

LION CULTURE

FRIDAY

14 NOVEMEBR 2025

Welcome to the very first edition of the LION Culture Ltd Network Newsletter, a bi-monthly celebration of growth and community leadership across our incredible network of partners.

[HTTPS://WWW.LIONCULTURE.CO.UK](https://www.lionculture.co.uk)



At LION Culture, we believe in strength through connection, building businesses, leaders, and communities that perform with purpose. We proudly support organisations creating real impact, from grassroots projects to growing enterprises. Through **LION Culture Ltd**, we deliver comprehensive support to help businesses and CICs develop, grow, and sustain long-term success.

OUR SERVICES INCLUDE:

- Leadership and management training
- Policies, governance and compliance support
- Business registration and start-up guidance
- Grant writing and funding strategy
- Programme design, delivery and evaluation
- Marketing, branding and promotion
- Website design, build and maintenance

Whether you are developing a new idea, expanding an existing venture or looking to strengthen your leadership skills, we can help you move from concept to execution with clarity and confidence. If you want to develop your idea, grow your business or become part of something bigger than yourself, Join the LION Culture Pride and dominate your habitat.

CIC Networking Event Formby Village

Join us at **Dapa Coffee Shop**, Formby Village on the **6 Dec 25**, for our upcoming CIC Networking Event, bringing together 10 community interest companies and anyone interested in starting or learning more about running a CIC.

Expect **guest speakers** covering start-ups, funding opportunities for 2026, grant writing, and good governance, all in a relaxed, informal setting. It's about networking, sharing ideas, and sharing a coffee as always, because we're stronger together.

For more information, contact us at info@lionculture.co.uk

"Leadership is about lifting others. Celebrating the organisations transforming lives through the LION Culture programmes."



LION CULTURE INITIATIVE CIC

About LION Culture Initiative

LION Culture Initiative CIC is a community movement dedicated to unlocking human potential. We help men and women reach their full physical, mental, and emotional strength through structured training, group exercise, community walks, and practical leadership coaching. Built on military values and lived experience, we create spaces where people push limits, build resilience, and rediscover purpose. Our mission is simple, to improve lives and strengthen communities through connection, discipline, and shared growth. Our motto: **Lead From the Front.**



What Makes LION Culture Unique

LION Culture is built on authentic leadership and real-world experience. Founded and led by former military professionals, we bring the same discipline, teamwork, and purpose that shaped us in service to help others grow in life. Our approach blends physical performance, mindset development, and leadership training, creating environments where people push limits, build confidence, and lead with intent. We don't just talk about leadership — we live it, breathe it, and lead from the front.



The Great News Story

After the success of our Men's Performance Programme, we're launching the Lioness Programme, led by ex-ABA Champion Sarah Sala. The first session starts 23 November at Cinetico Fitness, new T-shirts incoming and the team ready to hit the ground running. Strong women, strong community, same mission: Lead From the Front.

Upcoming Event

On 13 December 2025, the LION Culture Men's Performance Group will come together for their Christmas celebration, a 5-a-side football competition at 156 Barracks in Bootle. We'll be facing Liverpool Veterans and other community teams, with food and refreshments included. A day of team spirit, service, and celebration, Lead From the Front.

"The LIONESS Program is finally here"





HIGH VIBE COMMUNITY CIC

About High Vibe Community

High Vibration Community is a women-only gym based in Old Swan that focuses on pregnancy and post-natal health. The organisation provides a safe and inclusive space for women to rebuild strength, confidence, and connection through accessible training, emotional support, and a strong sense of community.

The mission of High Vibe Community is to **empower women** to take control of their health and wellbeing by offering accessible fitness programmes that support both the body and mind. The organisation aims to help mothers feel supported and confident throughout pregnancy, recovery, and early motherhood.

What Makes High Vibe Community Unique?

High Vibe Community stands out because it combines specialist training for pregnancy and post-natal health with a welcoming environment built on empathy and understanding. The focus on community connection and emotional wellbeing ensures that every woman feels seen, valued, and supported on her journey to better health.

Email: Kirstyheseltine@rocketmail.com



"Removing barriers to training for woman"

High Vibe Community x Box2Change CIC

From Thursday, 10:00 every week, we're running a free pregnant women's class focused on safe movement, breathwork, and community support.

To remove barriers to training, financial support for sports bras is available for those attending.

High Vibe Community continues to grow its impact across Liverpool. Through **supportive programmes** and workshops, the team has helped many women rediscover confidence, balance, and routine after childbirth. Kirst Carter and her team are developing new initiatives to widen access and make health and wellbeing genuinely attainable for even more women in our community.



TRACK-FIT COMMUNITY FITNESS

About Trackfit

Trackfit Community Fitness CIC is a Liverpool-based organisation dedicated to making running and movement accessible to everyone. Through inclusive, coach-led sessions, Trackfit empowers individuals to improve their physical fitness, mental wellbeing, and confidence within a supportive community environment.

The Mission of Trackfit community fitness is to empower women, men, children, and marginalised groups through the power of movement, helping them build strength, confidence, and resilience both on and off the track.

What Makes Trackfit Unique

Trackfit blends elite-level coaching with a warm, community-focused atmosphere. Welcoming people of all ages and abilities — from children as young as four to adults in their sixties — each session is designed to improve movement, strengthen mindset, and build belonging. Led by Mia, an accomplished athlete who has competed at the highest level, Trackfit brings expertise, energy, and fun to every session, making fitness both rewarding and inclusive.



Good News....

Trackfit has continued to expand its reach across Liverpool, inspiring more people than ever to discover the joy and freedom of movement. Their growing network of members reflects the organisation's dedication to inclusivity and the transformative impact of fitness on confidence, community, and mental health.

“Trackfit is about more than fitness. It is about confidence, community, and moving forward together.”

Email: contact@trackfituk.co.uk Website: trackfituk.co.uk

Sign up to our mailing list at www.lionculture.co.uk



BOX2CHANGE CIC



Founder: Jon Edge

About Box2Change

Based in Halewood, one of the most deprived areas in England, Box2Change delivers structured boxing and mentoring programmes for people of all ages. The sessions support individuals who are looking to rebuild their confidence, develop resilience, and make positive steps towards employment, education, and personal growth. The focus is not only on fitness but also on improving mental wellbeing and strengthening community connections.

Mission

Box2Change exists to use the power of boxing to transform lives by building discipline, structure, and self-belief. The organisation's mission is to help people rediscover purpose, confidence, and a sense of belonging through sport and mentorship.

**Find Out More: Email: J.edge@hotmail.co.uk
Website: halewoodabc.co.uk**

Good News!

With support from LION Culture, Box2Change has secured Sport England funding for its Pregnant Women's Initiative. In partnership with High Vibration Community, women-only pregnancy training will run every Tuesday at 1000hrs in Old Swan, Liverpool, open to all local women, collaboration at its best.

What Makes Box2Change Unique

Box2Change blends sport and social impact to create meaningful, lasting change. Led by Jon, who brings years of experience from the world of combat and boxing, the programme inspires respect and growth across the community. His trademark energy — "Ping Ping" — captures the spirit of connection that drives every session. Through structure, teamwork, and self-discipline, Box2Change helps individuals build confidence, accountability, and a renewed sense of purpose.



"Free woman's pregnancy class, every Thursday"





Inspire Merseyside CIC

About Inspire Merseyside

Founded in 2022, Inspire Merseyside CIC strengthens communities through inclusive fitness, mentoring, and education. Working deep in the heart of the community, they collaborate with local schools, partners, and families, supporting NEET young people to re-engage through movement and positive connection. By focusing on both physical and mental wellbeing, Inspire creates supportive spaces where confidence, resilience, and belonging can grow.

What Makes Inspire Merseyside Unique

Inspire Merseyside takes a holistic approach to health, combining fitness with mindfulness through yoga, meditation, and breathwork. Led by Peter and Carl, who both grew up in the community, the team brings authenticity and local pride to everything they do. Peter's experience as a former high-level footballer, whose career was cut short by injury, fuels his passion for helping others find purpose through movement. Together, they deliver adapted programmes in Liverpool's SEN schools, support local events and charities, and make fitness accessible, inclusive, and community-driven.



Great News

With support from LION Culture, Inspire Merseyside applied for and was awarded Sport England funding for its Family Fit Project. The programme brings parents and children together through shared exercise, teamwork, and healthy living, improving lives and strengthening communities.

These session will take place in Cinetico Fitness and Halewood Community Centre.

“A New Family Fit Project In Cinetico Fitness and Halewood Community Centre”



LADIES THAT CIC

Founder: Sian Rumble

Ladies That delivers programmes, workshops, and events that empower women both personally and professionally. The organisation offers wellness sessions, confidence building talks, networking opportunities, and mentorship programmes. Each event is designed to help women grow, connect, and thrive in every aspect of their lives.

Mission

Ladies That exists to create a safe, supportive, and empowering space where women can connect, grow, and rise together. The mission is simple yet powerful, to ensure that no woman ever feels alone.



What Makes Ladies That Unique

Ladies That stands out because it was born from Sian's lived experience. During a difficult time in her life, she realised there was no one to call on for support, and she promised herself she would change that. From that promise came a vision: to build a community where women and young girls can lean on each other, find strength, and grow together.

It's Sian's passion, empathy, and drive that make Ladies That truly unique. Every event and initiative is heart-led, empowering, and inspiring, built on the belief that women are stronger when supported by others.

Ladies
THAT..

Upcoming Event

The team is now running a six week programme focused on women's mental health and self care, followed by an Empowerment Event on November 15 and a Christmas Community Fayre in December. Plans for 2026 are already underway, with more opportunities for women to connect, grow, and support one another.

Find Out More: Website: <https://www.ladiesthat.org> Email: sian.rumblepa@gmail.com





Beyond the City CIC

What Makes Beyond the City Unique

Beyond the City is led by Ian, a veteran with years of military and operational experience, alongside his sons, who share his passion for adventure and the outdoors. Together, they bring skill, knowledge, and genuine care to every experience, creating opportunities for people to build confidence, resilience, and connection through nature. Their leadership and lived experience make Beyond the City a truly unique and inspiring family-led venture.



What Is Beyond the City

Beyond the City CIC gives marginalised groups the chance to experience the outdoors, connect with nature, and build confidence through shared adventure. We create inclusive, accessible spaces where children, veterans, and people from all backgrounds can grow together. Our mission is simple — to harness the power of nature to heal, strengthen, and unite communities.

Founder: Ian O'hara

Exciting News

Ian and the family are opening their brand-new outdoor shop in Prescot, Liverpool, on 1 December 2025! The store will showcase high-quality, premium camping clothing and equipment, setting a new standard for outdoor retail.

They're also developing an indoor camping classroom, designed to replicate real outdoor conditions, a powerful addition to their progressive outdoor programme. With major investment and hard work, it's set to open in just a few weeks.

Watch this space, exciting times ahead. We're proud that the LION Culture Programme will be one of their first clusters to experience it.





Lion Culture Initiative Sponsors

The Strength Behind the Mission

The LION Culture Performance Programme wouldn't be possible without the backing of our incredible sponsors. Their belief in what we're building, where men support one another, push their limits, and find purpose, keeps this initiative alive and growing. Every ice bath, mountain walk, and powerful conversation happens because of them.



Our lead funder, **Sport England**, helps us break barriers and create space for men to move, connect, and grow, building strength in body and mind across Merseyside.



A huge thanks to **Motion Safe Ltd** for their expert advice and creative support. Their commitment to safety, structure, and discipline mirrors our own, helping us keep every session focused, secure, and professional.

dctuk.com

Nationally based **DCTUK** brings style, strength, and precision to every project. Their trust, advice, and belief in our mission have been inspiring, helping us create spaces for training and growth. We're proud to stand with a company that shares our values of quality and integrity, thank you for your support.



LADYSMITH LTD
From Concept to Creation

Lady Smith Ltd go beyond financial support, they show up and lead by example. Their team brings a strong, disciplined building mentality that mirrors our own values of safety, structure, and discipline. Their continued support helps us create secure, focused spaces for our community to grow.



With support from **Red House Press Ltd**, we've been able to launch the Lioness Programme. Led by bestselling author **Sadie Kincaid**, they bring creative energy and expertise, helping us share our message with authenticity and strength. We're proud to have them on board, giving LION Culture the voice it deserves.

