

The West Area Project Annual General Meeting 2025

WEST AREA PROJECT

For adults with learning difficulties

Lenton Centre
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Charity Number 1182653

Thursday 15th January 2026: starting at 7.00pm,
at the Lenton Centre, Willoughby Street, Lenton NG7 1RQ

Agenda

- 7.00 Registration and refreshments
- 7.15 Welcome by the Member Representative:
- 7.30 Manager's Report.
- 7.45 Chairperson's Report by Alf Stiegler: Chair of Trustees
 - Apologies
 - Declarations of interest
 - Minutes of last AGM
 - Treasurers Report and Review of our annual accounts
 - Appointment of Independent Examiner
 - Resignation of Trustees
 - Nominations for election of new Trustees and Board
- 8.30 Ratification of policy documents
 - WAP safeguarding policy
- 8.40 Any other business

1. Introduction by our member representatives Martin and Mel:



We are so very lucky to have Mel and Martin as our member representatives. With the two of them, WAP is in safe hands!

Prior to every Board meeting they interview the members and then summarise the responses to develop their report. Mel and Martin attend every Board meeting and do an amazing job of representing our member's views.

As Martin's report reflects, there were many changes at TLC which affected WAP:

“2024 was a difficult year for West Area Project. Finance is still a major problem, so we need to fundraise more.

Ryleigh left to work in Norwich, and we all missed her. There was a lot of building work and disruption at TLC. Firstly, we lost our store cupboard to make way for a corridor, and we then had no-where to put our things.

Yvonne had a new office downstairs, but it has no electricity. Then, in November the builders were up on the swimming pool roof to put up a new ceiling. This meant we couldn't go swimming on Thursdays which upset everyone.

I hope next years a bit better but the workers kept us going”

Martin, member representative

2. Manager's Report 2024 to 2025 by Yvonne Pearson, WAP Manager

Another year full of challenges!

Fairer Charging

April 2024 started with a 'fairer charging' nightmare. Some people came under the City Council's charging regime for the first time. The assessments were conducted by telephone with people representing the City Council who often had no prior knowledge of the member's history or present circumstances. This lack of background knowledge is difficult for our families to understand when their relative's social care has been funded for years by the same City Council. The relatives were often not prepared for the questions being asked about 'extra disability related expenditure' and did not have ready answers.

The mother of one of our newer members who had been funded to attend WAP 3 days a week, with transport, was shocked when she got a notice from the fairer charging team to say that she would be expected to make a **weekly contribution of £97.65**. This amounts to nearly £400 every four weeks which in a single parent household would have had meant essential utility bills could not be paid. The distraught parent immediately took her relative out of WAP. When I went through the assessment it appeared that it was incorrect as major household and disability related expenses had been ignored. I requested an immediate reassessment, and the charge was subsequently reduced to around £30 a week. I was concerned by the inadequacy of the assessment which had caused the member and her mother such unnecessary stress.

One family found they received a letter one month to say their charges were increasing to find the amount increased again the following month. This constant flow of contradictory letters made little sense to our families (or me!). One family were supported through outreach, to appeal but this took a long while and their charges mounted up. Although we did achieve a significant reduction, the family were left owing us almost £600 in arrears, which they are still paying off at around £10 a month.

Other people's packages automatically increased, without a telephone assessment, in line with their automatic benefit increases. As the Direct payment holder for many of our members it was left to me to explain to these families what had happened and collect the extra charges as they had been deducted from our funding. The letters sent out by the Council were not user friendly and many people ignored them, thinking they were simply a statement of their account, like that which they annually received from the Department of Work and Pensions about their benefits. This all added so much stress to the beginning of 2024 and unusually, I could not identify anyone in the City Council who was prepared to readily take these matters up.

Minimum increase in statutory funding

The City Council offered WAP and other voluntary agencies a small increase in the amount of funding for each member, but this amount was far lower than the rise in the national minimum wage. As the majority of our WAP costs are wage related, we knew we were going to have to continue to subsidise the City Council through fundraising to keep the main WAP service and its many extra activities running.

The financial problems we were facing were being experienced across the voluntary and community sector. The Lenton Centre needed to raise money to keep their swimming pool open and we joined in their funding campaign. This had some complicated knock-on effects as some of the agencies we had applied to for funding said that they could not fund whilst the future of The Lenton Centre was in doubt, so our necessary funding applications were put on hold.

Financial challenges

This left WAP in a situation over 2024 to 2025 that despite being at full capacity and still being supported by the Severn Trent funding towards rent, our costs continued to rise far above our Council funding.

The rising demand for outreach support

The WAP outreach service has become a necessary extension of the WAP day service. Gradually, the community health and social care have reduced the support they are able to give including help with health appointments and welfare benefits. Such tasks have ended up on the shoulders of the voluntary sector. The fact is that if we do not respond to the families asking us for support, who would?

Not surprisingly, the need for the outreach service continued to grow on all fronts; medical, safeguarding and benefits, this is despite the fact WAP receives no statutory funding for this necessary service.

Indeed, it would be fair to say that the outreach service was overwhelmed by demand from members and ex members for support with complex **medical issues**. These are just a few examples:

An ex-member and their family sought assistance from the outreach service to support them through their cancer journey. This involved arranging and supporting the family through a series of outpatient appointments, hospital visits and stays. After many months and a series of operations there was a positive outcome.

One member, who had severe symptoms and ongoing weight loss, which prompted her older relative to take her to A and E on three occasions, just could not get access to

necessary hospital assessments. This member was terrified of lifts and stairs and kept defaulting on hospital appointments arranged at inaccessible venues. It took a great deal of outreach negotiating to ensure reasonable adjustments to enable the member to access hospital investigations and lifesaving hospital treatment. This process took over 6 months to resolve despite enlisting the support from the excellent learning disability hospital liaison team.

Following a severe medical emergency at WAP in February 2025 the outreach service supported a family for 14 hours in Accident and Emergency Dept. The member eventually received good treatment and has medication for their new condition which the specialists believe developed from a Covid infection on a vulnerable person.

One of our long-term members who had developed dementia over the Covid time (and had been supported by outreach in finding a care home) moved onto the palliative care pathway, sadly dying in March 2025. As I had always acted in the capacity of 'next of kin' because they had no family, there was a significant problem about who could register his death. I had no legal standing in the matter and there was no known family. This left our valued member at the QMC for many months before the death could be registered. Even after his death was registered there were issues about whether WAP would be allowed to arrange the funeral. This proved very distressing for all of his 'WAP' family.

Safeguarding

One of our members was involved in a major safeguarding issue which meant they had to suddenly leave their home. This member was supported into temporary shared life care with people known to WAP whilst they were supported looking for a more permanent placement. This sensitive work took place over many evenings and weekends to support the member in dealing with this traumatic turn of events. Happily, a permanent shared life placement was found, and this member is now 'living their best life'.

Benefits and Appeals regarding Council charges for Social Care

There was ongoing demand for outreach support for families with essential basic benefit applications such as PIP and ESA alongside bus pass applications.

This benefit support occasionally extended to beyond WAP to families using The Lenton Centre who approached us for help. This included supporting the first PIP application for a single mum with two disabled children.

Activ2

This was continued with financial support from JNR Derbyshire, The. Charles Littlewood Hill Trust, The Jones 1986 Charitable Fund and Thomas Farr. We cannot thank them enough as Activ2 also receives no statutory funding.

Volunteers

WAP has always been so fortunate with the quality of and commitment from, its volunteers. During this period, we hosted 8 student placements drawn from a variety of specialisms ranging from sports rehabilitation, physiotherapy and psychology. All these students helped to energise WAP and Activ2 members through the Winter months.

All students are given a 1 to 1 detailed induction by myself prior to their placement with WAP and Activ2. We believe this time is well spent and see it as our investment in ensuring the development of knowledge and skills for future social care and health allied professionals in working with people with disabilities. We were lucky this year as two of our volunteers remained with us throughout the year and they offer their perspective in other parts of this report.

Relationship with TLC

Over this period there remained a great deal of uncertainty regarding the level at which TLC could set our rent. This continued financial uncertainty led us to look for alternative venues. Eventually, TLC agreed to set the rent at a level we could afford and we were pleased to remain at the heart of TLC.

I would like to end my report to again thank our amazing workers, board members and of course our members, along with their families who all contribute to make WAP and Activ2, such a joy to be part of.

Yvonne Pearson
Manager,
WAP and Activ2

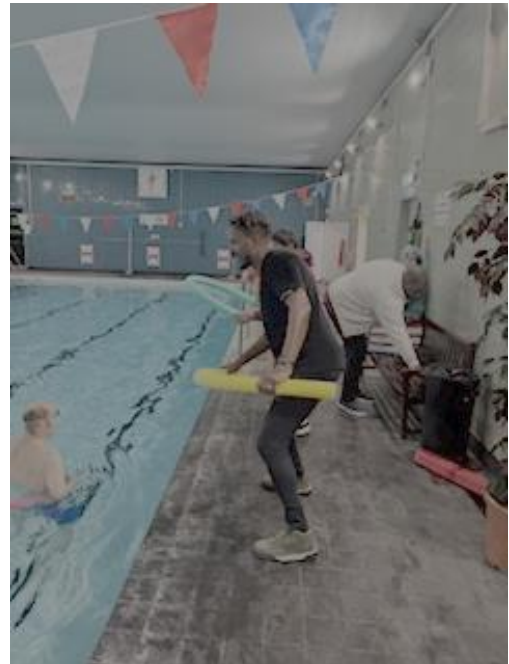
3. Welcoming new staff to WAP

We said goodbye to the amazing Ryleigh who went on from WAP to develop her career as a clinical psychologist. We miss Ryleigh and love the fact she returns to WAP for our parties. When Ryleigh left, we employed Alex.

Introducing Alex

As the newest staff member, but one who has been known to the members for just over three years, I can say it has been an inspiring place to work. The aspect of being part of a relatively small, friendly group that encourages healthy eating and lifestyles blended well with my background as a physical exercise teacher in Thailand.

WAP continues to demonstrate what social care should ideally mean, with a progressive commitment to the ideals that guide the sector, including compassion and professionalism. The organization focuses on the needs of its members to help them thrive, demonstrating that it's possible to offer all-round support by taking individual interests and needs on board and incorporating them into a regime of activities.



Despite some members facing physical mobility challenges, I was encouraged by their enthusiasm to push themselves a little further and participate in physical exercises that positively impact their day-to-day lives. Together with other staff members, I introduced gym time before swimming, bringing fun and excitement to workouts. The members adapted positively and looked forward to spending time in the gym.

Some of the gym activities included a general workout session that entailed wiggling and "writing" words by imitating the letters with our bodies—for example, the word 'coconut'. This movement created an avenue for members to exercise their core muscles and add value to their day-to-day workouts.

Aqua aerobics was the second activity I helped incorporate at WAP. Studies have shown that aqua aerobics improves cardiovascular fitness and muscular strength. It was paramount for the members to embrace this to keep any heart-related ailments at bay and maintain strong muscles as they age.

I also introduced "Game Time Thursday" on Thursday afternoons. This activity was designed to harness the members' competitive spirit and encourage them to embrace teamwork to achieve desired goals. 'Yee Yee' Thursday, as the members fondly call it, has also incorporated a spirit of cheerleading, with members grouped into teams to compete on cheering for their team. This activity plays a significant role in securing good mental health for the members, helping them lead stress-free lives.

All these activities are extremely important and have been positively received by the members. A key source of encouragement for me has been hearing members say they look forward to Thursdays. The hardest part, as with anything new, was the inception of these activities. Since that boat has already sailed, our focus is to continue encouraging participation and building on the gains we have already made.

Many Thanks,

Alex Mirie

4. Volunteers at West Area Project

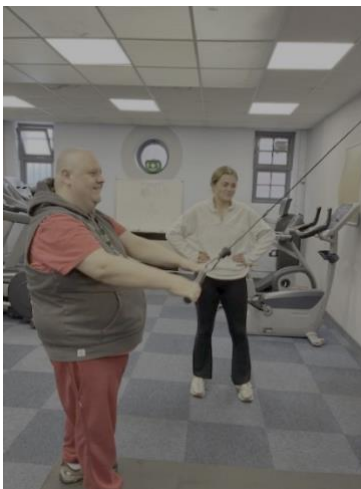
We were very lucky during the period 2024 to 2025 as we were joined by two amazing volunteers who are still with the project. Let us introduce Rich and Emily

Rich

“I joined West Area Project as a part-time volunteer because working with people with learning disabilities was something I’d always wanted to try and it felt like a great opportunity as I’m considering a career change into social care. From the very beginning, WAP has been such a friendly and energetic place. Over the past six months, it’s been amazing to become part of a community that’s full of warmth, care and fun. I’ve learned about how the project runs day to day and I have really enjoyed seeing how much thought goes into supporting the members and planning activities that bring out the best in everyone.



Getting to know the members has been an absolute highlight - it’s been a privilege to share in their experiences and to get know their personalities. The staff team has also been fantastic - they’re always supportive and made me feel welcome right from the start. I’ve had such a great time joining in on the day trips and the swimming sessions have easily become one of my favourite parts of the week—uplifting, active and always full of smiles. I love how WAP not only offers incredible support to the members but also encourages their independence, all within a social environment where everyone feels included and valued. It’s been a genuinely uplifting experience and one I’m really grateful for.”



Emily

“I first heard about WAP after an afternoon helping Yvonne put up Christmas decorations (I had just finished teaching on poolside so was already at TLC); my course requires me to do a short placement, so I started volunteering at WAP and loved it so much I’ve continued to come back on Thursdays and Tuesday evenings for Activ2. I am a BSc Psychology student at NTU but have studied psychology at school for 6 years now and completely love the subject, so working in the field of learning disabilities has been incredibly educational and the first hand experiences and opportunities that have been provided to me - including running a weekly session in the pool - have really helped develop my character both

professionally and personally. I love being a part of the important work being done at WAP and feel I have learned a lot from the staff and members.”

5. Please meet one of our new members in 2024-5



Member: “I was a bit nervous when I came to WAP. I was used to being home with my mum and meeting new people scared me. When I first came I thought it was really noisy. I was used to it being just me and my mum. I got really angry when people played music I didn’t like and it made me swear and run away. People used to know I was angry because ‘my face went like thunder’. When I felt upset it took me ages to feel okay.

Now, I like being in a room of noisy people because they are my friends. It means I have lots of people to talk too.

I like coming to WAP because I am learning how to talk with different people. If I get angry, I talk to the workers and I can take time out in another room. I know the workers are here to help. I can put up with other people’s music now!!!!

I used to spend a lot of time with my grandmother but when she died it was just me and my mum and we didn’t go out very often. A friend of my mum told her about WAP and now I come three days a week.

At WAP I exercise every day, we are always moving either by swimming, dancing or stretching. It’s important to keep fit because it keeps your body going. “

Comments from mum: “I am writing to thank Yvonne from WAP outreach for the great help she gave today to myself and my daughter. Yvonne helped me with the benefit applications which I would not have been able to do myself, nor would X.

Yvonne also applied for a bus pass for X which I never knew she was entitled to. X is 47 years old, and it made me wonder why I’ve never been told she could get a bus pass. Today was much appreciated, Thank you”

6. Chairperson Report by Alf Stiegler

Alf again thanked all the staff for their commitment to the project especially over this particularly trying year.

7. Minutes of the last AGM meeting

WEST AREA PROJECT AGM MEETING

held on Thursday 16th January 2025
at 7pm at The Lenton Centre

Those present:	In attendance	Apologies
Alfred Stiegler – Chairperson/Trustee	Yvonne Pearson – Project Manager)	Ann Stiegler –Trustee
Farrah Athar – Secretary/Trustee		Martin Stiegler – Member Rep
Mary Harrison – Treasurer		
Rita Beard –Trustee	Mel Simpson –Member Rep	
Ruth Noyes – Trustee (via video phone)	Clare Lloyd	
Russell Jays - Trustee		

Agenda Items

1. **Apologies:** Apologies were received from Ann and Martin.
2. **Conflict of interests.** None were declared
3. **Welcome by the member representative:** Mel welcomed everyone to the meeting.
4. **Manager’s Report**

Yvonne spoke about the financial difficulties which had peaked in January 2024 before WAP received the grant from the Severn Trent Community Fund. This funding meant that WAP ended the financial year in 2024 in a much better situation.

Yvonne mentioned that The Lenton Centre still believed that they could receive better rent for our room so this was something we needed to keep in mind as we could not afford higher rent.

Introduction to AGM business:

Minutes of the last AGM Meeting:

The minutes of the last AGM meeting of Wednesday 23rd November 2022 were discussed and agreed as accurate and signed by Alf and Mary.

Chairperson's Annual Report:

Alf shared his concern that WAP remained in a position where it was still unable to build up adequate reserves. Alf wondered whether financial forecasting could help.

Ruth agreed to assist with this but also commented that this wasn't going to be easy when WAP basically received so little funding. She did however point out that as all the other outgoings were fixed (used for staffing or rent costs) the only budget we could realistically reduce was the 'activities' one.

We agreed that this would be discussed further at the next Board meeting.

Treasurers Report

Mary gave her treasurers report and presented the accounts. She noted that:

- The income from service contracts had increased by just over £40,000.
- The rent had reduced by over £7,000 which was due to TLC charging double instead of triple rent and the fact we had stopped renting the upstairs office.
- That the overall spending had increased especially the budget on activities which had increased by almost £10,000 which was an increase of around a third of the overall activities budget.

The accounts were agreed as accurate and signed by both Alf and Mary.

Appointment of Independent Examiner

Clayton and Brewill were proposed by Alf Stiegler and seconded by Mary Harrison to remain our independent examiners for next year. We also thanked Neil for his work for us and wished him a happy retirement.

Elections

The whole Board resigned and then the previous Board were re-elected. Clare Lloyd was nominated for the Board by Mary and this was seconded by Rita.

Safeguarding Policy

The revised safeguarding policy was discussed and agreed with minor amendments by the Board. Russell agreed to act as the Boards safeguarding lead and said that he was going to look into training for the Board members.

Other business

As there was no other business the meeting was declared closed

8. Treasurers Report April 2024 to March 2025

This will be my last report in my role as Treasurer. I would like to thank Yvonne, Anne and Farrah for aiding me over the years, you don't know how much your help has meant, so thank you. Also thank you to John for taking over the role, I know he will do a better job than I ever could.

Yvonne should receive a special thank you as she has worked so hard this year to raise funds for WAP and Activ2, a job made so much harder by the financial climate.

This year we were very grateful to receive grant funding from:

JNR Derbyshire of £3000 for WAP activities, Activ2 & Outreach
Charles Littlewood Hill Trust of £1000 for WAP, Activ2 and Outreach
Ten Percent Foundation £500 for swimming sessions
Jesse Spencer Trust £1000 for Outreach
Labone Trust £2030 for WAP activities
The Jones 1986 Charitable Trust £5000 for Activ2
Thomas Farr £3000 for WAP activities and for Activ2

We also received personal donations from the Quigley family and Duval's mum and gran.

We have managed to survive another stressful year financially, and hopefully we will survive many, many more.

Mary Harrison
Treasurer

9. WAP ACTIVITIES 2024 to 2025

At West Area Project, we take our 'duty of care' to promote healthy lifestyles in an extremely vulnerable population very seriously.

Research has demonstrated that people with learning disabilities and/or autism have a greatly reduced life expediency. WAP aims to do everything it can to combat these health inequalities for this vulnerable group.

To this end we offer a timetable full of different activities.

Monday and Tuesday suit our more mobile members. With walking and 'out and about' activities. This can also be followed by members staying on for the WAPActiv2 session on Tuesday night.

Wednesday to Friday are days more suited to our less mobile members but that doesn't mean they aren't equally active. No one gets to avoid being active at WAP!

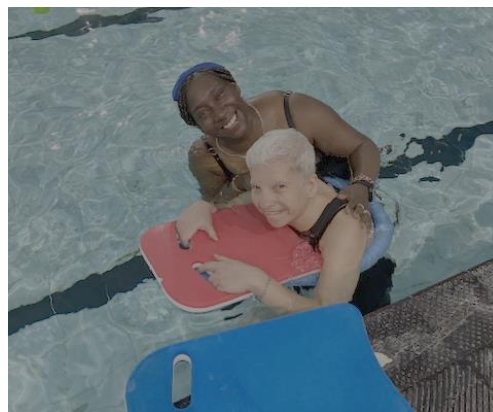
Swimming sessions



Our swimming sessions, which are open to anyone with learning disabilities and/or autism, are still the highlight of the week for many of our members.

WAP struggles to afford to keep these important sessions running so we are constantly applying to funding bodies so they can continue.

It always feels like such a personal achievement if we can teach someone to swim. Here we see our member representative Mel, learning to swim. Mel is determined to do this as her 'shared life' family are planning to take her abroad and she wants to enjoy the swimming pool. Go Mel, go!



Dance and movement sessions with Catherine Chivers

Dance sessions summary 1st April 2024-31st March 2025

Sessions during this year have been weekly on Wednesday afternoons. There is always a definite shift in energy and positive wellbeing during and after classes. However subdued the group is when I arrive, we always have a good giggle during the class!



Sessions always start in a circle either seated [if in the WAP room] or a mixture of seated and standing [in the hall]. We always begin with an aerobic, dance warm up led by me, then often lead by the group in turn. It's wonderful to see the different styles and movements that everyone feels comfortable performing! We still often go round the circle choosing a movement and going around the circle each adding a move until we have a repeated 'routine' of movements to dance to the music. This is often based on a theme- sport, Halloween, Birthdays etc. We often try different movements in cannon around the circle [like a Mexican wave, claps, stamps etc] to develop concentration and rhythm.

We've done a lot of follow the leader work this year! Most of the group have definitely improved in terms of thinking about different patterned pathways around the hall rather than just going round in circles when they are the leader!

We have quite a repertoire of dances which the group still enjoy and request! We often dance either all seated or a combination of seated and standing. Favourites include Geraldine's Routine, Blame it on the Boogie, Happy, Do you love me, Soul Bossa Nova.

The group enjoy Explode- taking it in turns to create a shape together in the middle of the hall and then exploding away to break up the shape.

Props are as popular as ever- pompoms, streamers, shaky eggs, glow sticks and the coloured lines and dots! The members still love placing the line markers around the space and we play a musical chairs style game with a line being removed after a few goes of dancing and stopping on a line! We often have a theme for the shapes we make when we freeze- something related to the colour we land on, dinosaurs, fruits and vegetables, sport etc! There are some very competitive members who always manage to win!

The group enjoy the pictures game where I place pictures in the corners of the room- eg Easter pictures and everyone dances to the music and pick a picture to go to when the music stops! The people by the picture I shout out [with my eyes closed] are out!

The group always enjoy dancing with floaty fabric and particularly enjoy it when I bring the long blue fabric which we can pretend is the sea! Chinese New Year dragon dances are always a highlight! The group have also enjoyed exploring movements using my octoband prop [lycra fabric with 16 'arms'].

Country style circle and line dances are always popular with the group.

The group enjoyed learning the Stayin' Alive 70s style dance that I did with my Manor Arts Everyone Dance group.

Sessions always end with a cool down- usually lead by me but sometimes lead by members of the group who are now confident to take on this role. Martin is really confident leading the cool down and incorporating appropriate stretches and movements.

I still enjoy being a part of the West Area Project family and sharing dancing, games and giggles with you all!



Crafts sessions with Deborah from Notts College on Wednesday mornings
Arts and crafts.

Another fabulous year for all of the members and their artistic talents, enthusiasm and amazing completed projects. We mixed it up as usual with painting with acrylics and water colours, rock painting, weaving, paper manipulation, air dry clay, textiles and much, much more.

An example of how the group works can be seen with the owl project. The lesson is introduced, and is outlined on the white board (learning aims), and a completed rock painting of an owl is passed around for all to see up close. We have a short question and answer session about what owls can be seen in Britain, and what colours this may inspire us to use. Some members have their favourite colours that they like to stick to while others love to experiment. After a demonstration, the group choose their rock, and paint it with an undercoat of white, the rock is placed on blue tack on a jar lid to facilitate this. The members then practice their colour choices on an owl outlined on drawing on paper, and are encouraged to mix their own acrylic paint colours. As a group we review our paintings at the end of the session, where people are encouraged to talk about their colour choices and why they chose them.

The following week, after a quick recap, the paper paintings are then reviewed, and the rocks are dry now ready for painting. To help some of the members I have drawn the outline of the face and feathers, ready for them to paint. Each owl was so different and joyful in the freedom of expressing themselves. As we have painted rocks before, the members are able to recall the steps taken and are eager for them to dry by the following week, and ready to display.





WAP 2025 Seated Line Dancing

Although the group have such a mixed ability, including mobility, all are encouraged where able to join in. The session is introduced, and the learning aims are outlined on the whiteboard. The members are all familiar with how and why we warm up and cool down and are happy to share the reasons why with the rest of the group, especially in fun to point out who has sloppy posture in their chair! The warmup game encourages laughter, sharing, manual dexterity and a comical dance that has evolved over time. (Pass the Chickens and the Birdy Song)

The main song / dance changes each week, with some being repeated over the months, encouraging memory recall. The moves are broken down, recalled and added to, to complete the full song. All muscle groups are used and options given where full range of movement is restricted. As always this is a seated dance.

The team game is rotated through Chuck a chicken (Tin can ally with bean bags), Cowboy hats, (throwing bean bags into hats for points), Actions (cards with characters/ sports picked randomly which are actioned whilst balancing a quoit on their head and throwing the quoit into a basket), and Easy Peasy Boccia (using bean bags to under arm bowl nearest the Jack/ Chicken).

The team members choose a captain, and team name, making sure that everyone has had their turn, and reminding all who cheat (the staff!) of the rules and how to play fairly. Scores are kept on the board, and the winning team is announced, with a “hip hip Hooray” and “better luck next time” to round off the game.

A cooldown encourages gentle movement through all muscle groups, and members are encouraged to demonstrate their own idea in turn, and finally with a big round of applause or Mexican wave to finish.

ACTIV2 by Zoe Beardsley – Activ2 Coordinator

It's been another fun year for activ2 for the same very committed members. We have enjoyed all the old favourite activities including boxercise, badminton, cricket, power walks, rounders and many more. We have also added bean bag games such as easy boccia and target games.

In addition, due to a change in the schedule for the swim clubs, activ2 have had the privilege of being able to access the swimming pool roughly once a month. The members all love splashing around in the water for either aqua aerobics or pool volleyball which sees balls flying right from the shallow to the deep in one swoop.

There have been a few changes to the staffing team, this is down to our gym instructor Amy taking on increased responsibility for her role in the centre which has meant she has not always been available for activ2. Therefore some sessions have required cover staff to work alongside Zoe, Julie and Kyle have both volunteered their time for this. The Lenton centre then provided Mo who is a trained Physiotherapist and new to working with our clientele, he has been very keen and brought lots of energy to each session.

During October to December 2024 we had a large group of final year Sports rehab students who all worked with our members on a 1:1 basis in the gym as well as leading group warm ups and joining in the fun and silly games at our Halloween and Christmas parties.

Health remains in our focus too as we continue to provide weigh ins and blood pressure as well as encouraging the members to enjoy the fresh fruit and veggies!