

**Charmaine Browne,
Project Coordinator**



What is Camden Health Kick?

Camden Health Kick is an Intergenerational Healthy Living Project aimed to empower you and your family to live happier and healthier lives. Through our various free & enjoyable healthy living activities we will support you to improve your health and wellbeing as well as improve access to healthy living opportunities within Camden. Engaging with Camden Health Kick will be a real life changing experience providing you with the opportunity to socialise with other members of the community and learn new skills that will positively enhance your wellbeing!

Why Intergenerational?

Active community members with intergenerational connections consistently report higher degrees of happiness and better physical health. Camden Health Kick will help you build tangible intergenerational bonds building a better community with a better quality of life for all ages!



Visit: www.camdenhealthkick.org.uk

Email: Charmaine@qcca.org.uk



What free activities will be offered for your enjoyment?

01 Growing Cooks (Farm to Fork)
When: Wednesdays 4-5:30pm
Where: Kentish Town City Farm

02 Horse Care Sessions
When: Saturdays 3-4pm
Where: Kentish Town City Farm

03 Green Fingers (Gardening)
When: Friday 4pm-5:30pm
Where: Kentish Town City Farm

04 Hullabaloo (Farm Crafting)
When: Monday 4:30-6pm
Where: Kentish Town City Farm

05 6-month Gym Membership (18+)
When: Mon-Fri. 10am-6pm
Where: Queens Crescent Community Association

06 NHS Health Checks
When: Thursdays 10am-5pm (starting July 16th)
Where: Queens Crescent Community Association

07 Family Fit at The Dome
When: Thursdays 7-8pm
Where: Queens Crescent Community Association

08 Health Awareness Workshops
Once per month
Where: Queens Crescent Community Association

09 Family Sporting Club
When: Tuesdays 4-6pm
Where: Astroturf, Castlehaven Community Association

10 Healthy Cook 'n' eat on a Budget
When: Wednesdays 3:30-5pm
Where: Castlehaven Community Association

11 Growing Together in the Hub
Horticultural Hub is coming soon!
Where: Castlehaven Community Association

12 Money Skills Course
When: Wednesdays 10am-12pm
Where: Castlehaven Community Association



Healthy living activities take place across three organizations; Queens Crescent Community Association, Castlehaven Community, and Kentish Town City Farm. Come along to an activity near you

All activities are free and all you have to do is come along and register on site.

For more information:

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