

CVA invites you to the

# LAUNCH OF THE ACTIVE COMMUNITIES HUB

**THURSDAY  
25 NOVEMBER  
2021**

## ACTIVE COMMUNITIES HUB

Upper Mall, Centrale Shopping Centre  
21 N End, Croydon CR0 1TY  
Opposite Starbucks

---

TASTER SESSIONS 12 -3.30 PM - KEY NOTE SPEAKERS 3.30 PM

SHOWCASING THIS GIRL CAN CROYDON VIDEO 4 PM - NETWORKING 4.15 PM



How can we open up disused spaces for  
our wealth of voluntary sector partners  
to use for the good of the community?

How can we use non - traditional spaces  
to help people get more active?

---

Come and join in a variety of **FREE** activities. Turn up - Take part

12:00 - 12:30	Men's exercise with Tyrone, Specifeye Health & Well Being
12:30 - 13:00	Chair Yoga with Gayetri, Yoga and the Mind
13:00 - 13:30	Street Dance with Aim High Dance Academy
13:30 - 14:00	Women's Exercise with Husna
14:45 - 15:15	Bollywood Dance with Beeja
15:15 - 15:30	Thai Boxing with the Thai Boxing Community Centre
14:15 - 14:45	Multi-sports for all
15:30	Presentations from London Sport and Broad Green Big Local, Sport England, Hammerson's and Public Health
16:00	First showing of the This Girl Can Croydon short film. How Croydon brought local partners together to support inactive women through the pandemic.
16:15 - 17:00	Networking and refreshments

For more details, or to confirm attendance  
contact [Christine.double@cvalive.org.uk](mailto:Christine.double@cvalive.org.uk)

<https://www.eventbrite.co.uk/e/active-communities-hub-launch-tickets-207842621877>