

Community Wizards Upcoming Sessions

Email communitywizards@juliansupport.org or call / text 07824 897094

Move Together @ Pilling Park

Ready to get moving again? We've got you!

Community Wizards are hosting a friendly and supportive 4-week fitness series designed for anyone looking to ease into exercising. Whether it's been a while or you're starting fresh, this is your space to feel comfortable, confident, and encouraged - we have got you!

No experience needed
Simple, beginner-friendly activities
Personalised fitness plans tailored to *you*

Parent with babies warmly welcome – our personal trainer is ante natal qualified!

Led by a qualified personal trainer, each session is all about going at your own pace, building confidence, and enjoying the journey—together.

Sessions are FREE and you will receive a **goodie bag** including some training equipment and a fitness journal so you can continue to practise at home.

Sessions are on each Wednesday in May at 1- 2 pm, meeting in Pilling Park Community Centre – Please book via the e-mail address above or contact Sophie 07824 897094

Grown Ups Hula Hooping Fun Session!

Looking for a fun way to move, laugh, and try something new? Come join a free hula hooping session!

Suitable for all abilities, including beginners, you'll be guided through simple techniques in a supportive and welcoming environment. Low impact, accessible exercise, no experience needed.

Drop by, have a giggle, and get moving! We will be in Pilling Park Community Centre between 10:30 and 11:30am on Tuesday 12th May and 1pm – 2pm Tuesday 19th May

There's more!
Click the bottom right to turn the page!

FIT FUN FREE

There's
more!
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MOVE TOGETHER @ PILLING PARK

Free Personal Trainer Led Sessions for people new or returning to fitness

Join our fun and friendly fitness sessions at Pilling Park each Wednesday in May 1 – 2 pm. FREE training plans and equipment for you to keep and take home. Booking necessary. Contact Sophie on 07824 897094 or email communitywizards@juliansupport.org. Over 18's. Parents with babies very welcome – please enquire!

FIND OUT MORE AT juliansupport.org



SCAN ME

COMING SOON.....

One Pot Wonders @ Pilling Park

A 3-week cookery course throughout June which provides free slow cookers and start kits to participants

We know everyone is facing the financial pinch in the current climate, so we are offering a short cookery course to support and enable families to create healthy meals whilst gaining cookery skills.

The best part? We provide all the ingredients, and you get to keep your slow cooker and the utensils needed to create the recipes! One Pot Wonders is about more than just cooking, it's about sharing skills, building confidence, and bringing people together around food.

Does this sound like it's for you?

Sessions will be held at Pilling Park Community Centre
To find out more or register your interest, contact Sophie on 07824 897094 or email communitywizards@juliansupport.org
Booking essential