

THIS LEAFLET ENTITLES YOU TO

ONE MONTH FREE TRAINING !!

CLASSES ON 5 DAYS PER WEEK !

TAEKWON-DO UK HQ
MANSE ROAD
FORTH
ML11 8AJ
01555 668614
SCOTIATKD@AOL.COM

OPEN THROUGHOUT THE YEAR



WE WELCOME ALL AGES
FROM 3 YRS AND
UPWARDS
GIVE IT A GO

07825 333 432

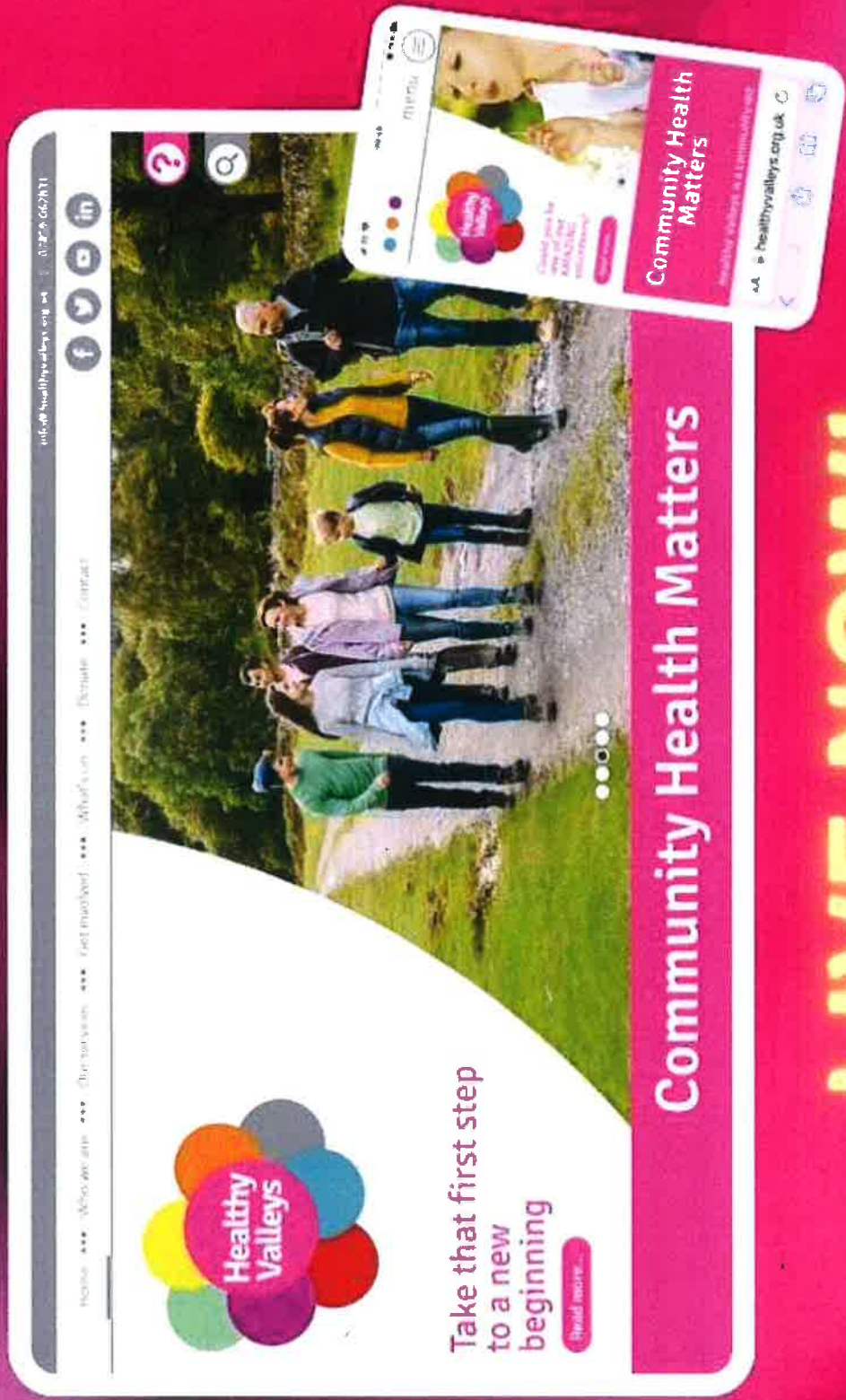


TAEKWON-DO UK HQ

SERVING THE LOCAL COMMUNITY FOR 12 YEARS!

WWW.SCOTIATKD.NET





Take that first step
to a new
beginning

[Read more...](#)

Community Health Matters

LIVE NOW!

Visit our new website



tel: 01555 771700
Email: cfoodbank@yahoo.co.uk

*working throughout Clydesdale
to feed those
struggling to feed themselves*

Scottish Charity number SC045073

What do we do? We provide emergency food aid to clients referred to us by Social Work, Health Workers, Housing Associations, clergy and other charities.

Why? Individuals and families find themselves in food poverty for all sorts of reasons. These food packs take some of the pressure off while they concentrate on resolving the other issues in their lives.

What can you do to help?

- Donate at the trolleys in supermarkets
- Donate food directly at the Clydesdale Food Bank - open Mon, Wed, Fri 10.00am - 12.00 at 66 High Street, Carlisle
- Donate money.
- Have fun by running a fundraiser!

UNIVERSAL CONNECTIONS CARLUKE

PRESENTS

2022 P7 SUMMER
PROGRAMME

TRIPS & ACTIVITIES

SPORTS, FOOD, TEAM BUILDING

WEEK BEGINNING MONDAY 27TH



Carluko Universal Connections YFCL



CarlukoUC_yfcl



CarlukoUC



Carluko_yfcl

More Details Overleaf

2022 SUMMER PROGRAMME

MONDAY 27TH JUNE TO FRIDAY
12TH OF AUGUST

COME ALONG AND JOIN
THE FUN



MONDAY SPORTS - 1PM - 3PM
CARLUKE HIGH SCHOOL SPORTS FIELD



WEDNESDAY SOCCER SCHOOL - 11AM - 1PM
CARLUKE HIGH SCHOOL SPORTS FIELD



WEDNESDAY DANCE - 1PM - 3.30PM
CARLUKE LEISURE CENTRE



FRIDAY
TRIPS & OUTINGS

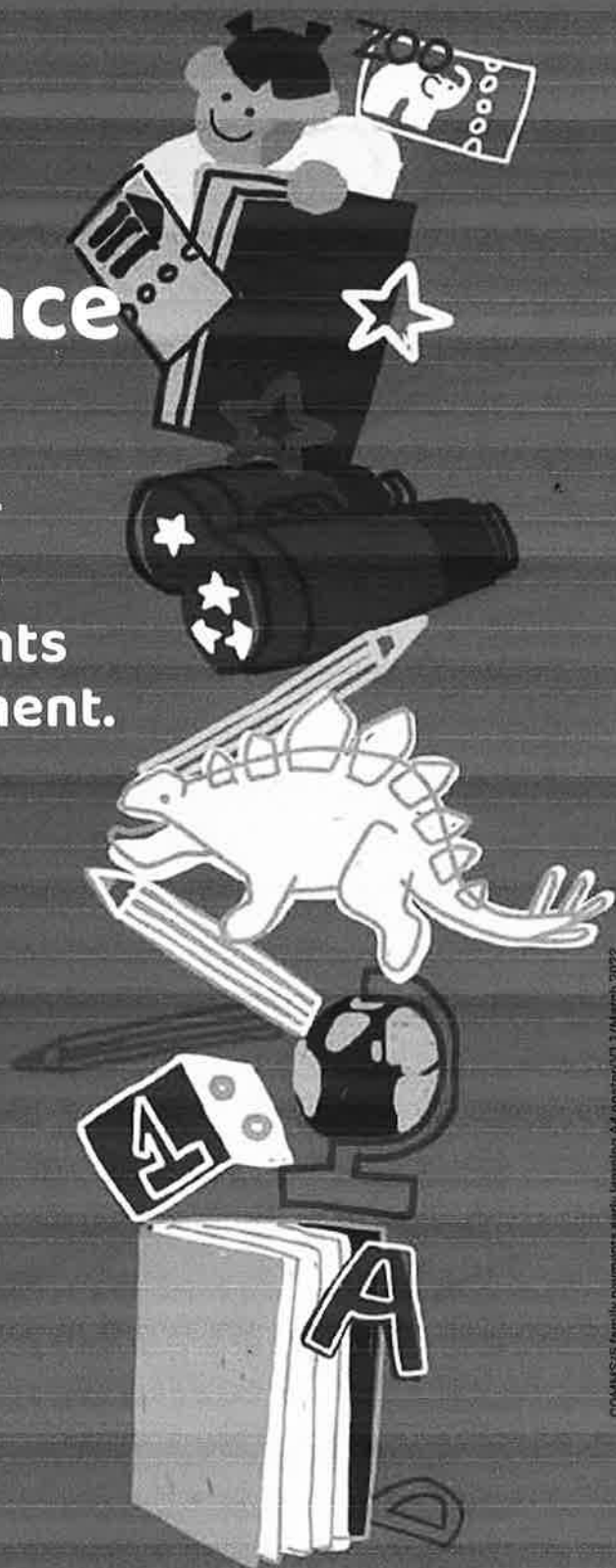




Social Security Scotland
Tèarainteachd Shòisealta Alba

Find help to balance your budget

If you're getting tax credits or certain benefits, you could be entitled to five family payments including Early Learning Payment.



If your child is between the ages of 2 and 3.5 years, you could be eligible for a Best Start Grant Early Learning Payment of £267.65.

Go to mygov.scot/beststart
or call 0800 182 2222.

ParentClub.scot



Social Security Scotland
Tèarainteachd Shòisealta Alba

Find help to balance your budget

If you're getting tax credits or certain benefits, you could be entitled to five family payments including School Age Payment.



Apply between 1 June 2022 & 28 Feb 2023

If your child was born between 1 March 2017 and 28 Feb 2018, you could be eligible for Best Start Grant School Age Payment of £267.65. You don't need to take up a place at school to get it.

Go to mygov.scot/beststart or call 0800 182 2222.

ParentClub.scot