

News Release



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For Immediate Release

Save the date for women's day

To mark this year's International Women's Day Centenary Trafford Council is teaming up with Trafford Community Leisure Trust and a number of other organisations to hold its second annual celebration event.

Women across Trafford are being encouraged to go along to Stretford Leisure Centre between 9.30am and 3pm on Tuesday 8 March to try out a number of women only activities and to get free advice and guidance about fitness and health, training, career development, returning to work, benefits and more.

There will be free gym taster sessions at leisure centres including special promotions on membership for women wanting to sign up to their local leisure centre. There will also be women only classes and swimming sessions and healthy eating advice and cookery demonstrations.

Executive Councillor Jonathan Coupe said: "This event proved to be really successful last year and we are keen to improve on that this year with more advice, information and guidance available for women across Trafford.

"In the coming weeks we will be giving more detailed information about which organisations will be on hand on the day to hopefully encourage even more women than last year to access the free support available."

If you are thinking of going back to work but are worried about whether it will affect your entitlement to benefits you can check how a change in circumstances might affect your claim online at: www.trafford.gov.uk/benefitscalculator
For more information contact the Benefits Team on 0161 912 2220

Steph Sykes, Trafford Council, Communications Unit, 0161 912 1262.

Trafford Council is a well-performing, low-cost council working with Trafford Partnership to make Trafford a great place to live, learn, work and relax.

You can find out more about us by visiting www.trafford.gov.uk