

Dear Parent/Guardian.

I hope you are well.

Active Schools

There has been a very positive response to the online workshops provided by Active Schools. You can view the schedule and sign-up here:

<https://renfrewshire-leisure.class4kids.co.uk/>

We hope you continue to enjoy the workshops and please let us know any feedback you may have.

Wellbeing at Home

Renfrewshire Leisure are also here to provide your mind & body with an online resource of cultural, leisure and sporting offerings. On our website you'll find a variety of ideas, tips and activities to support both your mental and physical wellbeing via:

- Library Services
- At home workouts
- Additional resources
- Mental health
- Vitality
- Walking
- Macmillan Cancer support
- NHS Live Active

We will continue to update this page every week featuring our services and virtual offerings. Keep checking back to find out more:

<https://www.renfrewshireleisure.com/wellbeing-at-home/>

Stay safe and thanks for your continued support.

Kind Regards,
Fraser.

Fraser Buchan
Renfrewshire Leisure (Sports and Health Services)
Active Schools and Community Club Development Officer
KGV Pavilion
Dean Park Road
Renfrew
PA4 0AJ

07917 040 833