



Here4U Summer Taster Sessions for BH&CT 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 Sessions

- ✓ Fuelling your body for exercise
- ✓ Nutrition for Shift Workers

Practical tips and guidance to fuel your body, support your health and your lifestyle.



Boccia for Staff with Disabilities

An enjoyable, inclusive sport that promotes strategy, skill and teamwork.

