@loveplayactive.co.uk

What3words: ///clubs.fewest.electrode

## 7. MEN'S CHILL AND CHAT

10-11.30am

A relaxed, safe, and friendly space for men to unwind, share a chat, and enjoy a warm brew. Whether you're popping in for company, conversation, or simply a change of scene, you'll find a supportive atmosphere and a warm welcome. Sessions are facilitated by our Hub staff. Who it's for: Any man aged 18 or over, looking for connection, community, and a bit of downtime.

Venue: Donnington Community Hub.

Contact: T. 01952 382202

Thursday 30 April

## 8. SIP AND SOCIAL

10-11.30am

Join us in the main hall for a relaxed cuppa and a friendly chat with other residents. Enjoy tea, coffee, and good company, with a variety of light activities taking place each session. Come along, unwind, and connect – everyone's welcome.

Venue: Turreff Hall.

Contact: T. 01952 608001

What3words: ///chap.chickens.subtitle

## 9. MOVING ON CHAIR EXERCISE CLASS

1.30-2.30pm

Moving On sessions are perfect for anyone over 50 who wants to stay active in a gentle, enjoyable way. These friendly classes creatively blend both seated and standing exercises, helping you move at a pace that feels comfortable and achievable. Designed to support your wellbeing, mobility, and overall fitness, each session offers a welcoming environment where you can build confidence, improve strength, and enjoy staying active with others in the community.

Venue: Fit4All

Contact: E. Info@fit4allonline.co.uk

What3words: ///chap.chickens.subtitle

## 10. ROCKFIT

6-7pm

Come and give Rockfit a go! Join Danni for this brand new taster session and experience a fun, high energy workout set to rock music. It's a great chance to try something different, boost your fitness, and have a brilliant time while you're at it. Want to know more?

Venue: Search 'Rockfit with Danni' on Facebook or Instagram for more info.

What3words: ///chap.chickens.subtitle

## 11. DONNINGTON & MUXTON YOUTH CLUB

6-8pm

A fun, welcoming space for young people aged 7–15. Come along and get involved in a mix of activities, including sports, games, crafts, and more. There's always something happening, and it's a great place to make friends, unwind, and try new things. Sessions are facilitated by our youth leaders, Darren and Jane, who create a safe, supportive, and engaging environment for everyone.

Venue: Donnington Community Hub.

Contact: T. 01952 382202

Friday 1 May

## 12. LIVE WELL HUB

9.30-11.30am

The Live Well Hub brings together a range of local services offering face-to-face support for residents. Drop in for blood pressure checks, money advice, support for armed forces personnel, and much more. Whether you need guidance, information, or just a friendly chat and a brew, the Hub is here to help. Come along, make the most of the support available, and connect with your community.

Venue: Donnington Community Hub.

Contact: T. 01952 382202

## 13. GOLDEN STEP

12.30-1.30pm

Join us for Golden Step, a gentle, age appropriate exercise class designed especially for seniors. These supportive sessions focus on strengthening and balance, using a mix of both seated and standing movements. It's a friendly, welcoming way to stay active, improve confidence, and enjoy moving at your own pace.

Venue: Silver Threads Hall.

Contact: E. k.lubinska91@gmail.com

Facebook Golden Step

What3words: ///beats.critially.humans

## 14. KIDS CAFÉ SESSION

5.30-7pm

Get ready for a fantastic, hands on cooking session at our Kids Café! This free event is open to children and young people aged 5 to 16 – but places are limited, so don't miss out! Kids will split into two fun groups so everyone gets age appropriate activities. Ages 5-11 and ages 11-16. Join us for an evening of creativity, cooking, and tasty fun!

Venue: Silver Threads Hall.

Contact: Please book you place  
E. alan.watkins@thesilverthreadshall.org.uk

What3words: ///beats.critially.humans

Saturday 2 May

## 15. LITTLE THEATRE EXPERIENCE AND TOUR

Step into the magic of theatre and explore what really happens behind the scenes at the Little Theatre! Come along and:

- Stand on stage and feel what it's like to be in the spotlight.
- Explore costumes of all colours, styles, and eras.
- Discover set design secrets and how scenes come to life.
- Try out lighting and sound controls and see how the tech team creates the magic.
- Learn how the shows at this wonderful community theatre are brought together.

Whether you're a budding singer, actor, set designer – or even all three – this is a brilliant opportunity to get inspired & try something new. There are two sessions available:

- Family Sessions (all ages)
- Adult Session (ages 18+)

Venue: Little Theatre Donnington.

Contact:

E. publicity.thelittletheatre@gmail.com

What3words: ///ranked.degree.undertook

## 16. OUTDOOR GYM – MEET WITH KATE

10am-12pm

If you'd like to learn how to make the most of the outdoor gym or want some guidance on new exercises to try, come along and have a chat with Kate at one of the two sessions she'll be facilitating. It's a great chance to get personalised advice, boost your confidence, and discover fun new ways to stay active outdoors!

Venue: Donnington recreation ground / outdoor gym.

What3words: ///clubs.fewest.electrode

# WHERE TO FIND US

VENUE	Address
ASDA Donnington Wood	St Georges Road, Donnington, Telford TF2 7RX
Broadoaks Recreation Ground / MUGA	Off Wellington Road, Donnington, Telford TF2 8AW
Donnington Community Hub	St Matthews Road, Donnington, Telford TF2 7PR
Donnington Recreation Ground/ MUGA	School Road, Donnington, Telford TF2 8JA.
Donnington Recreation Ground /Outdoor Gym	The Fields, Donnington, Telford TF2 7PW
Granville Park	Granville Road, Donnington, Telford, TF2 7QG
Little Theatre	Wellington Road, Donnington, Telford TF2 8AW
Silver Threads Hall	Wellington Road, Donnington Telford TF2 8AD
Turreff Hall	Donnington & Muxton Parish Council, Turreff Avenue, Donnington, Telford TF2 8HG

## 17. WILD TELFORD

10am -12.30pm

Celebrate the beautiful colours of spring with the Shropshire Wildlife Trust! Make your Saturday burst with colour by joining us for nature weaving and a spring colour scavenger hunt – perfect for curious minds and creative hands. Feel free to drop in anytime between 10am and 12:30pm and join in the fun at your own pace. Come explore, create, and celebrate spring with us. Sessions are all outdoors so please dress appropriately for the weather. This is a family friendly drop in session (children must be accompanied by an adult at all times).

Venue: Granville Park.

What3words: ///blemishes.legend.energetic

Monday 4 May

## 18. FAMILY RACQUET SPORTS

2-4pm

Try Padel, Pickleball, Tennis – plus a burst of MultiSports! Enjoy fun, engaging, all ability sessions with LovePlayActive, where you can try: Padel, Pickleball, Tennis and Multisports activities. Perfect for anyone looking to get active and try something new!

Venue: Donnington Recreation Ground / MUGA.

Contact: E. info@loveplayactive.co.uk

What3words: ///clubs.fewest.electrode

## 19. MULTISPORTS

11am-1pm

We're also excited to have LovePlayActive delivering some amazing sessions at Broadoaks, offering even more chances to get moving, try something new, and enjoy a great day of sport and activity. Age 11-16.

Venue: Broadoaks Recreation Ground / MUGA.

Contact: E. info@loveplayactive.co.uk

What3words: ///savers.cobras.upward

Tuesday 5 May

## 20. HOMEMADE HANDMADE – COMMUNITY CRAFT GROUP

First and third Tuesday of each month

5:30pm to 8:30pm.

Join our friendly Community Craft Group. Everyone is welcome – whether you're a complete beginner or an experienced crafter. Come along to create, chat, share ideas, and enjoy a relaxed, creative evening with others in the community.

Venue: Donnington Community Hub.

Contact: T. 01952 382202

## 21. COMMUNITY WALKS

10am

Ramblers Wellbeing Walks

There are three regular weekly walks, all taking place on Tuesdays:

- 10:15am – Grade 2 Walk 30–60 minutes  
Possible but few gradients, steps or uneven ground.
- 10:15am – Grade 3 Walk 60–90 minutes  
Definite or likely gradients, steps and uneven ground. Brisk pace.
- 10:30am – Grade 1 Walk 15–30 minutes  
Easy terrain with very few or no gradients. Wheelchair and pushchair friendly.

Venue: ASDA Donnington Wood. Please arrive 10–15 minutes before any walk. Meet in the overflow car park beyond the petrol station.

Contact:

www.walkingforhealthtelfordandwrekin.org.uk

## 22. MULTISPORTS

4.30-6pm

A great way for them to explore different sports in a fun, supportive, and engaging environment – try loads of different activities and discover which sports you love the most! Improve agility and coordination, cricket enhance hand-eye coordination, whilst learning about teamwork. Each session ensures that every child, regardless of ability or experience, feels included and motivated to stay active. Age 11-16.

Venue: Broadoaks Recreation Ground / MUGA.

Contact: E. info@4all.foundation

T. 0800 3213617

What3words: ///savers.cobras.upward



Wednesday 6 May

### 23. FAMILY TABLE TENNIS

4.30pm – 6pm

Join us for fast paced family fun with our table tennis sessions! Led by qualified coaches, these sessions are great for improving skills, getting active, and having a laugh together. All equipment is provided – bats and balls supplied – just turn up and play!

Venue: Turreff Hall.

Contact: E. info@4all.foundation  
T. 0800 3213617

What3words: ///chap.chickens.subtitle

### 24. MENS CHILL & CHAT

10-11.30am

A relaxed, safe, and friendly space for men to unwind, share a chat, and enjoy a warm brew. Whether you're popping in for company, conversation, or simply a change of scene, you'll find a supportive atmosphere and a warm welcome. Sessions are facilitated by our Hub staff. Who it's for: Any man aged 18 or over, looking for connection, community, and a bit of downtime.

Venue: Donnington Community Hub.

Contact: T. 01952 382202

Thursday 7 May

### 25. SIP AND SOCIAL

10-11.30am

Join us in the main hall for a relaxed cuppa and a friendly chat with other residents. Enjoy tea, coffee, and good company, with a variety of light activities taking place each session. Come along, unwind, and connect – everyone's welcome.

Venue: Turreff Hall.

Contact: T. 01952 608001

What3words: ///chap.chickens.subtitle

### 26. MOVING ON CHAIR EXERCISE CLASS

1.30-2.30pm

Moving On sessions are perfect for anyone over 50 who wants to stay active in a gentle, enjoyable way. These friendly classes creatively blend both seated and standing exercises, helping you move at a pace that feels comfortable and achievable. Designed to support your wellbeing, mobility, and overall fitness, each session offers a welcoming environment where you can build confidence, improve strength, and enjoy staying active with others in the community.

Venue: Turreff Hall.

Contact: T. 01952 608001

What3words: ///chap.chickens.subtitle

### 27. BOOK & GAMES NIGHT

7-8.30pm

Come along for a relaxed and enjoyable evening of board games, card games, and book chat! Try your hand at classics like draughts, Scrabble, chess, and more. It's a great chance to learn a new game, challenge a friend, or simply enjoy some friendly competition. You can also discover what book the group are currently reading or planning to read next – and take a copy home with you if you'd like to join in. This group usually runs monthly, both here and at the weekday session held at Turreff Library. A perfect evening for unwinding, meeting new people, and having fun.

Venue: Silver Threads Hall.

Contact: T. 07948094272

### 28. INTRODUCTION TO OUTDOOR GYMS

5-7pm

If you'd like to learn how to make the most of the outdoor gym or want some guidance on new exercises to try, come along and have a chat with Kate at one of the two sessions she'll be facilitating. It's a great chance to get personalised advice, boost your confidence, and discover fun new ways to stay active outdoors!

Venue: Donnington recreation ground/  
outdoor gym.

What3words: ///clubs.fewest.electrode



Friday 8 May

### 29. LEGS, BUMS AND TUMS

Every Friday 10-11am

A fun and energising workout designed to tone and strengthen your lower body. Perfect for all abilities – come along, get moving, and start your Friday feeling great. (Excluding the first Friday of every month).

Venue: Donnington Community Hub.

Contact: T. 01952 382202

### 30. GOLDEN STEP

12.30-1.30pm

Join us for Golden Step, a gentle, age appropriate exercise class designed especially for seniors. These supportive sessions focus on strengthening and balance, using a mix of both seated and standing movements. It's a friendly, welcoming way to stay active, improve confidence, and enjoy moving at your own pace.

Venue: Silver Threads Hall.

Contact: E. k.lubinska91@gmail.com

Facebook Golden Step

What3words: ///beats.crutially.humans

### 31. CHILDREN'S YOGA

5.30-6.15pm

Join us for a calming, playful Children's (7-12) Yoga session designed to help young people stretch, relax, and build confidence. This fun, beginner friendly class encourages movement, mindfulness, and creativity – a perfect way to end the week feeling happy and refreshed! Places are limited, so early booking is recommended.

Venue: Silver Threads Hall.

Contact: To reserve a spot,  
E. alan.watkins@thesilverthreadshall.org.uk

### 32. MULTISPORTS

5-6.30pm

A great way for them to explore different sports in a fun, supportive, and engaging environment – try loads of different activities and discover which sports you love the most! Improve agility and coordination, cricket enhance hand-eye coordination, whilst learning about teamwork. Each session ensures that every child, regardless of ability or experience, feels included and motivated to stay active. Age 11-16

Venue: Donnington Recreation Ground/  
MUGA.

Contact: E. info@4all.foundation  
T. 0800 3213617

What3words: ///clubs.fewest.electrode

## ACTIVITY PASSPORT

Please state which activities and when you attended.

Hand your activity passport into the office at either Turreff Hall or Donnington Community Hub.

Alternatively you can take a photo and email your passport to saferstronger@telford.gov.uk

Name: \_\_\_\_\_  Individual  Couple  Family

Contact phone number or email: \_\_\_\_\_ Postcode: \_\_\_\_\_

Activity: \_\_\_\_\_ Activity: \_\_\_\_\_

Activity: \_\_\_\_\_ Activity: \_\_\_\_\_

Other activities: \_\_\_\_\_

Favourite activity: \_\_\_\_\_

Is there an activity not available you would like to see? \_\_\_\_\_

Prizes for the winning entry will include a three-month gym membership(s), vouchers for free activities including high ropes at Telford Aerial Adventure, bike hire from Telford Bike Hub and ice skating plus much more. The winning entry will be contacted by May 15.

