



LOTTERY FUNDED

# 'Active' Options Available through our project



CREATIVE OPTIONS  
COMMUNITY PROJECT  
Registered charity no. 1169194



Gardening at Shirley Warren Community Garden



Optional weekly walks



Swimming group (subsidised fortnightly) at Freemantle and other pools



Extra-mural activities  
(sports)  
badminton  
sailing,  
canoeing  
Rock-climbing  
Horse-riding  
Using community facilities



Corporate gym membership available with a gym in Shirley for members only £12.00 per month!

For further information or to see our latest programme [www.creative-options@weebly.com](http://www.creative-options@weebly.com) or contact Julie on 07738681906