



a moveable feast
for a healthier community

A Moveable Feast is a community enterprise offering a range of expert health and well being services



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Products and services

A Moveable Feast (AMF) offers a range of expert, affordable and flexible health and well-being services for all

Healthy living

Including cooking for adults and children, recipe comparisons, nutrition advice (e.g. label reading, portion sizes, five a day), engagement, health promotion and exercise.

Cook book and toolkit

Handy pocketsize cook book containing 20 ethnic recipes (fish, vegetable and meat), tweaked by our dietitian to improve healthiness without losing taste or authenticity. Provided with a toolkit to promote its use as a health promotion resource.

Weightloss@work

In-house weightloss programme. 11 week course (1hour per week) for up to 20 participants, with a focus on

behaviour change for long term success. Run by the AMF dietitian in your workplace.

Modest sportswear

A range of modest sports and swimwear to encourage those who want to exercise and stay covered up.

Mobile crèche

Boost numbers at your event and/or training programme by offering participants childcare with the AMF mobile crèche service. Delivered in your venue by professional childcare staff. Discounts for block bookings.

If you are interested in any of these services for your service users or your employees, please get in touch, our details are on the front cover.

Community programme

A Moveable Feast supports Arabic and Bangladeshi SW1 residents to live healthier lives through its community programme

Healthy eating

Including cooking for adults and children, recipe comparisons, nutrition advice.

Physical activity

Including women-only swimming and aerobics, Muslim men gym subscription, walking and dance, drama and football for children.

Business and employment support

The community venture fund (CVF) offers support to all SW1 residents considering setting up their own business, and can refer people who are ready for start up funding to a community finance institute. Sharia compliant finance is also available.

Training

Working with established and respected training providers, AMF can offer its users support and practical help (e.g. childcare, enrolment fees) with gaining accredited childcare qualifications.

Crèche provision

AMF offers crèche provision to support its community programme, run by self employed AMF childcare workers who have gained their qualifications and experience through AMF.

The community programme is funded through income raised through delivery of AMF products and services, grant funding and commissioned work e.g. to NHS Westminster.





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the abbey centre



A Moveable Feast began in 2004 as a Big Lottery funded Healthy Living Centre. When 5 years of funding came to an end AMF set up as a community enterprise with income generated through the sale of our well-being products and services ploughed back into our core community programme for Arabs and Bangladeshis living in SW1.

The AMF team comprises a range of experienced staff, including a registered dietitian, Bengali and Arabic speaking health and development workers, childcare experts and a business support worker.

