



Hello from The Storybarn!

We are getting in touch with news of our latest, FANTASTIC and FREE opportunity for you and your family.

Following successful project sessions earlier this year, we are relaunching *Story Explorers* - weekly sessions for the whole family. *Story Explorers* is brought to you in partnership with The Mersey Forest Project and Big Lottery Fund. Due to increased demand, we will now be running two Sunday groups. Our new programmes will launch on **Sunday 11 March**.

We believe that spending time outside not only helps children and adults to stay active but is also a fantastic way to exercise our imaginations. Being outdoors and connecting with stories can help to improve self-confidence, self-esteem and generally make us feel healthier and happier. Getting out into the fresh air is great fun for everybody and is a fantastic way to reconnect with both nature and each other. Adding stories and games into the mix is a recipe for a fabulously creative family experience, and what better place to enjoy the outdoors than the beautiful Calderstones Park? That is why we are running 13 lively and fabulously creative sessions out in the park. Each session will include an exciting mix of stories, songs, games and activities, sure to remind everyone who takes part why we should all treat ourselves to a little more time in the great outdoors.

Sessions will run on Sunday mornings for 13 weeks and are suitable for children age 4 - 8 as well as their parents / carers. Each session will include a story themed nature walk in the park, as well as free refreshments in The Storybarn to round off the morning. Places are very limited so if you are interested in signing up for the programme or would like some more information, please contact [storybarn@thereader.org.uk](mailto:storybarn@thereader.org.uk) or call 0151 729 2227.

Hope to see you there.

The Storybarn Team



## Frequently Asked Questions

### What is Story Explorers?

A free 13-week programme from The Storybarn, Mersey Forest and Big Lottery Fund designed to help you and your family explore Calderstones Park, share stories and connect with nature.

### Who is eligible?

Any family with children aged between 4 and 8.

### What if I have other children of a different age?

No problem! We would love to welcome your whole family, but please bear in mind that the sessions will be aimed at children 4 - 8 years old.

### What do I need to bring?

Just yourself. We will go exploring regardless of the weather so please dress appropriately. Wellies or sensible shoes are recommended.

### Do I need to come to every session?

Ideally yes, we hope to build a real bond with the group so it would be preferable if you could come every week for 13 weeks. Let us know your availability in advance.

### How long does each session last and what will we do?

Sessions run for 90 minutes and involve stories, songs, games, adventures and walks around the park.

### How much does it cost?

It's free!

### Where is it?

Meet at The Storybarn or The Reader Ice Cream Parlour in the beautiful Calderstones Park.

### What time?

You will be able to choose from two sessions on Sundays, please choose one slot to regularly attend. Times to be arranged at booking.

### Is there anything else I need to know?

We are working in Partnership with the University of Liverpool and Nature4Health in order to measure the benefits of this scheme. We will ask participating families to support us in evaluating the outcomes of the programme through a simple, non-intrusive process which will be entirely voluntary.

