



Special points of interest:

- 55,956 visits have been made to Links HLC since it opened its doors in 2002
- 42,198 of these visits were female visitors
- 13,722 of these visits were male visitors

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Centre Update

Welcome to the autumn edition of the Links Healthy Living Centre (Links HLC) newsletter. Sorry it has been a while since the last newsletter but we have had a very busy few months.

As some of you may have read in the Pioneer, the future of the centre looked in doubt earlier in the year when our Big Lottery Fund Grant was due to expire. Luckily the centre has now

received mainstream funding from Ellesmere Port and Neston Borough Council and Western Cheshire Primary Care Trust.

In addition we have recently found out we have been successful in our bid for a Community Food Worker project funded from the Wellbeing Fund of the Big Lottery Fund. Turn to page 2 to find out more about



Nancy, Margo and Lydia

this exciting project.

Staff News

It has been a busy few months for the staff at Links HLC too. Nancy Roberts, who many of you will remember as a Volunteer here at the centre, has recently been appointed as the Administration and Support Officer. Nancy will be in the centre on Monday's and Friday's and we wish her well in her new role.

Margo Burrows continues in her role as Community Re-

source worker although her days have changed to Tuesdays, Wednesdays and Thursdays.

On a personal note it has also been a busy summer for me as I married my fiancé, Mark at All Saints Church in Hoole followed by a reception at Rowton Hall. We had a lovely day and a fabulous honeymoon in the Maldives.

Lydia

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Community Food Worker Project

Links Healthy Living Centre in Ellesmere Port town centre is to receive £250,000 from the Big Lottery Fund to improve the health, well-being and lifestyles of hundreds of disadvantaged people in Ellesmere Port.

The grant is part of a £7 million well-being programme supporting 27 Healthy Living Initiatives across the North West, between 2007 and 2012.

Links' Community Food Worker project aims to provide a means by which people living in parts of the Ellesmere Port and Neston can more easily get access to healthy food.

It is aiming, primarily to focus on the wards of, Westminster, Stanlow and Wolverham, Central, Grange and Rivacre with specific emphasis on engaging men (only 27% of Links HLC users are men)



If you are interested in joining the mailing list for the Community Food Worker Project please contact the centre.

“The project aims to recruit local people into the roles of Community Food Workers”

Community Food Workers—What will they do?

The project aims to recruit local people to the roles of Community Food Workers (CFW).

The workers will be trained and paid to provide practical advice to local people on diet, nutrition etc and will work in partnership with local communities.

The CFW will set up a fruit and vegetable bag scheme. They will also provide practical activities like supermarket tours and community cooking sessions.

One of the rooms in the HLC will be converted into a teaching kitchen. The CFW will produce resources to go along side the

sessions that they will run. A volunteer programme will be developed and volunteers will be recruited and trained to help deliver some sessions.

If you are interested in the position of a CFW please contact the centre.

Volunteering for the Community Food Worker Project

A volunteer programme will be developed alongside the CFW project with volunteers recruited and trained to help deliver some of the sessions including the fruit and vegetable bag scheme and the community cooking sessions.



If you are interested in becoming a volunteer for the CFW project please contact the centre.

Summer Holiday Activities

Links Healthy Living Centre organised a number of healthy living activities for children during the Summer Holidays. Activities on offer included Street Dance, Cheerleading, Karate and Crafts. Children were also given the opportunity to attend a Heartstart Emergency Life Skills Course.



Receiving their certificates from the Heartstart Course

A collection of photos from the activities are now on display in the centre, so why not pop in to have a look.



Art courses for adults

Links HLC is looking to run a series of art courses for adults using a local professional artist and model maker. The sessions could include puppet making, paper sculpture or mask making.



If you are interested in attending one of these fun, exciting and rewarding activities please contact the centre to register your details.

Fit 4 Work

One project that has been set up to help local people is the FIT 4 Work Project, based here at the centre. It specifically offers a range of help and support to people who have been out of work because of a current or previous health

condition, or those with a disability.

The Project is aimed at residents who live in the wards of Central, Grange, Westminster, Stanlow and Wolverham. If you think you may be eligible, are looking for

work in the local area and would like more information on this project please telephone Ann or Val on 0151 356 6974 or call into the centre. Joining the project would NOT affect any benefits you are currently receiving.

Links Healthy living centre

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Ellesmere Port
Cheshire
CH65 0AZ

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Workability

We welcomed a new project called 'Workability' into our centre along with its staff – Paul, Sharon and Sandra. They are with us until next year and the project is managed through Ellesmere Port and Neston Borough Council.

The Workability Project is a 6-week course and / or 1-2-1 support that gives you vital skills for work, a placement, training support grants and your own mentor who will support you fully once in work or further learning.

The courses and support run from September 2007 through to June 2008, and have a variety of themes so there should be something for everyone.

If you live in Pooltown, Rivacre, Stanlow, Central, Westminster, Grange, Wolverham or Neston, are over 19 and are currently claiming Jobseekers Allowance, Incapacity Benefit or Income Support contact Paul, Sharon or Sandra on 0151 356 6974 or pop in to see them.



Your link to healthier living



Dates for your Diary

Christmas Crafts for Kids

(Age 5—15 years)

Come along and join us in making Christmas treats.

Date: Saturday 15th December 2007

Time: 10 am—12 noon

Venue: Links Healthy Living Centre

Booking essential, please contact the centre to reserve your place.



Christmas Coffee Morning

Come along and join us for a coffee and mince pie.

Date: Friday 21st December 2007

Time: Drop in between 10 am and 12 noon

Venue: Links Healthy Living Centre

No need to book, just pop along.

Christmas Opening Hours

Please note that the centre will close on Friday 21st December 2007 at 2 pm for the Christmas break and will re-open on Wednesday 2nd January 2008 at 9 am.

