

C4 Studios CIC St Austell

C4 Studios is a CIC providing various activities and projects to support the community. They create a welcoming environment where people can take part in activities at a low cost to become fitter, healthier, to meet people and feel supported.

How the support has helped

The Together Fund was used to help instructors to deliver online movement and dance activities from their homes. Sessions were aimed at adults and senior citizens with long term conditions, referred through from local social prescribing schemes.

The support helped buy equipment, source music for online activities, and create a more professional and easy to access online platform, which had been proving an obstacle.

It helped C4 Studios reach out to clients who hadn't been active during the start of lockdown and encourage them to take part; many of whom say they now plan to continue with exercise post-lockdown. The extra resource helped instructors by allowing them to continue to deliver weekly sessions and support clients who had been struggling to get involved become part of a community.



“I have very limited mobility and would never normally do a fitness class; doing Angie and Harvey’s classes gave me structure to my week but also a gentle work out, without the embarrassment of people being able to see me. My son is 15 and autistic but has a good rapport with Harvey, who is brilliant at what he does. It’s all been a godsend to us during this difficult time.”

“The free classes run by Angie Smith of 4Real Dance have helped me to remember how important dance is to keep me physically active and also mentally alert. It has been great to have these inline sessions to give me a reason to get up each day and it’s made me feel less isolated.”