

Families Get Active 2020 Newsletter



Round up

This year, we have been here for more families than ever before. All of our participants have taken part somehow in getting active with their family, and made changes to their wellbeing and activity levels

WELL DONE!

We have had so much support from partners this year and we would love to share our BBC radio interviews from over the year [here](#)

Our project transformed

ACTIVE Facebook Group

A private [facebook](#) group full of recipes, low cost ideas, photos, free prize draws, videos, motivational tips and post sharing from our local families

FREE Family Workshops

Our new timetable & sign up details are below; these online courses are free and are a great way for parents, grandparents, carers and children to get active together. All courses have an active or outdoor theme. You can participate in real time or download to watch later.

Free Motivational Support Programme

Alice is available for 1:1 appointments to help support you and your family get more active! She helps you build an individual programme which works around your schedule. Ring now for an appointment to suit your needs



“Can’t believe how much we’ve done since joining up to Families Get Active, thank you!”

“Thanks for listening, it’s hard as a single parent to find someone I can chat to about organising everything to get active”

What's on 2021

Course	Date & time	Course code
Active Science	JAN 9, 16 10am	C3679007
Active Drama and Puppetry	FEB 2, 8 6pm	C3679005
Yoga	FEB 13, 20, 27 MAR 13, 20 10am	C3679009
Bushcraft Day	MAR 6 10am-3pm	C3679011
Dance thru' the decades	MAR 27 10am	C3679020
York Family Walks	APR-DEC <i>In your own time</i>	C3679013

Book a course

You can sign up to our workshops by ringing WEA via telephone call 0300 303 3464 and quote the reference number but if you would like extra support please contact rrowan@wea.org.uk for help with the booking process

You will need access to the internet and an email account and we will deliver over zoom. If you cannot make a class at the set time you can download it in your own time. We still require registration.

Get prizes

This Sport England project is based on your feedback. To allow us to continue our project we offer free pedometers to families who complete the Sport England questionnaire. If everyone who receives this letter completes this research, we will reach our target!

[Click here for the questionnaire.](#)

Get in touch

Join our [facebook](#) page at Families Get Active York.

Contact Alice aetherington@wea.org.uk or 07979 400 365

This year, more than ever, we *really* understand the impact of exercise on our mental health, let us support one another to get our families fitter!