

Marsh Community Centre - Marsh Community Centre offers a range of children and young people activities to families living in the Castle Ward area of Lancaster. They have a number of after school and youth clubs starting from the age of 4. They are also offering a specific support/mentoring programme for vulnerable young people. Please ask for further details or see their website at www.mcccc.org.uk

There are 2 new projects for young people and families -

New outdoor fitness course for young men. The group meets every Wednesday 7.30pm at the Marsh Community Centre. This free project is aimed at those aged 11-19 and those who wish to improve their health & well-being, strength, stamina, body toning and diet. This project uses the natural environment to train young men and put them through their paces.

New Zumba class (www.zumba.com) aimed at young women. This project is for anyone over the age of 11. Cost: £1 for under 18's and £1.50 for over 18's. Every Thursday 6pm -7.15pm.

For more information regarding any of our projects, please contact Yak on 01524 843300 or 07876225633 or email yak@mcccc.org.uk

Lancashire Fire & Rescue – Gerry explained that she was previously working as