



August 2024



CURLYS ATHLETES

FREE run and athletics training for children and adults at Quibell Park and Normanby Park!
[Curlys Athletes](#)

STREET DANCE FREE SESSIONS!

Open to young people aged between 8 and 19 years old
(or age 25 for people with a disability) [Street Dance](#)

The **NHS Community Inclusion Team** is a new community nursing service seeking to help some of the most vulnerable members of our local community.
[Inclusion Team NHS](#)

Brigg Peer Support Group

Carer Peer Support Groups can offer empathetic support. They are a great way to meet other caregivers, socialise, develop friendships, and share information. [Carers Support](#)

Gardening Group - Are you keen to get out in the fresh air? Do you have an interest in gardening and growing your own?

There's a fantastic space at **Wheatfield Allotment** where you can prepare, plant and grow vegetables!

Produce is shared with the allotment community group, food banks and the healthy lifestyle team!

The allotment space also offers wide paths and raised beds with handrails to allow wheelchair users access. [Gardening Group](#)

Understanding Your Child - free online courses

Learn to understand a child's development from pregnancy to 19 years and ways to support them and strengthen relationships.

There are courses for teens to understand their feelings and how their brains are developing! [Inourplace](#)



To advance the health and wellbeing of BAME communities in North Lincolnshire by supporting and encouraging inclusive health and wellbeing activities and services. Promoting Equality & Diversity. [Your Wellbeing](#)