

mytimeactive



Improving the wellbeing of people in the communities we serve

Health Programmes



For people with medical conditions, including those with diabetes, hypertension, mental health conditions, obesity, coronary heart disease, arthritis.



Primetime



For older people, including those living with dementia and their carers and those who are lonely and isolated



MyClub



For young people & adults with special educational needs & disabilities, provides opportunities to increase physical activity levels and to socialise.



ArtsTrain



Creative music programme for young people, provides opportunities to tackle issues and improve wellbeing through song writing and music production.



London Youth Games



Manage Team Bromley entries to London Youth Games, working with sports clubs & schools to enter many different sports competitions



Latest partnerships

Adults & Older People.....

- Wellbeing Hub by Mytime Active
- MSK Hub at Walnuts LC & The Spa
- One Bromley Health Hub in the Glades
- Referrals & memberships for Bromley Drugs & Alcohol clients
- Changing Places – for people with complex disabilities



Latest partnerships continued...

Young People...

- Working with LBB Children in Care / Care Leavers Team
- Free swimming lessons for young mums in partnership with the Children & Families Voluntary Sector Forum
- Activities for young people in partnership with Clarion Housing Group & LBB Youth Support Team



Questions & Contact Details

Any Questions

Contact details

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