



# PIP Personal Improvement Plan

# PIP Personal Improvement Plan

What's New This Autumn

What's New This Autumn

Our new Health & Fitness Drop In session is starting on Monday 26th September, 10.00am-12.00pm Session cost - £2. Held at Parkside. Clients or Groups must be supported by their own carer.

Our new Health & Fitness Drop In session is starting on Monday 26th September, 10.00am-12.00pm Session cost - £2. Held at Parkside. Clients or Groups must be supported by their own carer.

Enquiries to 01252 313103

Enquiries to 01252 313103

Plus

Plus

## Disability Sessions at Samuel Cody Specialist Sports College

If you are interested in becoming involved with our Disability Sessions that run on Wednesday mornings between 9.30 - 11am at Samuel Cody Specialist Sports College (Ballantyne Road, Farnborough) please contact the trust on 01252 - 339384. They are open to all and cover a range of sporting activities including baseball, cricket, parachute games and of course, football.

## Disability Sessions at Samuel Cody Specialist Sports College

If you are interested in becoming involved with our Disability Sessions that run on Wednesday mornings between 9.30 - 11am at Samuel Cody Specialist Sports College (Ballantyne Road, Farnborough) please contact the trust on 01252 - 339384. They are open to all and cover a range of sporting activities including baseball, cricket, parachute games and of course, football.

 [www.theshots.co.uk](http://www.theshots.co.uk)

 [www.theshots.co.uk](http://www.theshots.co.uk)

Why not come along and join in!

Why not come along and join in!