



COMMUNITY
WELLNESS
SERVICES

Unique Sheffield based
company delivering wellness and
physical activity with a **specialist**
team supporting those living with
health conditions

COMMUNITY ENGAGEMENT



90,000+ minutes of exercise
delivered every month



700+ fall prevention sessions
delivered every year



1000+ one to one rehabilitation
appointments every year



1000 free school meal children
receiving activity camps,
with food!



90+ care home sessions delivered
every month



50+ walking football attendees
every week



Award Winning and Accredited through CIMSPA



Supported Sheffield
Community Groups to access
over **£100,000 in funding**
to help support their
local communities



Research support work
with NHS Sheffield Teaching
Hospitals | Sheffield Hallam
University | University of
Sheffield

University of Sheffield
Evaluation found:



£1 = £3.55
social return on investment

Participants felt



90% more socially
connected
72% improved
mental health
68% significant
improvement in
physical health