



Join the **Daughters** and **Dads** programme today!

Our first programme with Walthamstow families completed last week starting with 15 families, ending with 11 of which 5 attended all 11 weeks! I am putting together the next virtual group delivered through Zoom on a Wednesday evening 6-7pm starting May 19th.

Do you know a father/father-figure who wants to be more active with their daughter? Participating in fun games and activities whilst learning new sports, building their confidence and resilience? Register your interest to join our FREE 11-week programme from the comfort of your home.

The programme is delivered by Leyton Orient Trust and will help you and your daughter learn how to keep active at home and develop your sports skills.

Click the below link for more information and sign up. Alternatively email me with further questions.

<https://www.womeninsport.org/our-work/partnerships/daughters-and-dads/daughters-and-dads-register-your-interest/>

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