



Move Free CIC

# Newsletter

September 2023



## GRANTS!

We are proud to announce that we have received funding from two organisations!

The Quartet foundation grant will provide capoeira classes for asylum seekers living in hotels to improve their physical and mental wellbeing.

We have also received a grant from Sports England to overcome barriers to health and social inclusion through capoeira.

Both of these are very exciting projects so watch this space!



## Get Involved!

With two projects now up and running we are looking for volunteers who would like to come and help and support instructors at classes! If you would like to get involved, contact us through our website or send us an email at [erin@movefreecic.org](mailto:erin@movefreecic.org)

## Upcoming ...

In the next few weeks and months we will be:

- Continuing classes for asylum seekers living in hotels
- Setting up more classes
- Reaching out to other organisations for taster sessions

## All the Taster Sessions!

This has been a busy few months for us, we have been running taster sessions with the The Full Circle Project and Off the Record.

The Full Circle Project works with young people living in St Pauls, aiming to raise their aspirations and achieve their goals.



Off the Record (OTR) is a mental health charity and movement for young people aged 11-25.

We have a class with the Full Circle Project arranged which will start shortly and we look forward to a potential collaboration with OTR in the future.

