

Civil Service Active Wellbeing Week

July 1-5
2019

How to... organise an activity session

- Decide on an activity that will be fun and active for your colleagues, yoga, pilates, rounders and tai-chi are just some examples
- Pick a date between 1-5 July. CSSC can fund any activity between these dates
- Think of a time slot. Perhaps lunchtime or maybe after work? You may want to put on a few sessions throughout the day or different days to make sure it's open to all
- Consider your location carefully. Whether it's a meeting room, courtyard space, or some green area. Make sure you book it in advance
- Do you need a qualified instructor? Maybe you know someone who is qualified, perhaps a colleague or friend. If not, here are some handy contacts
 - Rich Fitness are a fantastic team of instructors from Active Wellbeing Week 2018. Please contact them outlining your instructor requirements: info@richfitness.london
 - Paul Jenkins is an instructor from Active Wellbeing Week 2018. Please contact him outlining your instructor requirements: info@achievingfitness.co.uk
 - Alternatively there are platforms for searching for instructors such as: www.exerciseregister.org
- Make sure your instructor can access the building for the date
- Once you have a date, time and instructor it's time to apply for funding so CSSC can support your activity. [You can follow these simple steps](#)

Remember you can use funding for things like instructors, equipment or facilities hire costs. It's up to you how we help support

Make your move with 