



Bowel Cancer Coffee Morning

An event to alert people to the importance of looking out for early signs of bowel cancer proved to be a great success.

Chester's town crier David Mitchell sounded off about the Be Loud coffee morning held at Links HLC on Friday 1st February.



People who went along were able to find out more about bowel cancer prevention, screening and treatment.

It also featured interactive food tasting and other fun activities.

Bowel cancer will affect 1 in 18 people during their lifetime, and currently kills almost 50

people every day. However, it's estimated that around 90% of cases could be treated successfully if caught at an early stage. But many people are often embarrassed to discuss their symptoms and delay seeking medical advice.

If you would like to find out more about the Bowel cancer Screening Programme or about bowel cancer prevention and treatment please call into the centre and browse through the selection of leaflets on display.

Volunteer Coffee Morning

Are you interested in doing some voluntary work? Do you have an interest in healthy living and would like to meet new people? Then why not think about becoming a volunteer here at Links HLC.

We are currently recruiting for a number of volunteer vacancies for both Links HLC and the Community Food Programme including:

- Volunteer receptionists at Links HLC

- Fruit and veg bag packers
- Cookery classes and shopping tours

To find out more come along to our volunteer coffee morning, details below:

Day: Wednesday

Date: 9th April 2008

Time: 10 am

Venue: Links HLC.

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Workplace Health Advice and Support Service

In partnership with Western Cheshire PCT and as part of the Target Well-Being Programme, Health@Work is delivering a Workplace Health Advice and Support Service across Ellesmere Port designed to help individuals whose work is affecting their health.

The aim of the project is to support individuals and advise employers on steps to take to ensure people can remain in work without endangering their health, or negotiate adjustments which may be required to allow the person to return

safely to work.

Additionally, Health@Work will offer support to individuals around taking proactive care of their health and learning more about any long-term conditions they may have, via an NHS developed course called Self Care for You, relaxation sessions, confidence building, and an opportunity to talk confidentially about any difficulties their health causes them in work.

Health@Work advisers can provide information on practical and legal issues,

general health and safety, specific hazards at work, rights at work, ergonomics, workplace adaptations, disability legislation, employment law and an advocacy/mediation service to try and get improvements in work.

If you would like more information about the service, how to refer people or are interested in having support from a Health@Work adviser, **please call Pauline McKittrick on 0151 236 6608 or e-mail: pauline@healthatworkcentre.org.uk**

**WE ARE
MACMILLAN.
CANCER SUPPORT**

Cancer Information Nurse supporting patients & families

The Countess of Chester Hospital has teamed up with Macmillan Cancer Support, to offer extensive information and support to people living with cancer.

Liz, who is based at the Countess of Chester Hospital, said of her role, *"The aim is to support everyone who is living with cancer, which includes family members and friends, as well as the patients themselves".*

As a result, it is Liz's intention is to make the service available not only at the Countess of Chester Hospital, but also across various community venues when required, which emphasises the high level of accessibility that the service

will offer to users.

The role of the Macmillan Information Nurse is to support people who are living with cancer (patients, family members and friends) by:

- Providing information about specific cancers, cancer services and treatments
- Offering time and space to talk confidentially about any concerns regarding the cancer diagnosis, treatment or experience
- Signposting to local and national sources of support
- Assisting with accessing benefits or practical help
- Facilitating community education sessions and short courses

Different aspects of living with cancer will be explored through information sessions open to anyone affected by cancer at Links Healthy Living Centre each month.

If you would like information about any aspect of living with cancer, or if you would like to find out about any up and coming events, please contact **Liz Taylor directly at the Countess of Chester Hospital on 01244 364948.**

Alternatively, you can email her at: **elizabeth.taylor@coch.nhs.uk.**

You can also log on to the Macmillan Website (**www.macmillan.org.uk**).

Community Food Project Update



Since the last newsletter there have been a few developments with regards to the Community Food Project.

We successfully recruited two Community Food Workers who will be in post at the beginning of March.

Beth Clarke is a registered dietitian and graduated from the University of Chester in 2007. Beth has been doing voluntary work at the centre for the past few months so will be a familiar face to many of you.



Ann Lanceley is a lecturer at West Cheshire College and has worked in Ellesmere Port for many years now, so again may be a familiar face to many of you. They are both looking forward to starting their posts and meeting and working with many of you.



Ann & Beth

The building of the teaching kitchen at Links HLC has not started yet but should be starting very soon. Once the work has finished the cookery classes can commence!

The fruit and veg bag scheme will hopefully be up and running from Links HLC and local community centres within the next few months.

If you have not already registered your interest in the Community Food programme please contact the centre to do so.

New exercise classes at Links HLC

We are looking to set up some new exercise classes at the centre throughout the week.

We have secured the services of a new tutor who teaches many different classes including:

- Pilates
- Legs, bums and tums
- Shape and tone
- Street dance
- Aerobics style classes

If you are interested in joining one of these classes please contact the centre to register your interest with your preferred class, day and time.

West Cheshire College Reflexology Service

Students from West Cheshire College will be offering Reflexology sessions here at Links HLC from April 2008.

The fortnightly sessions will be led by the students and can accommodate up to ten people each week. The cost for the treatment is £5 and booking is essential.

The dates the students will be at the centre are as follows:

- Friday 18th April
- Friday 2nd May
- Friday 16th May
- Friday 6th June

Please contact the centre to book a place.

Please note the treatments will be offered in the main area of the centre and students will be supervised at all times.

Links Healthy living centre

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Civic Way
Ellesmere Port
Cheshire
CH65 0AZ

Phone: 0151 356 6970
Fax: 0151 356 6981
Email: lhlc@nhs.net

We're on the web,
www.lhlc.co.uk



Your link to healthier living

Links HLC Staff race for their lives!



Staff at Links HLC have decided to practice what they preach and get fit for 2008 by entering the 5k Race for Life!

Race for Life is Cancer Research UK's flagship event that has grown to become the UK's largest women-only fundraising event.

In 2007 665,000 women walked, jogged or ran 5k to raise £40 million pounds for Cancer Research UK – the world's leading independent organisation dedicated to cancer research.

The event takes place on Wednesday 4th June 2008 and will start from Chester Zoo. Staff will be collecting sponsorship through the centre and via their very own website page and aim to raise £500.

www.raceforlifesporsome.org/linkslovelylegs



Easter Holiday Activities

Please see below for our Easter Holiday activity programme. All activities are free, but booking is essential.

Fun With Food

Date: Wednesday 19th March
Time: 10 am—11.30 am
Venue: Links HLC
Suitable for those aged 5—15 years
Booking essential

Street Dance

Date: Thursday 20th March
Time: 10 am—10.45 am
Venue: Links HLC
Suitable for those aged 5—11 years
Booking essential

Street Dance

Date: Thursday 20th March
Time: 11 am—12 noon
Venue: Links HLC
Suitable for those aged 12—16 years
Booking essential

Heartstart

Date: Thursday 25th March
Time: 10 am—12 noon
Venue: Links HLC
Suitable for those aged 8+
Booking essential

Diddi Dance

Date: Thursday 27th March
Time: 10 am—10.45 am
Venue: Links HLC
Suitable for those aged 2—4 years

