



Group Development

Tone and Trim - the community gym



Janice Wilson a.k.a Jazzy J, has been doing youth and community work in Manchester for over 30 years.

She was first introduced to Macc as a third party referral from Manchester City Council. They were commissioning her to provide 'Street Dance' sessions to children with disabilities and their families.

This was going to change due to 'personalisation' – a new way to deliver support to disabled people, older people and carers.

Instead of directly providing services, such as home helps, local councils now give cash directly to individuals to make their own care arrangements.

The advantage of this is giving people choice, flexibility and control known through Direct Payments.

This meant Janice was going to need support to become an independent social business individuals could go to directly.

Along with the community dance, Janice had a vision of having a community gym where those who wanted a more personal space could work out with equipment that was suitable for all abilities.

With support from Macc Janice has now set up Tone and Trim Community Gym a registered Community Interest Company in Wythenshawe town centre.

Contact Janice for more details on 0161 437 8781.