



Hello!

I'm Lucy, the new Creating Active Families Officer for Redcar and Eston School Sports Partnership. I am working with Tees Valley Sport and You've Got This to help uncover and remove barriers to physical activity that families face.

Whether it's not knowing what is available in your local area, dislike of sport or the cost of it all. This is something I want to help with.

Keep a look out for a coffee morning with me to come and discuss your thoughts and opinions.

Remember 'physical activity' doesn't have to mean going to the gym or taking up a sport like football. Walking, gardening and actively playing with your children all counts as physical activity.

It doesn't have to be something you dread... and that's why I'm here.

Lucy

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