

Active SCHOOLS

Health & fitness with an educational focus

We work across the North East of England delivering activity sessions and health & well being programmes for all ages – for everyone.

Our mission is to create positive experiences for the whole community whilst tackling health & wellness inequalities.

Our fun and innovative Active Schools programme encourages children to move more, eat well and feel great whilst promoting an overall healthy lifestyle.

Active Families can provide in school sessions for:
Curriculum Time Activities • Special School Events
Breakfast, Lunch & After School Clubs
Staff Wellbeing • Health Weeks
Combined Parent/Carer & Child Activities



Contact us for more information:

☎ 07810 516 066

@ info@activefamiliesne.co.uk

f Active Families North East CIC

in Active Families North East

▶ ACTIVEFAMILIESNE

www.activefamiliesne.co.uk

Active KIDS

Boxercise

Fit & Fun

Football

Silent Disco

Dance

Yoga

Active TEENS

Boxercise

Dance

Fitness

Yoga

Active HEALTH

Active Chef

Squeazy Rider

Smoothie Bike





NEW FROM Active Families North East

We are proud to announce our new venture into community development. Launched in October 2023, the Active Families North East Training Academy offers training & development and educational courses.

We recognise that an accredited qualification or continuing professional development would be an asset to the conscientious community volunteer, the aspiring employee, and the discerning employer. Our fully qualified training providers deliver courses region-wide onto which individuals can book, with the potential for bespoke tuition negotiable for larger set groups.

Courses currently on offer:
YMCA accredited Level 2
Chair-Based Exercise

Coming in 2024
YMCA accredited Level 2 Nutrition
Children's Physical Activity CPD
with more courses planned

Contact us further information
and future course dates:

T: 07810 516 066
E: info@activefamiliesne.co.uk
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Healthy Happy Holiday Activities

Summer 2023:

Impact & Achievements

- 4 Weeks • 4 venues
- 4 weekly themes: Olympics, Around The World, Body & Mind, Nature & Environment
- 75 sessions
- 1,125 spaces for those aged 6-11 years
- 1,125 hot meals provided
- 2,300 healthy snacks provided
- 720 recipe bags to cook at home given out
- 180 children learned basic first aid with Mini First Aid Newcastle
- 180 children accessed Swim City sessions
- 250 children accessed ARTventurers Sunderland West and Washington sessions
- 180 children had fun with Bee Enchanted CIC
- We had the pleasure of visits from local MPs & Together for Children

Leading the way in holiday activity provision

Contact us for more information on our
activity programmes and current venues:

T: 07946 269 005
E: kelly@activefamiliesne.co.uk
Watch our camps in action on our
YouTube channel: ACTIVEFAMILIESNE
www.activefamiliesne.co.uk