Nutricia and Bristol Children’s Hospital are holding a fun day for children following a ketogenic diet.

Date: Saturday 3rd November
Time: 10:30 - 12:00 for the coffee morning; entry into the aquarium from 12:00
KETO FAMILY DAY, NATIONAL MARINE AQUARIUM, PLYMOUTH

Programme

10:30 – 12:00: Keto coffee morning meet and greet with Nutricia and the ketogenic diet team from Bristol Children’s Hospital. Opportunity to chat to other parents with children on the ketogenic diet

12:00: Explore the Aquarium at your own leisure.

17:00: Aquarium closes

Included in the day:

• Tea, coffee, pastries and keto muffins
• Access to the National Marine Aquarium*

* A maximum of 4 free entry tickets are provided per family unit (2 children, 2 adults).

If required, additional tickets can be purchased from the aquarium on the day.

Getting there

National Marine Aquarium
Rope Walk
Coxside
Plymouth
PL4 0LF

By car

The National Marine Aquarium is located in the Coxside area of Plymouth. Follow the brown and white fish signs, which can be found on all entry roads into the city.

The recommended route is via the A38 to Marsh Mills (Sainsbury’s) then along the A374 Embankment Road. The route for the Aquarium and Harbour Car Park (main parking for the Aquarium) is signposted from here.

If you have Sat Nav the postcode is PL4 0DX.

By train

There are regular trains to Plymouth station, which is only a short distance from the National Marine Aquarium.

Accessibility

The National Marine Aquarium is committed to providing Access for All. The Aquarium is accessible by ramps and lifts throughout. There are a number of disabled parking bays on site and full disabled toilet facilities. More information can be found at:

www.national-aquarium.co.uk/visit-us/

RSVP

Please contact Katey Benham to register your attendance:

Mobile: 07908 438966
email: katey.benham@nutricia.com

This event is intended for patients who manage intractable or drug resistant epilepsy with a ketogenic diet, and their parents/carers.