



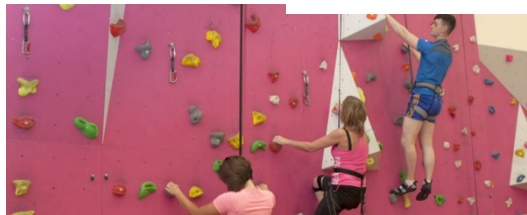
**Armagh City  
Banbridge  
& Craigavon**  
Borough Council

## LEISURE MATTERS

5th December 2022



**Couch  
to 5k**



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## HEALTH AND RECREATION DEPARTMENT

### INDOOR LEISURE

#### Staff Survey

The indoor staff survey with indoor leisure staff closed on the 21<sup>st</sup> November 2022, this was done to help gauge how staff were feeling in a number of areas of work.

We can report back that received 94 responses to the survey, so thank you so much for those who replied.

We would like to share with you the results of the internal survey which are as follows:

#### **1: Please tell us what team you work in.**

Option	Total	Percent
Management	15	15.96%
Lifeguard/swimming teacher	45	47.87%
Administration or customer support	9	9.57%
Fitness	22	23.40%
Other	3	3.19%
Not Answered	0	0.00%

#### **2: How likely are you to recommend employment with Armagh, Banbridge, Craigavon Borough Council to a friend or acquaintance.**

Option	Total	Percent
Strongly recommend	27	28.72%
Recommend	48	51.06%
Neither	11	11.70%
Not recommend	8	8.51%
Not Answered	0	0.00%

#### **3: How positive do you feel about the centre you work in?**

Option	Total	Percent
Positive	59	62.77%
Neither	18	19.15%
Not Positive	17	18.09%
Not Answered	0	0.00%

**4: How positive do you feel about the recent transformation across Indoor Leisure?**



Option	Total	Percent
Positive	42	44.68%
Neither	29	30.85%
Not positive	23	24.47%
Not Answered	0	0.00%

**5. How valued do you feel as a team member in Indoor Leisure?**

Option	Total	Percent
Very under valued as team member	16	17.02%
Under valued team member	14	14.89%
Neither under valued or valued as a team member	13	13.83%
Valued as a team member	43	45.74%
Very valued as a team member	8	8.51%
Not Answered	0	0.00%

**6: Do you see yourself working for ABC Council in the next 5 years?**

Option	Total	Percent
Yes	65	69.15%
No	29	30.85%
Not Answered	0	0.00%

**7: How well informed do you feel about your centres performance.**

Option	Total	Percent
Very informed	22	23.40%
Informed	47	50.00%
Not informed	25	26.60%
Not Answered	0	0.00%

**8: What improvements would you like to see in Indoor Leisure?**

There were 48 replies to this question.

These replies are being looked at by management and they will be discussed you at your team meetings.

We continue to consult with your to ensure that we capture your views to help you through the transformation journey.

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## **INDOOR MEMBERSHIP SALES**

November 22 was a fantastic month for the sales of new memberships across all Indoor Leisure sites, with the anticipation that all sites will achieve their monthly set target.

There were two stand out centres which were Keady who nearly tripled their targets and Orchard who achieved 150% of their new sales.

Attached is the picture of Dermot getting his promised reward for him and his team, on to next month in what is normally a quiet month for new joiners, but let's beat December target setting us up nicely for the busy New Year.



Well done to all the staff



## **SAVE A BABY LIFE**

During November all centres have run a public 'Save A Baby's Life' workshops, where trained volunteers offered the [Royal Life Saving Society UK - RLSS UK](#) 'Save A Baby's Life' course to help give parents and carers the confidence to put emergency lifesaving skills into action.

In total 113 people have attended and learnt this important life skill.



A big thank you goes out to all those involved in organising and delivering this brilliant lifesaving course.

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## HEALTH AND SAFETY

Few points from the Health and Safety side for Indoor Leisure;

- The Indoor Leisure Health and Safety Working Group are presently undertaking a review of all Risk Assessments with the aim to standardise and align for all facilities.
- The operational review of the pool plant rooms are in progress to ensure a safe working environment for staff and that procedures follow PWTAG guidance.

## IncredABLE CAFÉ BANBRIDGE LEISURE CENTRE

We are delighted to welcome incredABLE on board as they have opened their new café venture in Banbridge Leisure Centre this month.

There has been plenty of support from our customers, staff and the local community.

Good luck in your new venture .....





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## SPORTS DEVELOPMENT

### NOMINATIONS ARE NOT OPEN FOR THE ABC SENIOR SPORTS AWARDS 🏀⚽🏈🏆

It's time to shine a light on the borough's top sporting talent and to ensure high-performing athletes get the recognition they deserve for their sporting achievements at the Armagh Banbridge and Craigavon Senior Sports Awards 2023.

Organised by Armagh Banbridge and Craigavon Sports Forum in partnership with ABC Council, these annual awards recognise elite sportspeople who have excelled in their chosen sport, and at the same time, acknowledge the outstanding contribution of coaches and volunteers who have helped build on the borough's reputation for sporting excellence.

**Anyone can put forward the names** of those who are at the top of their game and have performed brilliantly while playing sport at an exceptionally high level this year.

Nominations are open for the following award categories: Sports Person/Team with a Disability; Sportswoman of the Year; Sportsman of the Year; Senior Team of the Year; Senior Coach of the Year; Service to Sport; Volunteer; and Club of the Year.

To qualify, nominees should compete at county/regional level or above for achievements between January and December 2022 and must be over 18 at the time of competition.

Nominations must be submitted online before the closing date of 5pm on Friday 6 January.

For further information, contact Sports Development on 07733 596612 or email [sarah.aiken@armaghabridgecraigavon.gov.uk](mailto:sarah.aiken@armaghabridgecraigavon.gov.uk)



Senior Sports Awards sponsored by Ulster Carpets

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## **MOBILE ACCESSIBLE TOILET**

Council have received funding from the Department for Communities through their Access & Inclusion Programme to purchase a mobile accessible toilet.

This accessible toilet includes a hoist and changing bench and is for use by people with profound and multiple learning disabilities or those with physical disabilities which prevent them from using standard accessible toilets.

Council intends for MAT to attend our key signature events throughout the year and it made its first debut at Georgian Day last week in Armagh.

At the moment Council are carrying out training for staff to manage the unit when it is at an event.

This fantastic addition will make sure that Council events will be more accessible for everyone to enjoy.

If anyone is interested in using the Mobile accessible toilet at an upcoming event please contact Gillian Dewart, [gillian.dewart@armaghbanbridgecraigavon.gov.uk](mailto:gillian.dewart@armaghbanbridgecraigavon.gov.uk) or Clare Weir, [clare.weir@armaghbanbridgecraigavon.gov.uk](mailto:clare.weir@armaghbanbridgecraigavon.gov.uk)



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## FREE INCLUSIVE TEEN GYM PROGRAMME

We are delighted to announce that we will be delivering a 4 week programme delivered by **Disability Sport NI** and **Progressive Building Society** will include small group gym inductions and confidence building to enable young people to access Teen Gym in the future.

The programme will be run by Colleen Connolly one of our Disability Inclusion Officers which is suitable for anyone with a disability aged 12-15 years which commenced on Tuesday 22nd November at three gyms across the borough:

- 📍 Dromore Community Centre | Tuesdays 4.30pm - 5.30pm
  - 📍 South Lake Leisure Centre | Wednesdays 4pm - 5pm
  - 📍 Tandragee Recreation Centre | Wednesdays 4pm - 5pm
- To register contact Colleen Connolly 📞 07769250885 or 📧 [colleenconnolly@dsni.co.uk](mailto:colleenconnolly@dsni.co.uk)

### Inclusive Teen Gym Programme

Small group gym induction and confidence building programme, to enable young people to access Teen Gym in the future.

FREE

4 week programme begins **Tuesday 22nd November 2022** and you can choose from one of three council gyms:

WHERE:	WHEN:	TIME:
<b>Dromore CC</b>	Tuesdays	4.30-5.30pm
<b>South Lake LC</b>	Wednesdays	4-5pm
<b>Tandragee RC</b>	Wednesdays	4-5pm

**For anyone with a disability aged 12-15 years.**

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Contact **Colleen Connolly** on **07769 250 885** or email [colleenconnolly@dsni.co.uk](mailto:colleenconnolly@dsni.co.uk) to register

Disability  
Sport NI  
Be active. Be the best.

PROGRESSIVE  
BUILDING SOCIETY

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## OUTDOOR LEISURE

## PLAY DEVELOPMENT

As part of the play strategy a 5 year Capital Play Development Programme (2018-2023) has aimed at enhancing play value in established fixed play areas identified as most in need, filling geographical gaps in provision and removing redundant fixed play areas and transforming the resultant sites for community use.

From 2018 to date a large number of Play Parks have been provided across the Borough following extensive consultation by our Play Development Officer with the local communities.

There are three types of Play Parks that have been provided across the Borough, which has included;

- Local Play Parks - £75,000.00
- Neighbourhood Play Parks - £100,000.00
- District Play Parks - £250,00.00

The total number of Play Parks currently complete in the Borough is 33 with a total spend to date of £5,176,648.09.

**Below are just a few of the fantastic Play Parks provided across the Borough to date:**

### **District Play Park – SCARVA**

With an investment of £250,000, the district play park is tailored for specific age groups, with areas for young children and toddlers, as well as more challenging play equipment for older children and teenagers. At the play park, you'll find traditional pieces of equipment including swings, slides, and a roundabout but also more contemporary and inclusive pieces such as a wheelchair swing, wobbly bridge, lower-level trampoline, spinning bowl, plus sight and sound panels.





## Local Play Park

### THORNHILL

After consultation with the local community and schools in each area, a total of £75,000 was invested in each park to completely refurbish the play areas, which now cater for children and young people up to the age of 14. At the park, you will find toddler and junior swings, an inclusive basket swing, see-saw, inclusive roundabout, play panels and multi-play climbing units. What's more, a range of seating has also been added so parents and guardians can come along and share in the children's play experiences.



### PLAY PARK OXFORD ISLAND

The brand new, state-of-the-art, and truly unique play park at Oxford Island opened to the public earlier in the year and enjoyed by families far and wide

The fabulous play park – which overlooks the stunning Lough Neagh and blends into the beautiful forest surroundings – is completely bespoke to Oxford Island National Nature Reserve, reflecting the diverse range of local plant and animal life throughout its one-of-a-kind design.



The conservation-inspired facility combines nature with play to bring about a whole new experience for children, as well as parents, grandparents, and carers. At the play park, you will find the traditional pieces of equipment including swings, slides, and a roundabout as well as multi-feature wooden beams, mounds to climb, clamber stacks, bridges, rope climbing, sliding poles, lower-level trampolines, steppingstones, tunnels, interactive panels and so much more.

The play park also features a ramp in the centre of the playground, which is designed to bring children in wheelchairs right into the heart of play and to a completely different level of the park, allowing them to truly be immersed in the fun and action.

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## CRAIGAVON GOLF AND SKI CENTRE

### PUDSEY HITS THE SLOPE AT CRAIGAVON GOLF AND SKI CENTRE WITH incredABLE

This month we were delighted to welcome the BBC who visited with one of [incredABLE](#)'s Peer Outing group sessions while they were snow tubing at Craigavon Golf & Ski Centre, with Pudsey making a surprise appearance 🐻👏

incredABLE provide fun and challenging opportunities for children and adults with a learning disability and/or autism.

We see first-hand the amazing work of incredABLE staff at [Café incredABLE at South Lake](#) and the new Café incredABLE at Banbridge Leisure Centre 🍷👏



Check out 👁️ the feature on the BBC iplayer <https://www.bbc.co.uk/programmes/m001flhw>, incredABLE is from 36 to 42 minutes 💎👏

## LEARN TO SKI

This is the time to learn to SKI and the Golf and Ski Centre in Craigavon has launched its winter programme for customers to learn to ski.

The Winter Ski programme has something for everyone:

- ✅ Group lessons for 13 years+
- ✅ Learn to Ski in a day
- ✅ Learn to snowboard in a day
- ✅ Recreational skiing
- ✅ Private lessons

Upcoming sessions in December include Recreational Skiing on Thursday 1st and 15th and two-hour Adult & Teenage Group Lessons on Wednesday 7th and 14th.



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## WHAT IS TAKING PLACE ACROSS HEALTH AND RECREATION DEPARTMENT



It's the Season to be Merry, so Council has launched its Christmas programme of activities across the Department, there is a vast array of events/activities for everyone no matter the age...

Just have a look at some of what is on offer for our Borough residents.

## HO HO HO .... SANTA'S ON THIS WAY TO SOUTH LAKE LEISURE CENTRE 🎅🌲👶

Santa will be visiting South Lake Leisure Centre from Thursday 8 December until Sun 11 December and from Thursday 15 December until Tuesday 20 December

🕒 Mon - Fri | 3.00pm – 7.45pm

🕒 Sat - Sun | 10.00am – 4.15pm

45 minute sessions | £10.00 PER CHILD

Price includes:

- 🌟 Santa visit and gift
- 🌟 Soft Play & Battle Bows Games Adventure
- 🌟 Decorate a festive edible Christmas treat
- 🌟 Christmas Art Competition
- 🌟 Design and post Santa letter
- 🌟 Mini Christmas Fair
- 🌟 Christmas treats for all the family at [Café incredABLE at South Lake](#)

**VISIT SANTA**  
@ South Lake  
Leisure Centre, Craigavon

£10  
PER CHILD

**THURS 8 - SUN 11 DEC & THURS 15 - TUES 20 DEC**  
Mon - Fri: 3.00pm - 7.45pm [45 min slot]  
Sat - Sun: 10.00am - 4.15pm [45 min slot]  
[Max 2 Adults]  
\*Quiet / Autism Friendly Sessions Fri 9 & Fri 16 Dec at 7.00pm & 7.45pm

**VISIT INCLUDES:**  
- Santa Visit & Gift  
- Decorate a festive [and edible] treat - yum!  
- Soft Play and Battle Bows Games Adventure  
- Christmas Art - Create some festive art and be in with a chance to win a NEEF gun!  
- Create a colourful [and persuasive] letter to Santa  
- Santa's Post Box - Post your letter to make sure it arrives on time  
- Mini Christmas Fair  
- Café incredABLE Xmas Treats Menu Available

2 | visit @ [getactiveabc.com/christmas](#)

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## QUIET/RELAXED SESSIONS 🧘

These take place on Fri 9th & Fri 16th Dec at 7pm and 7.45pm and can be booked in person at South Lake, by telephone on 0330 0564 411 or email [steven.lavery@armaghbanbridgecraigavon.gov.uk](mailto:steven.lavery@armaghbanbridgecraigavon.gov.uk)  
📍 For further information and to book online 📄 <https://getactiveabc.com/events/visit-santa-at-south-lake/>

## LITTLE ELVES CHRISTMAS PARTY 🎄🎵🥳🥰 in ORCHARD LEISURE CENTRE

Get ready to party with the Elves at Gullivers Soft Play in the Orchard Leisure Centre, taking place on the below dates 🙌

- 🎄 Friday 23 December
- 🎄 Saturday 3 | 10 | 17 December
- 🎄 Sunday 4 | 11 | 18 December
- 🕒 11.00am - 12.45pm
- £7.50 per child

Price includes:

- 🌟 Meet the Elves
- 🌟 Rock to our Happy Holly Playlist in Gulliver's Soft Play
- 🌟 Decorate a festive edible Christmas treat
- 🌟 Enjoy festive face painting
- 🌟 Design and post Santa letter
- 🌟 Selection box for each child
  - 🌟 Christmas treats for all the family at Cafe Olympus



There will also be **Christmas Autism Soft Play sessions** on Tuesday 27 December and Thursday 29 December from 3.30pm - 4.30pm

📍 For further information and to book online visit <https://getactiveabc.com/.../orchard-little-elves.../>  
[#getactiveabc](https://getactiveabc.com/.../orchard-little-elves.../) [#getactiveabcchristmas2022](https://getactiveabc.com/.../orchard-little-elves.../)



## **CHRISTMAS CHILDRENS FUN SESSIONS – DROMORE COMMUNITY CENTRE**

Drop the kids off for a jolly holly time and tree-mendous fun at Dromore Community Centre this Christmas

- 🌲 Inflatable Christmas bouncing fun
- 🌲 Christmas arts and craft
- 🌲 Mini-bowling, football table, pool table and air hockey in Dromore Games Room

Our band of merry little helpers will be running the club on dates between Thursday 15th and Friday 23rd December. Sessions last for one hour and can accommodate up to 15 children. Consecutive sessions can also be booked if you want to double or triple the festive fun!

- 📍 £5.00 | per child
- 📍 £12.50 | 3 children in same family
- 📍 £17.50 | 4 children in same family

Book online 🙌 [getactiveabc.com/events/holly-jolly-christmas-club](https://getactiveabc.com/events/holly-jolly-christmas-club)

Go ahead....get believing [#getactiveabc](https://www.instagram.com/getactiveabc)



Getactiveabc gift vouchers available at our leisure facilities | The perfect xmas gift!



# LIVE NATIVITY

@ Tannaghmore Animal Farm

SUN 4 DEC 2022 - SUN 1 JAN 2023  
10.00AM - 4.00PM DAILY  
FREE ADMISSION

This Christmas check out the stunning Live Manger at Tannaghmore Animal Farm – a truly magical experience for all the family to enjoy! You will find Jesus, Mary, Joseph and the three Kings in a remake of that world famous stable complete with donkey, sheep, cows and other animals. Featuring Galway sheep, Irish Mollied cows and pygmy goats, you will discover this heart-warming nativity display in a converted outhouse on the farm. A beautiful event showcasing the true meaning of Christmas!



**GET BELIEVING  
IN CHRISTMAS MAGIC!**

Get Believing This Christmas | 7

## **TANNAGHMORE LIVE NATIVITY 🌲**

Don't miss out on the stunning Live Manger at Tannaghmore Animal Farm – a truly magical experience for all the family to enjoy from 5 Dec - 2 Jan! 🧑🧒

**Admission is FREE to this beautiful event showcasing the true meaning of Christmas.**

## SNOWTUBE WITH SANTA 🧑🏻‍🦺

Our very popular Snowtubing with Santa is Back !  
Join in the festive fun this Christmas at our very exciting  
**Snowtubing with Santa** event at Craigavon Golf & Ski  
Centre

📅 Sessions from 3rd December to 23rd December

🕒 30 minute tubing session

👤 Visit to Santa

📺 Receive a small present

💷 £8 per child

For more information and to book a slot 🖱️ [getactiveabc.com/events/snowtube-with-santa](https://getactiveabc.com/events/snowtube-with-santa)

**Festive Family Tubing** sessions are also available on 28th, 29th & 30th  
December and to book a slot 🖱️ [getactiveabc.com/events/festive-family-tubing](https://getactiveabc.com/events/festive-family-tubing)

**Individual Christmas Tubing** sessions are also available on 28th, 29th & 30th December and to  
book a slot 🖱️ [getactiveabc.com/events/christmas-individual-tubing](https://getactiveabc.com/events/christmas-individual-tubing)

The **Alpine Lodge Café** 🍷 🍷 will be serving all your festive favourites from mince pies to mulled  
wine.

To plan your Christmas outing to Craigavon Golf & Ski 🖱️ [getactiveabc.com/facility/craigavon-golf-ski-centre](https://getactiveabc.com/facility/craigavon-golf-ski-centre)



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## CHRISTMAS COMPETITION

Santa has been in touch! He was so impressed with the South Lake Christmas Art Gallery last year  
that he has organised some terrific prizes for this year's **Visit**

**Santa at South Lake Art Competition** 🍷 🍷

🏆 1 x Night Stay in Pod at [Gosford\\_forest](#)

🏆 1 x Night Stay in Pod at [Kinnego Marina](#)

🏆 2 x Family Splash Session

🏆 2 x Family Paddleboard Session

🏆 1 x Family Snow Tube Session

🏆 1 x Family 1 hour Cycle Hire

🏆 1x Soft Play Session

🏆 1 x Nerf Gun

***Psst..... Santa also told us that all the boys and  
girls who have booked so far are definitely on  
the nice list!!!*** He can't wait to welcome everyone to South

Lake, have a go at this year's Battle Bows Adventure Games and judge this year's competition entries



For more information 🖱️ [getactiveabc.com/events/visit-santa-at-south-lake](https://getactiveabc.com/events/visit-santa-at-south-lake)



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## JOIN SANTA AND HIS FRIENDS ON THE LORD MAYOR'S SANTA SAUNTER 🧑‍🎄👶🌲

Santa and his friends are getting very excited to welcome you all to the Lord Mayor Councillor Paul Greenfield's Santa Saunter 🧑‍🎄👶🌲 in aid of his chosen charities, [B Positive](#) and [Southern Area Hospice](#)

📍 SOLTITUDE PARK, BANBRIDGE

📅 SAT 17 DEC

🕒 12.00PM – 1.00PM

£5.00 | per person

£10.00 | family of 2-3

£15.00 | family of 4

Enjoy the sensory stations along the route. At the end of the saunter complementary hot drinks will be provided and children will receive a balloon and chocolate lolly.



## CHRISTMAS MEMBERSHIP OFFER

Could one of our centres become your happy place, a place to escape and just work away all the tension? Our **Christmas Membership Offer** 🧑‍🎄👶🌲 is just one week away and our teams are determined to help all new members set fitness goals this year that they can stick to, feeling both comfortable and supported. Why not call into your nearest centre this week and one of the team can show you around?

We have various different memberships which are inclusive of all [#getactiveabc](#) gym, swimming and classes across our borough :

- ✓ Single Membership
- ✓ Family Membership
- ✓ Teen Membership
- ✓ Junior Membership
- ✓ Health & Wellbeing Membership

Other membership options include:

- ✓ Swim Membership
- ✓ Tier 2 Membership

For full details and prices for each membership package 📄 and to join online 📱 [getactiveabc.com/join](#)

The Christmas Membership Offer runs **11-18 December** and [#getactiveabc](#) gift vouchers can also be put towards any of our annual membership packages.







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## ANNUAL TURKEY AND PUDDING PADDLE 🦃🦃🦃

The Canoe Association of Northern Ireland [@canoeni](#) is holding their annual Turkey and Pudding Paddle on **Tuesday 27th December 2022**. Leaving from Portadown Boat Club on the Bann at 10am, paddling up the Bann and Newry Canal. The relaxing day's paddle will also include the Cusher and a stop for lunch, finishing back at Portadown Boat Club at 3pm.

The trip and equipment must be booked before 5.30pm Wednesday 21st December 2022. Full details available online <https://bit.ly/TurkeyPuddingPaddle>



## WATERSPORTS COURSES

Our April 2023 adrenaline-fuelled watersports courses and recreational sessions at South Lake Watersports, Craigavon make the most memorable presents 🎁 for the water-babies in your life and can now be booked online:

- 🚣 Learn to Sail 📅 1st, 15th & 29th April
- 🚣 Learn to Waterski 📅 29th April
- 🚣 Recreational Waterskiing 📅 2nd, 16th & 30th April

A fantastic way to get active and enjoy all that Mother Nature has to offer in the beautiful surroundings of Craigavon City Park!

For information on prices, time slots and booking for the **Learn to Sail** course 👉

[getactiveabc.com/activities/sailing-windsurfing](https://getactiveabc.com/activities/sailing-windsurfing)

For information on prices, time slots and booking for the **Learn to Waterski** course and **Recreational Waterskiing** sessions 👉

[getactiveabc.com/activities/waterskiing-wakeboarding](https://getactiveabc.com/activities/waterskiing-wakeboarding)

[#getactiveabc](#) [#christmas2022](#) [#getoutdoorsabc](#)



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## **SOUTH LAKE MINI CHRISTMAS FAIR**

Opens on Thursday 8th December at 3pm and admission is **free**. The fair will be running at similar times to the **Visit Santa at South Lake** experience and there will be a different selection of ten stalls each day 🎁

Everyone is welcome to drop in to South Lake Leisure Centre and browse stalls brimming with unique and creative handmade gifts and crafts. Go to the link below for details of the stalls exhibiting each day over the festive period.

[getactiveabc.com/events/south-lake-mini-christmas-fair](https://getactiveabc.com/events/south-lake-mini-christmas-fair)



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