



St Botolph's Heritage Open Day Saturday 14th September 10am – 4pm

We are looking forward to welcoming as many of you as possible, with your family and friends, on Saturday 14th September between 10am and 4pm

This year promises to be particularly exciting because it is three events in one with a general focus on health and fitness.

Mini Health Fair

- The Health for Peterborough Bus is coming. It will park on the grass by the side entrance and appointments can be made for 15 minute health check-ups.
 - Displays in the church will inform visitors on subjects such as mental health and diabetes as well as on the Parish Nursing service.
 - The exercise bike will provide a further challenge to your fitness.
 - U3A *Singing for Health Groups* will present two 20 minute programmes of praise and secular songs (at 11.45 and 12.40).*
 - The *Dancercise Group* will perform at a time to be announced.*
- (*See below for more on these two groups)

Heritage Open Day

- Displays on patron saint St Botolph, the Paralympics and Alfred Caleb Taylor
- The church's history displayed with a PowerPoint presentation, history posters around the church, guides and quizzes which encourage visitors to explore the church.
- Knowledgeable church members on hand to explain the church's history.

Ride and Stride

- St Botolph's will be one of the many local churches listed for sponsored cyclists/walkers/bus riders to visit during the day
- You are welcome to join in as well. Maybe you will see how many churches you can visit using the number 2 bus route following our guide!

Healthy drinks and snacks will be served throughout the day.
You are assured of a very warm welcome!

The Dancercise Group was started a number of years ago by Margaret Wren as an enjoyable and relaxed way of exercise for 'ladies of a certain age'. "Leaders" have changed over the years and the group has evolved into doing movement to different forms of music, but mostly popular songs and music from shows (which lends itself well to dance movements). At present you may hear 'Close Every Door' from Joseph and his Amazing Technicolour Dream coat, 'The Best of Times', from La Cage au Folles, or 'Hound Dog' by Elvis Presley!

The singing groups are U3A Groups. 'Sing Something Simple', which is an eclectic mix of modern popular songs, folk songs, musicals, music hall etc but there is also 'Sing Praise' who sing Christian songs, hymns and modern worship songs. The singing will be provided by a mixture of these two and the songs will be both secular and Christian.