



Volume 1, Issue 3

August 2008



LINKS HEALTHY LIVING CENTRE

# August 08 News

## Links Healthy Living Centre Open Day

Links HLC is holding an open day later in the year and is inviting you along. Please put the following date in your diary:

**Date:** Weds 8th October  
**Time:** 10.30 am—3.30 pm  
**Venue:** Links HLC

Please keep an eye out in the local press for further information and a timetable of activities.

If you are on our mailing list you will receive an invite nearer the time.

The aim of the day is to showcase the range of current activities and services that are held at the centre as well as finding out what new activities and services you would like.

If you are not then please contact the centre on **0151 356 6970** or **lhlc@nhs.net** to be added to the list and to make sure you don't miss out on this great day.

## Promotional DVD

Many of you may have been asked to participate in the making of our new promotional DVD for the centre. The DVD is being produced by a local company, Addy productions, and showcases all the great activities that happen here at the centre.

The DVD will be launched on the Open day on Wednesday 8th October so make sure you come along to see the first viewing.

A big thank you to those of you who have been filmed for the DVD, you are all stars!!

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## In the Bag—Fruit & Veg bag scheme

'In The Bag' is Ellesmere Port's new fruit and vegetable bag scheme. The scheme, ran by the Community Food Programme, provides you with the opportunity to buy affordable fruit and vegetables at convenient, local locations.



The scheme runs on a pre-order basis and the bags cost £2.50 for a selection of seasonal

fruits and £2.50 for a selection of seasonal vegetables.

You can pick up your bag from:

### **Links HLC**

Starts Tuesday 2nd September 2008  
11 am—12 noon

### **Westminster**

**Community Centre**  
Starts Thursday 11th September 2008  
11 am—12 noon

### **Wolverham Community Centre**

Starts Friday 19th September 2008  
11 am—12 noon

In order to access 'In The Bag' you must be a member of the Community Food Programme.

For more information on joining please contact Beth or Ann on **0151 356 6970** or [lhlc@nhs.net](mailto:lhlc@nhs.net)

## More New Staff

Two new Community Food Workers have started here at Links HLC to join the expanding team.

Rachel Harding and Sarah Weston will be working with local schools in the area to set up 'In The Bag' fruit and vegetable bag schemes.



*Rachel Harding*



*Sarah Weston*

The project is a two year project and is part of the Target Wellbeing Fund.

Rachel and Sarah work term time only and will be back at the centre on Tuesday 2nd September 2008.

They can be contacted on **0151 356 6970** or [wc-pct.communityfood@nhs.net](mailto:wc-pct.communityfood@nhs.net)

# Target Wellbeing

## Get Involved,

## Get Active

Age Concern are running free ten week swimming lessons starting in September at the Epic Leisure Centre.

For further information please call:  
**08456 18 28 58**



**target  
wellbeing**



## Out and About

Groundwork Merseyside are running the following activities:

**Event:** Planting day

**Venue:** Westminster Park

**Date:** Sat 13th Sept

**Event:** Gardening Activity

**Venue:** Whitby Park

**Date:** Sat 20th Sept

For further details contact David Hammond on **0151 644 4700**

## Pathways

Pathways are a community interest company who provide training and support to move people closer to employment and work experience in health and social care environments.

Pathways are currently recruiting for the September and the October courses.

For more information please ring Nigel on **01270 275222**

# CFP Logo Design

We are a group of year 8 / 9 students at The Whitby High School. Zoe designed the logo that is being used for promoting the Community Food Programme. We all submitted ideas to a judging panel and it was exciting to see the work one of us had designed being used professionally on a range of products.

We enjoyed producing a 'real' solution to a problem so much that we have just finished making a film and some healthy recipes that will soon be able to be found on the HLC website.

We had an initial meeting with Lydia Orford and Beth Clarke and then set about planning recipes, creating film storyboards and designing the hosting web pages.

Adults and children were our target groups. We have created cartoon characters for the children and produced our first smoothie recipe and smoothie making film for them. We have also produced a stir fry film and stir fry recipe for adults.

As you are reading this short article we are creating the section of the HLC website that will contain these and we are also planning some new menu ideas to be filmed after our Summer holiday. We hope you will look at our work, and like it, when it appears on line in the near future.

If any you would like us to try similar projects for you please contact Mr Alexander at The Whitby High School or Lydia and Beth at the HLC.

**Danielle, Zoe, Nicole,  
Ashley & Rhiannon**



## Links Healthy living Centre

Civic Hall  
Civic Way  
Ellesmere Port  
CH65 0AZ

Phone: 0151 356 6970  
Mobile: 07785 575196  
Fax: 0151 356 6981  
Email: [lhlc@nhs.net](mailto:lhlc@nhs.net)



### Community Food Programme

Links Healthy Living Centre  
Civic Hall  
Civic Way  
Ellesmere Port  
CH65 0AZ

Phone: 0151 356 6970  
Mobile: 07770 735516 (Beth)  
07771 816098 (Ann)  
Email: [wc-pct.communityfood@nhs.net](mailto:wc-pct.communityfood@nhs.net)

# Activities for Sept 2008

### Belly Dancing

Please note a change of times for the two Belly dancing classes which will restart on Monday 8th September. The improvers class is from 11 am to 12 noon and the beginners class is from 12 noon to 1 pm. Both classes are £2.50 each

### Salsa

Are you interested in learning Salsa dancing in a fun informal environment? If so why not register for our new beginners Salsa class. The class will be held on a Thursday from 12 noon to 12.30 pm and will cost £1.25. Please contact the centre to register your interest.

### Otago Gentle Exercise

This gentle exercise class consist of gentle controlled exercises to improve balance, mobilise joints, strengthen muscles and bones and increase confidence. The class runs every Wednesday from 10.30 am to 11.30 am and costs £2.50 per class.

### Baby Massage

Five-Week Baby Massage course ran by Central Children's Centre and held here at Links Healthy Living Centre. Next course starts on Monday 1st September from 1 pm to 2 pm. Please ring **0151 355 2168** to reserve a place.

## Student Nurses link in with Links!

Gill Hudson and Anne Naylor are Practice Education Facilitators with Western Cheshire Primary Care Trust. Our role is to manage and ensure the quality of the nursing students' learning whilst on placement with us.

It is important that the students explore the wider meaning of health and the prevention of ill health.

Over the past few years as part of this learning they have attended Links Healthy Living Centre. This opportunity is always well received as they consider how useful this resource is to a local community.

Likewise they value and have a much better understanding of how they as the future qualified nurses could liaise and refer people as an integral part of care management.

They are equally impressed at the breadth of e.g. classes, one to one and information available to make a difference to peoples' well being. Long may this relationship between the Practice Education Facilitators and Links Healthy Living Centre continue.

For more information please contact **Ann Naylor** or **Gill Hudson** on **0151 347 4207**