9 May 2016

Cambrian Community Centre Receives £2,500 Cash Boost From Heathrow Community Fund

The gym based at the Cambrian Community Centre now has a new piece of gym equipment – an" Arm Ergometer" -thanks to the grant of £2,500 from the Heathrow Community Fund.

The equipment will offer valuable exercise opportunities to gym users especially those needing to improve their cardiovascular fitness, which is of particular importance as many have experienced cardiac incidents and/or limited mobility due to existing health conditions. The machine is able to widen the choice of exercise for many of those attending the Cambrian Community Gym . For more information please visit www.cambriancentre.org or contact the gym on 020 8332 1102.

The Centre was awarded the donation under "Heathrow Community Fund's Communities Together" grants programme

Quote from Cambrian Community Centre manager "This piece of equipment has been on the "wish list" of the gym team for a long time and it is great that, with the support of this funding, we are able to increase the choice to those keen to exercise as part of their recovery programme or to keep mobile as they age"

Heathrow Community Fund is part of an independent grant-making charity set up by Heathrow's owners to support and strengthen local communities close to the airport. In the past two years it has donated more than £1 million through three grant programmes, funding projects which support young people, help protect the environment and support active local communities. Funds come from an annual donation from the airport, donations from airline passengers and fines imposed on aircraft that breach noise limits.

More information about the fund and how to apply for grants is available on the website www.heathrow.com/communityfund