

LISTENING TO LADIES BARTON & TREDWORTH



Tuesday 22nd January 2019

5.00pm-7.00pm

City Works, Alfred Street, GL1 4DF

Our second meeting; this time, to break down some of the barriers we all face, to come up with ideas & to start to think about what we can do locally as women & for women.

Come join us in relaxed & friendly environment. Open to everyone, we particularly welcome those who are not active or face barriers to take part.

TO CONFIRM ATTENDANCE OR ASK QUESTIONS, PLEASE CONTACT KIRSTY DUNLEAVY ON: 07515656481



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What is the purpose of the meeting?

For women from Barton & Tredworth to come together to share thoughts & ideas to encourage more women to live an active lifestyle. The aim is for this group to become a social, supportive & empowering network of local women who take an active role in creating positive change in Barton & Tredworth.

Who is the meeting for?

Any women aged 25years+ from Barton & Tredworth; it doesn't matter how active you are now or how active you have been. It doesn't matter about your ability, size, shape, background, knowledge or ethnicity. You are welcome to attend & listen or share.

Please note the meeting will be women only.

Why should I attend?

Because your experiences & views are important, & because you will be part of a new movement, supporting the work in Barton & Tredworth to help other women & girls get more active. We hope this will have a long term impact so you could be part of changing the future for other women in the area.

What do I need to know?

To come along you don't need to know anything; just be you! We really welcome openness & honesty; what are your real life challenges or barriers to being active? Consider your own lives; lives of friends of your age, family members & daughters.

We really encourage you to bring along a friend or family member too, or a group of you; the more the merrier.

OK great, so when is it & how do I attend?

Tuesday 22nd January, 5pm-7pm at City Works. Easy to get to by foot, but also lots of parking. It's free & there will be light refreshments provided.

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