



EVERYBODY CAN

removing barriers to give
everyone

the opportunity
to reach their
potential



ACTIVE
TAMESIDE



activetameside.com

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foreword



This is a service that puts people first...

Active Tameside really embrace each and every resident like a friend, like a family member. They put the community at the heart of their service, really understanding people's individual needs and challenging themselves to learn new ways of working. What this service offers to Tameside residents is beyond words. It changes lives for the better, it impacts on families as well as individuals.

Councillor Eleanor Wills
Executive Member for Health, Social Care & Population Health



introduction

Active Everybody Can, is an award-winning inclusion and disability service, providing everybody, no matter their need or ability, the opportunity to develop, thrive and achieve.

We look to develop all holistically, ensuring barriers are removed for everybody to belong, enjoy, engage and grow in their community, helping them to live their best life.

We encourage aspiration and hope through learning and moving with confidence from childhood to adulthood. Everybody Can has established an intrinsic, golden thread that supports people with additional needs and/or a disability from the age of 3 throughout the life course. Our services encompass all walks of life including social care, community interaction, education and employment.

Our strategy aligns with, supports and meet the needs of Tameside's corporate strategic plan; starting well, living well, working well, aging well.



our purpose



We exist to make a significant positive impact on people's lives. The people we support and work with are amazing - all unique in their own way and do everything with a smile on their face despite the complexities they are faced with. They achieve every single day, it really does put things into perspective.

Ultimately, it is to provide our people with the same opportunities as everybody else - opportunities to live their best life.



Daniel Higgins, Everybody Can Manager

background

The proportion of Tameside pupils who have SEND is 14.2%.

In Tameside 5,482 pupils require additional or specialist support for SEND.

Of these:

1,342 children and Young People (0-25) have EHCPs

77 of these are below statutory school age

368 are of post-16 students

763 pupils with EHCPs are supported in special schools and resource bases

214 pupils with EHCPs are supported in mainstream settings

Aims and Principles

We will:

- Work in a spirit of co-production and partnership with parents and their children and young people with SEND, involving them in all key decisions along every part of their journey.
- Have the highest expectations for children and young people with SEND, ensuring that they are fully included in all educational programmes and community design.
- Ensure a rigorous focus on the preparation for adulthood outcomes and life after school.
- Ensure that resources are fairly and consistently allocated according to needs.

Key Priorities

- Increasing the confidence of parents and carers in services.
- Involving children, young people and adults, who have additional needs and/or a disability, in decisions about their future *and in the future shaping and delivery of services*.
- Improving outcomes for children and young people who have SEND, including:
 - academic attainment
 - improving attendance
 - reducing the number of exclusions
 - increasing the number of young people who remain in paid employment
- Ensuring that we have robust performance management data within our health and social care services against which to measure outcomes and progress.
- Ensuring accountability for the quality of the services for children, young people and adults and their families.

Therefore, delivery of good and outstanding education and social care to every one of our young people and adults is a key priority.

The future life chances of those who are currently children will largely be determined by their educational, social and community outcomes, and improved educational attainment is therefore a key means to reducing inequality.

Active Tameside's focus is not just upon our formal statutory responsibilities, important though those are, but upon providing effective strategic leadership to ensure that all young people develop a holistic overview that prepares them for adulthood and the continuation of their personal journey, reaching their full potential, enabling all to live their best life.

social care for children and adults

Outreach Targeted Support

Often the children and adults we support are in need of this provision to prevent the family unit from hitting crisis point, avoiding the potential of becoming at risk of edge of care and/or are unable to integrate within their local community.

A service commissioned in by Integrated Services for Children with Additional Needs and Adult Services, we aim to develop people holistically by integrating them into our community provision to interact and socialise with peers. The provision not only enables families most in need to receive essential respite, it also allows these people to stay within their borough, when previously this service was being outsourced in order to facilitate.

In addition, specific barriers are highlighted beforehand for these clients to overcome, for instance, appropriate behaviour in public spaces with a detailed individual plan in place. Bespoke activities are created to provide the opportunity for new skills to be learnt and experiences to be had, whilst combating previous issues.



Adult Day Service

Adult Day Service provision offers adults with additional needs a 'home' away from home, providing a diverse range of activities that encourage fun while learning new skills and improving their health and wellbeing. This, along with creating an environment where our adults can socialise and gain life experiences, offers the support they need to grow, achieve and reach their potential to live their best life.

Additionally, it is vital that we continue the work we have already done with many of our individuals from childhood (through the provisions we offer within education, PE in schools, holiday and community settings) right through to adulthood. This provides us with existing, established, positive relationships and extensive knowledge of the young people whilst they transition through into Adult Services, allowing for a continuation in communication, positive behaviour support and person-centred approaches.

Focus is placed on developing people holistically, providing our adults with the essential life skills they need to become independent, learning through sessional activities. Cooking, cleaning, washing, independent travelling and healthy lifestyles are just some sessions in which we develop these particular skills.

However, a fundamental part of our service is placing great importance on having fun whilst developing life and social skills through various activities like, swimming, music, arts and crafts, sports and a weekly trip in their local community. Adult Day Service also provides the opportunity for our clients to have up to three holidays a year when we organise and attend short break weekends to activity centres throughout the country.



Cared for Children Offer

As an organisation we take our role as a corporate parent extremely serious, ensuring we are offering the best possible offer for our cared for children and care leavers.

All cared for children who reside in a TMBC-operated care home are eligible to a free off-peak membership which allows access to swim, gym and community activities.

On top of this, Active Everybody Can provide 720 free holiday camp places for cared for children each year, as well as, other discounted benefits.

Please see table below for our full offer;

Sport/Leisure Offer	Eligibility	Value	Cost to YP/family
Swimming Lessons (24 places)	Cared for children in residential care	£50 per block of 10 lessons	No cost
Swimming Lessons	Cared for children in foster care	£50 per block of 10 lessons	£36 per block of 10 lessons
Active Junior membership (5-16-year olds)	Cared for children in residential care	£12.50 per month	No cost
Active Junior membership (5-16-year olds)	Cared for children in foster care	£12.50 per month	£20 for 3 months
Gym & Swim membership (6 months)	Care leavers aged 16-17	£24.50 per month	No cost
Holiday Sport Scheme programmes (12 places per holiday camp programme)	Cared for children in residential/ foster care	£62.50	No cost

Young Carers

A young carer is someone aged 18 or under who helps to look after a relative who has a long-term condition, such as a disability, illness, mental health condition or a substance misuse problem.

Most young carers look after one of their parents or care for a brother or sister. This might involve extra jobs in and around the home, such as cooking, cleaning or helping someone to get dressed and move around.

Some children give a lot of physical help to a family member who is disabled or ill. They may also be giving emotional support to both siblings and parents.

In partnership with Tameside Council, Active Everybody Can deliver the sports sessions that allow young carers to relax and interact with peers, providing fun away from their extra responsibilities.



community and youth intervention

Mainstream

Community

Active Tameside offers 18 free weekly community sessions across Tameside. A range of sessions including dance, swimming, football, multi-sports and life skills are delivered in community buildings, including Active Tameside facilities.

These sessions are fully inclusive to all young people aged 5-16 giving the opportunity to engage in new sports and try new activities, learning new skills, providing a pathway into sport clubs and future development.



Holiday Camps

Mainstream holiday camps are delivered at various locations across the borough with each site offering young people the opportunity to engage in a variety of sport and life skills activities. From multi-sports to arts and crafts to cycling, the emphasis is on children continuing to stay active, have fun and make friends.

Fantastic for children aged 5-16 years old, all camps are ran by qualified and experienced sports coaches, with each location Ofsted registered.

We also run Little Camps for younger children aged 3-6 years. Lasting two hours, Little Camps is a great way for children to stay active and entertained, develop new sporting and social skills whilst taking part in our age-adapted multi-sports experience.

Getting children active is not only our passion; it's something we're great at too. We provide children with the opportunity to try new sports, have fun, and really make the most of the school holidays. You can trust Active Tameside to provide a service that is fun, positive and safe.



Transition Camps

Transition Camps offer new students a successful transition from KS2, in year 6, to KS3, in year 7. We run a well-established transition programme for future year 7 students, developed through strong links with feeder primary schools and their chosen secondary education provision.

The program effectively helps new students develop confidence and reassurance, building new friendships before the start of the new term.

Activities include multi-sports, swimming, life skills, indoor climbing and trampolining.

Youth Intervention

Our Youth Intervention programme consists of the following elements:

Detached Youth Work

Detached youth work is a form of street-based youth work provision, which operates without the use of a centre and takes place where young people "are at" both geographically and developmentally. Detached work is seen as a tool to try and encourage young people to utilise existing provision (which is the often used definition of Outreach work). It is used as a method of delivering informal and social education and is concerned with addressing whatever needs are presented to or perceived by the professionals.

Outreach

Outreach work takes place when workers who are usually centre based go onto the streets with an agenda of their own to pursue, usually to encourage young people to attend their club. The programme, is delivered in partnership with Great Sports, Tameside Council and Jigsaw homes. A number of free youth provision sessions are delivered across Tameside, offering young people aged 6-19 years old, the opportunity to feel safe within their community, engage with others and bring together a greater sense of community acknowledgment.

The provision gives young people the opportunity to develop as individuals and enjoy new experiences through activity sessions, volunteering and social action, whilst making a positive contribution to the community.



Community Provision

Delivered at various indoor and outdoor local community venues including Active Tameside centres, sessions are accessible for all young people, including those in care settings.

Partnership work is vital and the collaboration between ourselves, Tameside Council, Jigsaw Homes, Greater Manchester Police and Transport for Greater Manchester plus other local community groups is evident by capturing the individual interest and agendas of each, to specifically focus on targeted neighbourhoods within the borough.

The aim of the partnerships is to provide interventions that resolve existing issues and prevent further occurrences through its network of accessible sport and physical activity sessions for targeted cohorts between the ages of 6-19 years in Tameside neighbourhoods.

The aims are to:

- Build young people's self-esteem and self-confidence
- Develop young people's ability to manage personal and social relationships
- Create learning opportunities for young people to develop new skills
- Encourage positive group atmospheres
- Build the capacity of young people to consider risk, make reasoned decisions and take control



Disability Community Respite

Our Active Everybody Can disability community programme provides a network of easily accessible, engaging and safe community respite sessions for people aged 5 upwards.

The programme has been coproduced through a collaboration of partners, parents and clients and looks to address a number of specific issues, particularly by addressing health inequalities whilst also having an overall impact and reduction on the cost of front-line services, through this delivery method.

Sessions are delivered at no or reduced cost to participants, aimed to create short break respite opportunities for parents and carers to improve the quality of family life, generating opportunities to take timeout from their caring responsibilities.

Furthermore, offering 30 hours of community sport and activity sessions, with over 500 clients attending weekly, the aim is to ensure families have the support they need to engage in high quality provision including sports, dance, music and life skills, delivered in a safe and controlled environment with fully qualified and skilled staff.

The sessions not only provide diverse activities for people with a disability and/or additional needs, they also contribute to reducing social isolation, raising aspirations and self-esteem and develop life skills, whilst providing much needed respite for families. Most importantly, the sessions are delivered within their local communities.

What's more, is understanding the importance of how supporting children within these community sessions and how this initiates the foundations, on a long road of transition into adulthood can start. This is where we can begin forming a lasting relationship, interactions with our Adult Day Service staff and clients alike.



Disability Holiday (Camps) Respite

Our camps provide activities for all children with disabilities and/or additional needs, ranging from multi-sports and dance to cooking and cycling, enabling for fun experiences to be delivered in a safe and engaging environment.

Providing families with much needed support, the camps allow for children to spend time away from their families during the school holidays, socialising with peers, developing new friendships and taking part in new experiences.

Much like our community respite provision the camps are delivered in collaboration with partners at Integrated Services for Children with Additional Needs.

Furthermore, our camps are designed to ignite all stages of a person's childhood with 3 different periods targeted - 3-5 years, 5-16 years and the transitioning years from 16-18 years.

The initial part of a child's life is vitally important for their development. Our Stay and Play sessions focus on those children aged 3-5 years old. Running one, two-hour session per week each half term, ISCAN supply the 1:1 support via funding received through the NHS.

Whereas, Active Everybody Can facilitate the delivery of the sessions with a number of staff there to build relationships and gain a basic understanding of the children whilst at the same time, assessing them for what future support may be needed.

These sessions are commissioned with specific guidelines that children only attend a maximum of 6 sessions, before progressing into the main camp which is an extension to a full day. Nonetheless, children can progress quicker than the 6 sessions if ready to do so.

Moving on, our main offer of disability holiday provision not only provides diverse activities for people with a disability and/or additional needs, they also contribute to reducing social isolation, raising aspirations and self-esteem and develop life skills whilst providing much needed respite for families, and perhaps most importantly, is delivered within their in local communities.

On top of this, it allows us to further our understanding of each child, from their behaviours to their likes and dislikes and how they communicate most effectively. Using this knowledge, along with that gathered through supporting in school settings, aids us to create a person-centred approach to all.



The final part of our holiday offer is for those children who need to start thinking about transitioning into adulthood.

At 16 years old, with two years left of childhood, great emphasis should be placed on preparing young people for adulthood.

Transitions are a process, and even positive change can provoke anxiety. Therefore, using the established positive relationships, successes formed in previous years and extensive knowledge of the young person, we look to create an environment within our Adult Day Service which replicates that of what the child has been used to on holiday camps.

The young person will integrate into our adult provision; attending with a member of staff they have a relationship with. Again, this will allow for a continuation in support moving into adulthood to minimise anxiety for the young person and their family, about moving on in life.

The two-year transition will be seamless and will be about creating new relationships with our Adult Day Service staff and peers. However, with some peers it will be a case of reigniting the relationships they will have had in the past when attending holiday and community provision together. The importance placed on transition is just another example on how the service focuses on developing people holistically, providing our clients with the essential life skills they need to become independent whilst having fun.



Short Break Weekends

Overnight stays at various location in the UK allow families the respite they are in need of whilst providing a valuable and exciting experience for our clients.

Up to four short break trips are organised per year for ages 5 years upward, offering access to a variety of adventurous activities including; Abseiling, Kayaking, Caving, Gorge Walking and Raft Building. However, more important to note is the social inclusion aspect of building relationships with peers and gaining independence skills through various activities. Such as, making their own beds, packing their suitcases and washing their pots after meals.

Social Enterprises

Our Social Enterprises boast two Community cafés, located in Dukinfield, one at Beatrix House, the other at The Together Centre. Further locations include the Roy Oldham Cycle Circuit in Ashton-under-Lyne and two allotments, Ash Road, St Georges.

Our social enterprises are designed to provide real life work experience, volunteering and paid employment opportunities for young people with a disability and/or additional needs. All income generated is used to buy products, maintain equipment and to pay the young people and adults we employ.

Cafés

Our Community Cafés are self-sustainable, using local produce (including allotment produce), ran solely by our young people and adults with additional needs whilst looking to offer low cost homemade meals to the vulnerable people who would otherwise cater for themselves. They are also open to the general public and can provide catering buffet options for special events and functions.

Our cafés align with the Everybody Can ambition of developing people holistically by enriching their maths and literacy skills and interacting with the local community. They prepare the meals and set the tables before completing a full clean down of the seating area, cutlery and kitchen surfaces. This has enabled a significant increase in organisation, communication and social skills.



Opening times

Beatrix House

Gorse Hill Rd, Dukinfield, SK16 5JU

Monday - Saturday 10:30am - 1:30pm

The Together Centre

Loxley House, Birch Lane, Dukinfield, SK16 5AU

Monday - Friday 10:30am - 1:30pm



Allotments

The allotments provide opportunities for those who access our services to grow their own food. All cooking sessions are planned around the food planted, grown and produced. Our community cafés are indeed a beneficiary of this too. The allotments help to educate on the cycle of growing to cooking, starting from planting the seed to cooking the food.

Flowers are also planted here to create flower baskets to display around our centres or to sell as gifts.



The Roy Oldham Cycle Circuit

Tameside Cycle Circuit is a purpose built, traffic-free cycling environment located in Ashton-under-Lyne. It consists of a 1km fully enclosed tarmac circuit, perfect for riders of all abilities to develop confidence and capability.

With a number of accessible bikes available we welcome riders of all abilities, including those who have never learnt to ride, to those who want to train for an event. Equally, with specifically adapted bikes for those with additional needs, it provides a safe platform to learn and have fun.

The Roy Oldham Cycle Circuit is open six days a week.

Sport and Physical Activity Network

Active Tameside Sport and Physical Activity Network was developed in November 2019, with the purpose of offering local support to Tameside sports clubs and physical activity groups.

Its main objective is: "To engage and support all Tameside sports clubs and physical activity groups through a formal network that will increase participation and develop the workforce, by providing pathways and advice, leading to a healthier lifestyle along with ensuring sustainability for future generations.

education and employment

Special School PE Delivery

Active Tameside provides high quality physical education, inspiring all pupils to succeed and excel in competitive sport and other physical activities.

This provides opportunities for pupils to become physically confident in a way which supports their health, fitness and fundamental movement skills.

It provides opportunities to compete in sport and other activities that build character and embed values, such as fairness and respect.

The programme fully integrates with the national curriculum for physical education and aims to ensure that all pupils:

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Are engaged in competitive sports and activities
- Lead healthy, active lives

The added benefit of our delivery into the special schools is to strengthen relationships with children and their families from an early age, understanding what works well in the school environment and to continue in our Holiday, Community and Outreach settings. Furthermore, looking into the future of adulthood it allows for consistency throughout the life course.



Special Education

Our Special Education programme allows us to support some of the most complex and challenging young people within the community who have often struggled to attend a traditional educational setting for various reasons, leading to no schooling.

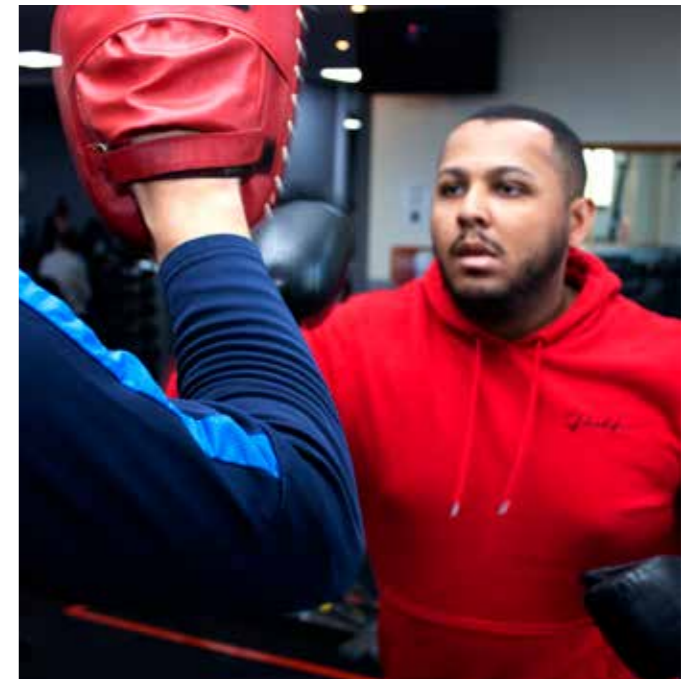
Our aims for the programme are to create a pathway to independence and develop people holistically through a person-centred approach. We use engaging activities to help individuals grow their life skills, social skills and improve their health and wellbeing.

We offer an innovative and diverse program of adventurous and experiential learning in a variety of settings to re-engage young people that provides the structure and consistency needed to grow and achieve their potential.

The programme works to prepare individuals for their future pathways, whether that be re-integration back into a more traditional school setting, becoming an integral part of the community through volunteering opportunities, progressing onto our employability scheme, gaining paid employment, opening up other avenues for further education and/or progressing into our Adult Day Service.

The programme's common themes are:

- To develop the learner's life, confidence, independence, communication and social skills. Enabling them to add long-term value to their lives, families and the wider community, gaining the ability to learn from experience.
- To control behaviours, and make good choices; and the self-esteem, resilience, and motivation to persist towards desired goals.



Alternative Provision

Alternative Provision is designed to support mainstream secondary schools, targeting those students who have low attendance, low aspirations, display disruptive behaviours or simply find it difficult to follow the school timetable for whatever reason.

Allowing the school to incentivise young people's weeks, offering an enhancement to their core curriculum offer, exploring alternative ways of learning, with the fundamental aim of reintegration back into mainstream education.

The provision works closely to support social care and the Virtual College to combat a number of different issues across the wider community, to prepare for adulthood and create a positive pathway to independence.

Moreover, the provision looks to engage, empower and enthuse young people by developing their knowledge, building resilience and expanding teamwork in a fun environment.

A unique programme of activities is delivered in a tailored way to meet the specific needs of individuals and groups, whilst gaining a number of educational qualifications from hairdressing and barbering to sport and retail.

Supplementary to this, we encourage the cohort to give back to their community by running their own projects ranging from building and maintenance work, up keeping of green spaces and helping the homeless. This grants a sense of accomplishment and pride. Developing self-esteem whilst establishing integration into, and community cohesion.



Aims and Outputs

- Increase young people attending education, training and volunteering
- Increase young people gaining skills and qualifications
- Improve aspirations, self-esteem and resilience
- Improve health and wellbeing
- Improve school attendance and attainment
- Reduction of anti-social behaviour
- Develop independence and social skills
- Prepare individuals for adulthood
- Increase employability
- Deliver a high quality fully inclusive intervention program for young people to succeed
- Volunteer pathways
- Empower and decision-making skills and knowledge

Supported Internship

The Supported Internship programme is an employment-based course giving young people with additional needs the opportunity to develop their employability skills and progress into paid employment.

Allowing exposure to the working environment, using real work placements, surrounded by other working people, the Supported Internship offers the learners an insight into the ways of working life, creating new experiences and learning new skills, in order to gain a paid outcome.

The programme is run in partnership with Tameside College, Tameside Council and Tameside Hospital and consists of a combination of on-site classroom sessions where each learner will work towards achieving their functional skills, employability skills and work placements.

Our aims are based around creating a realistic and sustainable pathway into employment for each learner whilst being able to provide a person-centred approach, increase social skills and developing teamwork.

Over the years the learners have also benefited from increased levels of health and wellbeing and have gained further qualifications, applying theory to working practice.



Youth Employment Scheme/ Care to Success

We provide an employment-based course targeting young people exiting the care system aged 16-19 years, progressing into semi-independent/independent living accommodation.

The aims of the scheme are to highlight work placement opportunities whilst providing the wrap around support needed to empower the young people to take their first step in their careers.

Similar to our Supported Internship, this scheme allows for the exposure of real-life working environments, exposing the young people to the ways of a working life, creating new experiences and learning new skills in order to gain a paid outcome.

In addition, to this, we help the young people gain various life skills to support them in budgeting their money, shopping, cooking and eating healthy, applying for housing and CV writing which all contribute to a positive impact on their health and wellbeing.

The program is bespoke to individual needs, establishing relationships, breaking down barriers and building trust before making a gradual introduction back into a structured programme of education, with the aspiration of independence and employment.



Volunteering

If you are aged 14+ and looking to gain experience in sport, leisure or social care, why not get involved in our volunteer programme?

Volunteers aged 14+ are encouraged to assist professionals within the sport and leisure industry at weekly community sessions, holiday camps or youth provisions.

We are looking for volunteers who love to learn and have professionalism, a great personality and punctuality. Many of our volunteers have gone on to gain coaching qualifications and employment opportunities. Volunteering is for everyone and no previous experience or specific skills are required. However, if you do have any qualifications or experience that you think would be beneficial, let us know.

Those with an interest in aquatics or fitness can also gain voluntary experience in these areas too.

Register and find out the latest opportunities, visit Tameside VIP and apply. Click on 'show all opportunities' then select the opportunities you would like. Tameside VIP will contact successful applicants.

Tameside VIP allows you to trade your voluntary hours for a reward. When you have signed up to Tameside VIP, log in to your profile and click on 'hour trade vouchers'.

You will see a list of rewards you can choose from. For example, if you volunteer for 40 hours, you can trade your hours for a 1-month All-Inclusive Active Tameside membership with access to any Active Tameside centre. This membership allows you access to 7 gyms, 5 pools, 3 thermal suites and unlimited group exercise sessions.

Tameside VIP aims to make your volunteering experience as enjoyable and rewarding as possible.

Visit activetameside.com/vip to find out more



measuring success

Active Everybody Can prides itself on the outcomes generated for our clients, developing them holistically and firmly integrating them into their local communities. Ensuring all have the opportunity to live their best life.

Here's how our success is measured;

- UK Active Outstanding Organisation of the Year 2018
- UK Active Inclusion and Disability of the year 2019
- **Max Associates report** – external validation.
- **Commerciality** – 3 key income streams, monthly DD run moving from £193k to £262k to underpin and safeguard health and social outcomes.
- **Strategic outcomes framework** – progression from operations focus to social and health outcomes, co-designed by key stakeholders.
- **Volunteering, Active Lives survey** – employability programmes, community sport provision, community enterprises.
- **Cost avoidance** – Tameside MBC, Tameside Integrated Care (NHS), Greater Manchester Police, Transport for Greater Manchester, New Charter Housing Trust, Action Together etc – commissioned by Public Health.
- **National accreditation and awards** – Quest 2-day assessment.
- **Annual report** – outcomes based.
- Salford University evaluations linked to all programmes.



**INCLUSION & DISABILITY
AWARD**



**OUTSTANDING ORGANISATION
OF THE YEAR**



EVERYBODY CAN

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