

HEALTHY HOLIDAYS



SUPER SPORTY TRAINING SESSIONS

INCLUDING:

FREE COOKWARE AND UTENSILS!



Community HUB

HEALTH & WELLBEING SESSIONS

LIVE KEEP FIT & EXERCISE SESSIONS
DAILY PHYSICAL ACTIVITY CHALLENGES
HYDRATION COMPETITION



Community KITCHEN

LIVE COOKING SESSIONS

FREE FAMILY FOOD HAMPERS
HEALTHY MEAL PLANS
NUTRITIONAL FUN FACTS



Community Shop

OPEN FOR MORE

TO BOOK A PLACE: EMAIL
HELLO@COMMUNITY-SHOP.CO.UK
OR POP INTO STORE FOR A BOOKING FORM

KIDS EAT FREE ALL HALF-TERM!

IN PARTNERSHIP WITH:

Onward

tlc Transform Lives Company

Plus Dane Housing

active halton HEALTH IMPROVEMENT

Riverside

Centre

MSP
UNLOCKING THE POWER OF SPORT & PHYSICAL ACTIVITY

BARNSELY
Metropolitan Borough Council

the coalfields
regeneration trust

Liverpool City Council

EitC
Everton in the Community

Barnsley Healthy Holidays

HALTON
BOROUGH COUNCIL

POSITIVE FUTURES

FACF

GOOD FOOD
BARNSELY CIC

HUMBERSIDE
Fire & Rescue Service