



Norfolk and Suffolk
Integrated Care Board



BSC Multicultural Services
Supporting over 50 nationalities



The Queen's Award
for Voluntary Service

BSC MULTICULTURAL SERVICES PREPARING FOR WINTER

WEDS 28th OCT 2026 • 12:00-2:30pm



Join us for your opportunity to:

- Discover exciting ways to remain healthy as winter approaches •
- Learn health and wellbeing strategies to help remain fit & healthy •
 - Connect with local resources and support •
- Get motivated to achieve your health and fitness goals! •

All are welcome • Refreshments available

For more information about this event, please contact:

KOHINOOR BIBI or RUPA AHMED or NOMAN SIDDIQUI - 01473 400081
or email info@bscmulticulturalservices.org.uk



ST MARGARETS CHURCH CENTRE
(NEXT TO ST MARGARETS PRIMARY SCHOOL)
22 BOLTON LANE, IPSWICH IP4 2BT



SUFFOLK
Community
Foundation

LLOYDS BANK
FOUNDATION
England & Wales



Active
Suffolk

bscmulticulturalservices.org.uk

Registered Charity No: 1104502



Suffolk
County Council

