

**REPORT ON SOUTH ABINGDON PLAY &
ACTIVITY DAY 2023**
SATURDAY 8TH JULY 2023



BUILDING COMMUNITIES THROUGH PLAY'

Funding Secured and Event Organised and Delivered by;





FREE ENTRANCE
AND FREE
ACTIVITIES!

www.oxonplay.org.uk / 07436 270267

SOUTH ABINGDON PLAY AND **ACTIVITY DAY 2023**

SOUTHERN TOWN PARK, LAMBRICK WAY, OFF
PRESTON ROAD, ABINGDON. OX14 5TJ

SATURDAY 8TH JULY 2023
11AM UNTIL 3PM



**Bright Sparks Science * Go Kart Party * Muzo Academy II * Art
Avalanche * Tricky Trails Biking * Giant Bubbles * Smoothie
Bike * DIY Face Painting * Churches Together In Abingdon *
Fire Play * Tots of Mess * Ride on Time * Abingdon Carousel *
Climbing Wall * Oxford Wood Recycling * Oxf Uni Chemistry
Team * Neighbourhood Police and more!!**

BRINGING COMMUNITIES TOGETHER THROUGH PLAY

**For further details please contact - Oxfordshire Play Association
Tel: 07436 270267 / www.oxonplay.org.uk / martin.gillett@oxonplay.org.uk**

This is an Open Access event. Please note that NO Childcare is provided. There is NO Parking on site. Food and Refreshments are being provided by Inspiring Minds and will need to be purchased, you are most welcome to bring a picnic.





This year's theme is...

Playing on a shoestring

– making every day an adventure

PLAYDAY THEME 2023

Playing on a shoestring - making every day an adventure.

This year's theme focuses on the everyday low-cost or no-cost play adventures that children can enjoy at home, in settings, and in our communities.

Play opportunities don't need to involve expensive activities, costly toys, or trips to far-off destinations. It is often the simplest ideas, the free and found opportunities, which offer the most fun, and are the most developmentally beneficial for children and young people.

Play is essential at all ages and stages of childhood, and is particularly important during times of crisis.

Play helps children and young people make sense of the world around them, deal with challenges, and build resilience.

Play is fun, enabling children and young people to make friends, blow off steam, and cope with stress and anxiety.

Play is vital for children and young people's health, happiness, and skills development including creativity, imagination, and sense of adventure.

Make this Playday, and every day, an adventure!





OPA would like to thank the following for
their financial and practical support, without
whom this event would not have happened





OPA PLAY AND ACTIVITY DAYS 2023

KEY AIMS AND OBJECTIVES

For Children & Young People

- 1) Promote Positive Behaviours & Activities (reduce anti-social behaviour)
- 2) Promote Increased Levels of Physical Activity
- 3) Promote a Healthy Lifestyle (healthy choices)
- 4) Promote Healthy Weight Management (obesity reduction)
- 5) Provide information on services and activities to promote a sense of Wellbeing and Inclusion

For Parents / Carers

- 1) Provide an Event offering both **FREE** Entrance & **FREE** Activities to Ensure an Inclusion for **ALL**
- 2) Demonstrate how Play & Quality Family Time can be achieved on a Zero / Minimal Budget using Natural & Recycled materials
- 3) Provide information on services and activities available in the local and wider area

For Communities

- 1) Encourage a greater sense of belonging to promote Active & Engaged Communities - 'Love Where You Live'
- 2) Promote local clubs, groups and societies
- 3) Involve local groups, communities and Children & Young People in the planning and delivery of each event





OXFORDSHIRE PLAY ASSOCIATION

OPA's Vision is to 'Improve Lives Through Play'

**OPA's Mission is to 'Champion and to support
the rights of all Children & Young People to
have access to, high quality, inclusive Play
opportunities to improve their Physical, Mental
and Spiritual wellbeing'**

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<https://www.facebook.com/OxfordshirePlayAssociationOpa/>

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