

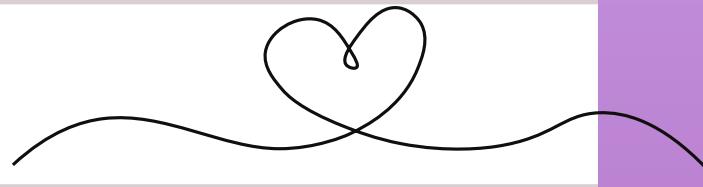
## Baby Boogies

Baby Boogies uses songs, rhymes, and actions to help children aged 0-5 years get ready for Nursery and school. Activities build language skills, support brain development, and help children express themselves.



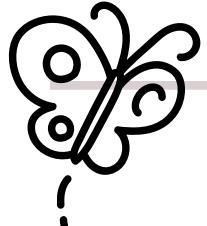
## Mucky Monkeys

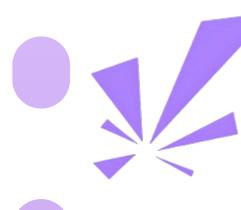
Mucky Monkeys is a messy play-based programme aimed babies and toddlers aged between 0-5 years. It equips children with skills - such as fine and gross motor, language development and problem solving, all of which supports their preparation for being school-ready.



## Spark Sensory

Spark Sensory is a structured class, designed to stimulate a baby's senses through a variety of engaging activities and play. This group is generally aimed at newborns up to about 7 months old, as this is a crucial period for rapid brain development.



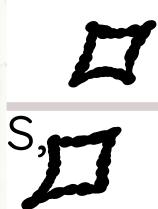


# Spark Oldham



## Junior Youth Club

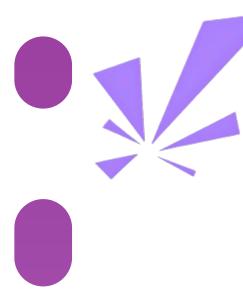
A youth club that caters to younger adolescents, aged around 7 to 11. The sessions offer a safe and supportive environment where young people can develop social skills, build resilience, explore creativity and engage in positive pro-social activities outside of school.



## Senior Youth Club

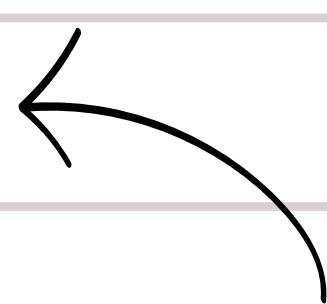
The Brew Crew is for older teenagers aged between 11 and 18. These clubs offer a wider range of activities, including more complex sports, workshops, educational programmes and provide support around key issues impacting young people's lives, such as career advice or personal development all whilst encouraging greater independence and responsibility.





## Women's Group

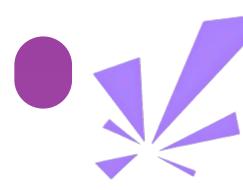
A wellbeing group that is delivered in a supportive and structured environment where women can gather to focus on improving their mental, emotional, and sometimes physical health. This group is designed as a peer-support initiative, providing a safe and confidential space for women to connect, share experiences, and receive mutual support without judgment



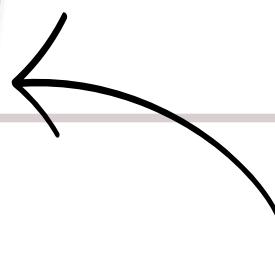
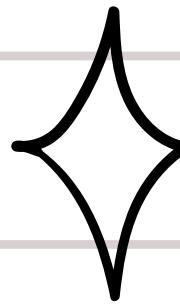
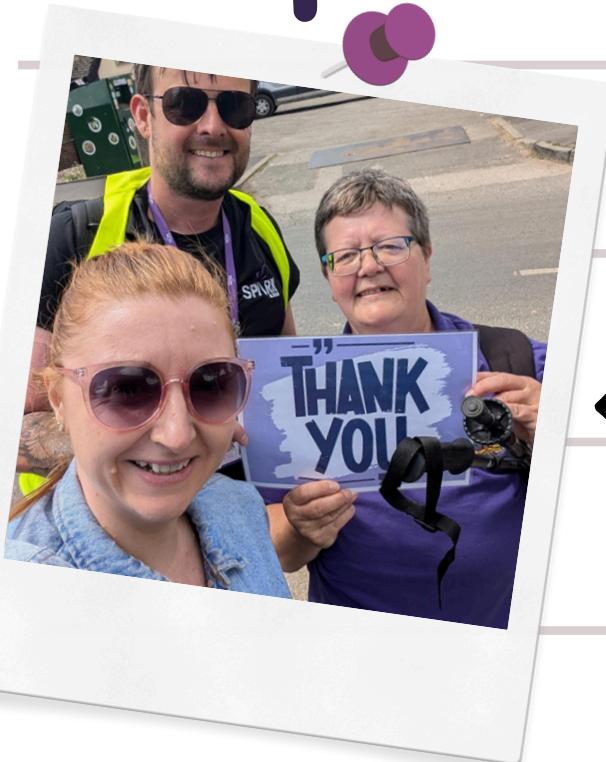
## Women's Fitness

The women's fitness group is a form of group exercise specifically designed to meet the fitness needs and preferences of women, creating a comfortable, supportive, and empowering environment. Whilst fitness goals vary amongst individuals, the group emphasises a holistic approach to health focusing on physical strength, mental well-being and social connection.





# Spark Oldham

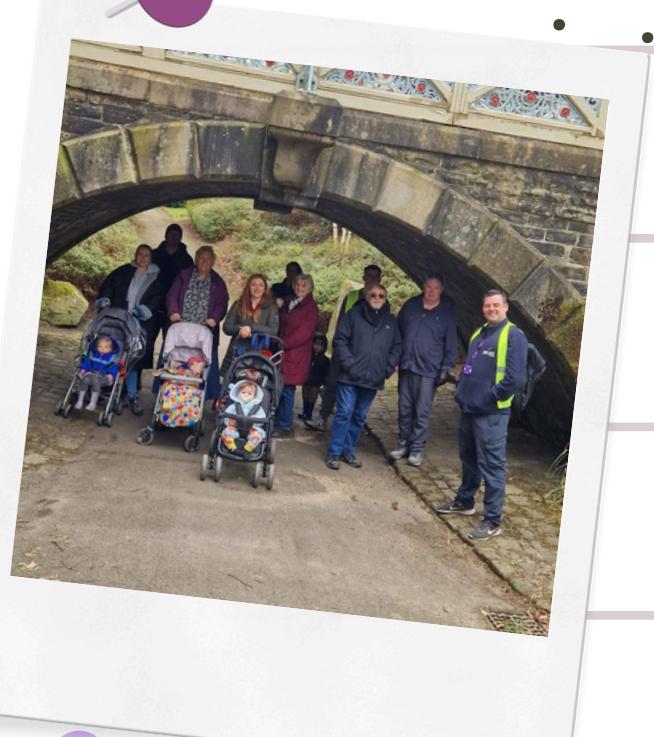


## Walking Group

The community walking group is a group of people who meet regularly to walk together. This group is designed to be accessible and inclusive, catering to a range of fitness levels from beginners to experienced walkers. It provides opportunities for physical activity, social connection and engagement within the local environment.

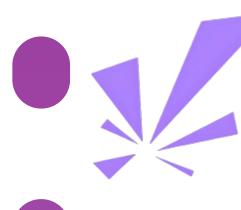
## Dads & Lads Group

The "Dad and Lads" is a social group that is specifically designed to foster connections between men. It provides a supportive environment for men both young and old. Whilst the exact format and focus of the group can vary, they generally share a common goal of promoting positive relationships, personal development, and social well-being.

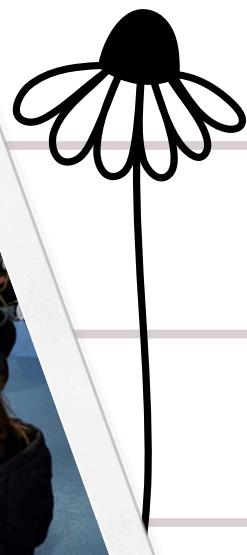


## Young At Heart

The "Young at Heart" group, is designated for individuals over 55. It is a social group designed to combat social isolation and promote active aging. The term "Young at Heart" emphasises that age is just a number and that older adults can continue to lead vibrant and engaging lives. This group is crucial for providing a supportive environment where older adults can connect with peers, participate in meaningful activities and maintain their physical and mental well-being.



# Spark Oldham



## Crisis Support

Our crisis support offers food and clothing to people in need, it is a vital form of emergency assistance provided in a way which promotes care and dignity. These services are designed to address immediate needs for individuals and families facing extreme hardship.

### Food

We distribute food parcels that contain enough provisions for a set number of days. These parcels include culturally appropriate food items to suit the needs of individuals. In many cases, referrals are required from professional agencies (such as social services, doctors, schools or the Job Centre), ensuring the aid reaches those in genuine crisis.

### Clothing

We recognise that people in need require more than just food.

They often require access to clothing. We provide appropriate items of clothing to suit individual needs, ensuring we provide the right amount to help people during times of crisis.



## School Uniform Hub

School uniform support addresses the significant financial burden of equipping children for school. The cost of uniforms, including branded items, PE kits, and footwear can be substantial and for many low-income families, this expense contributes to financial hardship. We play a vital role in ensuring that all children have access to the appropriate school attire, promoting equality, confidence, and a sense of belonging amongst students.

## Volunteer Support

We help people find suitable volunteering opportunities, provide guidance and training to build skills and confidence and offer ongoing support to volunteers. By connecting individuals with local causes and removing barriers to volunteering, we aim to help strengthen the community and encourage people to get involved.



