



# **LONGLEY 4 GREENS NEWSLETTER**

**October 2021**

## **FOOD PANTRY MEMBERSHIP**



New membership is opening for our Longley 4 Greens Food Pantry from Monday 1st November 2021. To be eligible to become a member of the Food Pantry you must have the following:

- Low income.
- In receipt of benefits.
- Food insecurity.
- Shielding.
- Be a member of Longley 4 Greens Food Pantry.
- Be referred to us, either through an external organisation or by self-referral.

Each shopper will be given an allocated shopping time and a 15-minute time slot and will then be able to select 10 items (combination of 7 ambient and 3 fresh produce). You then pay a £2 minimum donation per shopping slot, with each shop containing approximately £15 - £20 worth of food items. Each member will be allowed to have a maximum of 12 shops per 3 month membership. For more info, contact Penny Thompson on 07908400398 or Penny.Thompson@longley4g.org.uk

**LIMITED SPACES AVAILABLE FOR  
MEMBERSHIP. GET IN TOUCH TODAY**



## **HALF TERM ACTIVITIES FOR KIDS**

Looking for something for the kids to do this half term? Longley 4 Greens have got you covered! Check out this poster with all the activities right on your doorstep

LONGLEY 4 GREENS COMMUNITY CENTRE

MONDAY 25TH OCTOBER 2021 - CIRCUS SKILLS 11AM-12PM

TUESDAY 26TH OCTOBER 2021 - POTTERY 11AM-12PM

TUESDAY 26TH OCTOBER 2021 - ARTS & CRAFTS 2PM - 3PM

THURSDAY 28TH OCTOBER 2021 - ARTS & CRAFTS 2PM-3PM

FRIDAY 29TH OCTOBER 2021 - POTTERY - 1PM-2PM



**For more information please contact Penny Thompson**  
email:- penny.thompson@longley4g.org.uk mobile  
**07908400398**



# LADIES: WE NEED YOU!



This Girl Can S5

## AMBASSADOR



This Girl Can Southey Ambassadors are women of all shapes, sizes, ages and abilities with one thing in common: they want to inspire others to get active! Ambassadors support the project by telling their own stories about how they fit activity in their day to day lives, barriers they've had to overcome and the positive impact being active has had on their life.



Penny Thompson is coordinating the This Girl Can Project Southey and would love to hear from you! If you're interested in becoming an Ambassador, or would like more information, please email Penny at [Penny.Thompson@longley4g.org.uk](mailto:Penny.Thompson@longley4g.org.uk)

## WHATS YOUR STORY?

One aim of This Girl Can Southey is to encourage and inspire more females to get moving. Your story could do just that! Please share with us your story (and photo) on how you got into being active, what challenges you've faced and how being active makes you feel. Please write as much or as little as you wish.

For inspiration check out the stories on [www.thisgirlcan.co.uk/stories](http://www.thisgirlcan.co.uk/stories)

Don't know where to start? Hopefully the below questions will help...

- What's your name, age and day job?
- Have you always been active? If no, what made you change your mind?
- What do you consider being active is?
- What activities do you do and how did you get started/involved?
- How do you fit being active in your day to day life?
- Is it easy to be active? If no, what challenges have you faced?
- How does being active make you feel?

## ABOUT

This Girl Can is a celebration of active women (and those women that want to become active) doing their thing no matter how they do it, how they look or even how sweaty they get!

**No one gets to choose how you exercise other than you! Your body, your call, and whatever that looks like, we think it's worth celebrating.**

Keep a check on This Girl Can S5 Facebook page for lots of exciting new opportunities offering a variety of free physical activities to get involved in!

We are currently running a This Girl Can survey to try to ascertain what types of activities local females would like to see running in S5, please take 2 mins to complete the survey so we can serve the community. Just click [here](#) to take part.

