

Here4U

Summer Taster Sessions for BHSCCT Staff

20th July - 10th August



9D Breathwork Sessions

Release stress, reset your mind and reconnect with your breath.



Tai Chi

Improve balance, flexibility and wellbeing through mindful movement.



Women's Safety Awareness Programme

Build confidence, learn practical skills and feel empowered.



Nutrition Session – Fuelling your body for exercise

Practical tips and guidance to fuel your body and support your health and wellbeing.



Boccia for Staff with Disabilities

An enjoyable and inclusive sport that can be played by individuals, pairs or teams. The aim of the game is to throw, kick or use a ramp to throw leather red or blue balls as close as you can to a white target ball or jack.



SUPPORTING
STAFF TO LIVE
STRONGER,
HEALTHIER &
HAPPIER LIVES

