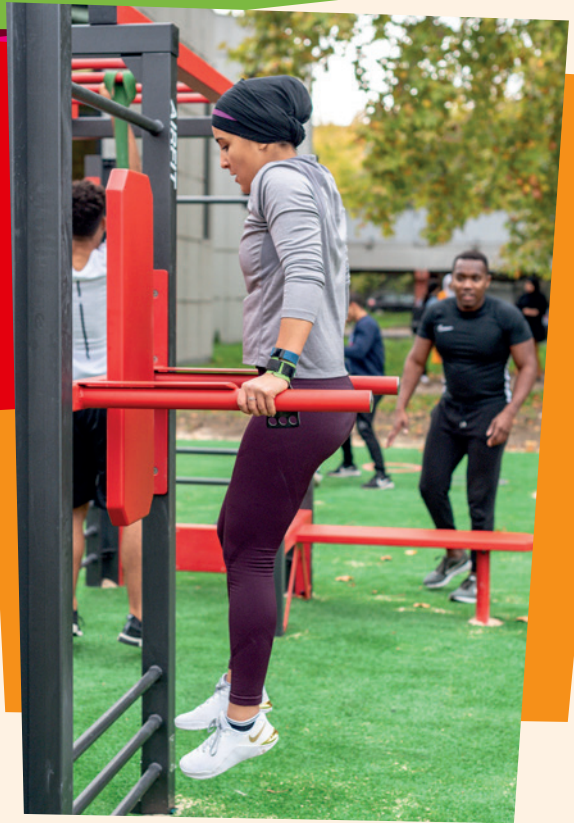


Outdoor Gym Community Activator Training Programme

**Are you aged
16-21 and
interested in
learning new
skills?**

The Outdoor Gym Community Activator Training Programme is for young people who want to become more active within the community and increase their access to volunteer opportunities and employment.

This free accredited training programme includes Active IQ Level 2 Community Activator training and employability skills.



**Bromley
by Bow
Centre**

**Step by step,
it's possible**

During the programme you will:

- Learn new skills
- Improve your wellbeing
- Improve your confidence and self-esteem
- Meet new friends
- Increase your opportunities
- Support your community

To become a Get Involved Community Activator you must:

- Be aged between 16 and 21 years old
- Be able to attend a 3-week training programme (two days per week)
- Be able to attend group and one-to-one mentoring sessions
- Maintain a positive and responsible approach to supporting yourself to access social and physical activities within your community



Training will take place at: **Bromley by Bow Centre**

St. Leonard's Street
London E3 3BT

How to find us:

Nearest station:

Bromley by Bow underground station on the District and Hammersmith & City Lines.

DLR: We are a ten minute walk from both Devon's Road and Bow Church DLR Stations with connections to Canary Wharf and Stratford.

Bus: Both the 108 and 488 stop outside the Centre on Grace Street.

To find out more contact:

Wade Foster-Stennett
Wade.foster-stennett@bbbc.org.uk
07753 107 417

SUPPORTED BY
MAYOR OF LONDON



Find out more online:
www.bbbc.org.uk

