Pack required (details of the packs available are below)

Older People (65+)	Families	Young people
Theraband Exercise	Pavement chalk	Skipping Rope
band	Skipping rope	2 Tennis balls
12 piece colouring	Stress Ball	Playing card/dice set
pencil and sharpener	4 disc markers	12 piece colouring
set	Bubbles	pencil and sharpener
Rural Arts North	4 balloons	set
Yorkshire Art activity	1 throwing bean bag	Boxing circuit
pack	Physical Activity	Physical Activity
Mindful drawing	ideas sheet	ideas sheet
booklet	Rural Arts North	Rural Arts North
Later Life Training	Yorkshire Art activity	Yorkshire Art activity
Seated Exercise	pack	pack
Booklet	Mindful drawing	Mindful drawing
North Yorkshire Sport	booklet	booklet
Exercise band ideas	Simple 'how to	'Get Active' business
'Get Active' business	draw' guides	card with North
card with North	'Get Active'	Yorkshire Sport
Yorkshire Sport contact	business card with	contact details for
details for further	North Yorkshire	further support/ideas
support/ideas	Sport contact details	Online resource
Online resource ideas.	for further support/	ideas
	ideas	
	Online resource	
	ideas	