

**COMING
SOON!**

Recreational Sports Group

BICR will introduce a recreational sports group in 2016.

One evening per month will be offered at a local community sport facility.

Further information to follow.

Some of the numerous benefits of recreational sports include:

- Build Team Spirit
- Improve Health & Wellbeing
- Develop Motor Skills, Social Skills & Creativity
- Stress Management
- Increase Self Esteem
- Make New Friends