

health  
wellbeing  
opportunities



# ASPIRE

Giving you the  
power to improve  
your health,  
wellbeing and  
job prospects



Choose from our range of **FREE** activities  
and create your own programme





ASPIRE East Kent provides **free** friendly workshops for people who want to improve their health and employment opportunities and to feel more confident and positive about life. We host a wide range of activities including cooking, gardening, wellbeing and exercise sessions as well as employment support. All our activities follow Covid guidelines.

We are open Monday to Friday and run workshops throughout the week. Have a look at our timetable to see what's on.

### ASPIRE is for you if:

- you are over 18 and live in East Kent
- you are either unemployed, a job seeker, in temporary insecure work or on a zero-hours contract
- and you would like to improve your health and wellbeing.

## Taking part in ASPIRE

After chatting to the team about what you want from ASPIRE, we'll help you choose which activities you want to do. Whether you would like to eat more healthily, be more active, meet people, grow your own veg, volunteer, start a small business or just try something new, we can help. Our sessions are suitable for complete beginners and typically last for a couple of hours. All equipment is provided and you'll be fully supported by our friendly team.

## ASPIRE timetable

### Mondays

- One You Weight Loss Programme
- Gardening
- Health walk

### Tuesdays

- Cooking
- Couch to 5k
- Employability

### Wednesdays

- Legs, Bums & Tums
- Gardening
- Health walk
- NHS One You drop-in weight

### Thursdays

- Couch to 5k
- Gardening
- Beekeeping

### Fridays

- Lifestyle 1:1 support
- Couch to 5k
- Cooking

In addition, you'll be offered a **free 12-week leisure centre pass** and a **12-week online, wellbeing and behaviour change course.**





ASPIRE is based at Bechange in Aylesham and we can help with transport.

If you want to know more about ASPIRE, please get in touch to have a chat with one of our team:

Call **01304 840134** or email **[aspire@bechange.org.uk](mailto:aspire@bechange.org.uk)**

Check out our social media to see what we're up to!



Facebook **@AspireProjectEastKent**



Instagram **@aspireeastkent**



Twitter **@AspireKent**



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