

# Do you want a helping hand to be more active?



## Are you:

- keen to be more active but feel like you need support to take the first steps
- bereaved & struggling
- a carer & need time out
- feeling lonely
- trying to make lifestyle changes like losing weight or stopping smoking
- unemployed or facing redundancy
- recovering from cancer or other illnesses
- experiencing baby blues/post natal depression
- facing major life changing experiences
- feeling low in confidence/self-esteem

In the Pink is a voluntary scheme aimed at helping people to achieve the very best of health by becoming more active.

Trained volunteers support individuals to take part in Fitmums and Friends activities of their choice by attending 3 sessions with them.

Buggy sessions (with babe in buggy) fitness walking, and running options available in friendly, supportive environments.

Complete beginners to exercise are welcome.

Volunteer supporters are not counsellors or therapists; they aim to motivate and support individuals to be more active.

## Interested?

Call **07708 324018** & speak to a member of the In the Pink team

Email us at [admin@fitmums.org.uk](mailto:admin@fitmums.org.uk)

Ask a health professional or friend/family member to contact us by phone/email (but you must give your permission for them to refer you)



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