

**HEART FAMILY  
SEEKING SUPPORT?  
THE ONLY WAY IS...** *a trip to  
Essex*



<b>Saturday 18th May: Family Event</b>	
10:30-10:45	Arrival and welcome: Meet team CHF at Holiday Inn, Brentwood.
11.30- 3.45	Old McDonald's Farm: Pay a visit to Brentwood's all-weather destination for family fun.
4.00-5.30	Swap donkeys for drivers at Brentwood Park Golf Driving Range.
5.45-7.15	Izumi restaurant: Enjoy a Chinese banquet fit for an emperor.
7.15-7.30	Return to hotel: It's been a busy day. Relax and put your feet up!
<b>Sunday 19th May: Dragon Boat Challenge Day</b>	



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DRAGON  
challenge  
2013  
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Join a crew to tackle the Thames!

Not feeling water-worthy? Join in with the free family bell boat activity, cultural performances and exotic food.

Find out more at [www.chfed.org.uk/dragon](http://www.chfed.org.uk/dragon)