



Every Monday

# COMMUNITY PUBLIC HEALTH PROGRAMME

**Fitness | Food | Future**

**Free for those who are homeless, living in temporary accommodation or with no fixed address**

Head to  
**CHELSEA BIG LOCAL**  
for

- ✔ **1-1 personal training** (for homeless people only)  
Slots 9am-2pm, please sign up in advance at Big Local
- ✔ **Group training sessions**
- ✔ **Travel card tops ups** (for those with no fixed abode)

**Free voucher or item of clothing for every 6 weeks attended**  
(for those with no fixed abode)




Chelsea  Big Local


Unit 9/10 World's End Place  
SW10 0HE  
07745370386

Head to  
**CHELSEA THEATRE**  
for

- ✔ **Breakfast** 9am-12pm  
or  
**Lunch** 12pm-3pm



- ✔ Protein shakes
- ✔ **Showers** (towels and toiletries provided)
- ✔ **Internet access**
- ✔ Mindful breathing and full body assessment, 2pm
- ✔ Nutritional workshops



Chelsea Theatre

7 World's End Place  
SW10 0DR  
0207 352 1967

Head to  
**RESPONSE COMMUNITY PROJECTS**  
for

- ✔ Advice & planning your future
- ✔ Mindfulness, Aromatherapy
- ✔ Art & Crafts
- ✔ Keeping warm activities
- ✔ Refreshments

**Travel card top-ups available to cover your journey**  
(for those with no fixed abode)

**Open Mon-Thu, 10.30am-2.30pm**



response community project

Old Brompton Road  
SW5 9JF  
0207 370 4606

Chelsea Big Local fitness programme, in collaboration with Chelsea Theatre and Response Community Projects