

Join In



City and Hackney
Clinical Commissioning Group

Our Join in project offers Hackney residents One:One exercise.

Join in encourages the self-confidence needed to partake in activities beyond our gym helping to increase community integration, combat isolation and increase independence for those with disabilities.

Ask your GP to refer you to Ability Bow.

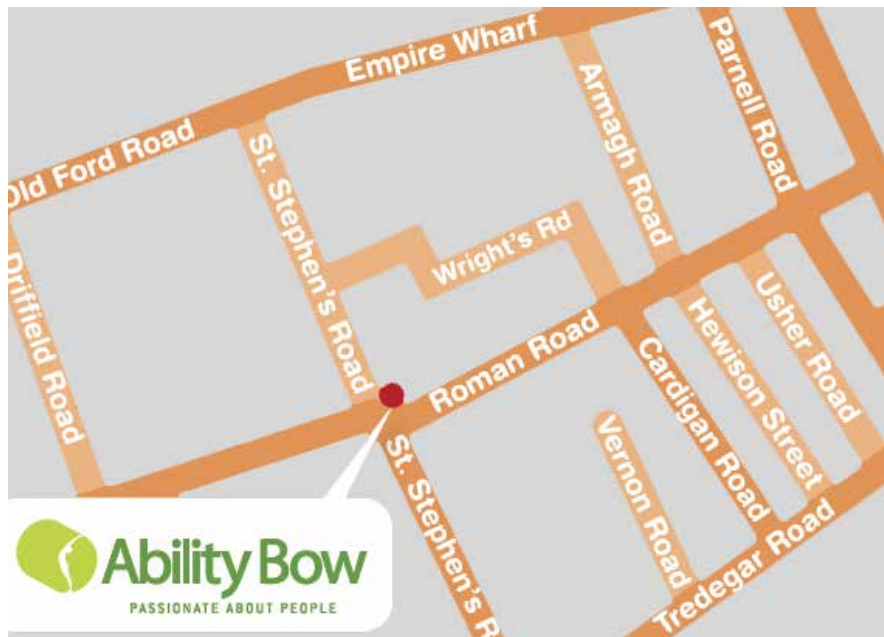


Ability Bow

passionate about people

The programme

- Funded by City and Hackney CCG is tailored by our specialist instructors to the individual with the close help of an instructor monitoring progress
- Supported Exercise will be offered at one hour per week over 10 weeks with the opportunity for longer term support working together outside of the gym engaging in the community
- £8 to join, £4.50 thereafter



We are 2 minutes walk from the number 8 and 339 bus stop.

For more information:

Tel 020 8980 7778

Email reception@abilitybow.org

www.abilitybow.org



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