

SPEAR

homelessness to independence



World Health Day- 7th April

World health day focuses on food safety and how vital it is to maintain a healthy lifestyle. It is important to educate ourselves on the impact food and exercise can have on us to help us be the best we can be.

How about holding a sponsored sports activity?

Athletics, dance, football, rugby, netball, running or a sport of your choice?

Fuel competitors and spectators by selling nutritious snacks.



Could you be the next Jamie Oliver? Or turn your classroom into a bistro?

Why not design your own healthy cook book and sell these to your friends, families etc.

Whose dish will raise the most funds? Or set your-

It's not all about choosing to have nutritious food, but also cutting back on fat and sugar.

Why not give up sweets, chocolate and crisps on the way home and donate the money you saved to



WHY RAISE FUNDS WITH WORLD HEALTH DAY?

SPEAR recognise that being homeless is a health issue and have a specialised team to help assess our clients' health needs and gain access to the care they need.

Our Skills Team will work with our clients to ensure they are able to eat healthily within a limited budget and also offer opportunities to exercise

