

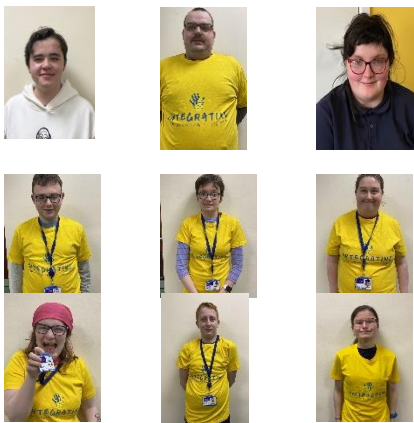
February 2025 issue



February 12th 2025



*"If you dream it,
we will build it!"*



WHAT WE'VE ACHIEVED

- Planning the Intervision event in July 2025
- Promoting Freya's Walking Challenge 2025
- Bake Off Staff Challenge – March 8th Coffee Morning
- Working with Durham University on a research project – see below

If you are aged 19+ and want to take part in the online survey:
**How do disabled adults feel about physical
activity messages?**

Please email: Patrick.jachyra@durham.ac.uk



