



St. Helens Council



Halton and St Helens
Community Health Services



HEALTH IMPROVEMENT TEAM

ACTIVITY GUIDE



Version 55 (Sept 10)

Health Improvement Team

The Health Improvement Team's overall aim is to make a significant, ongoing contribution to the improvement of the physical and mental health, well-being and quality of life of the people of St Helens.

The programme has been developed as a joint partnership between St Helens Council, Primary Care Trust and Voluntary Sector partners, all of whom are committed to tackling health inequalities and improving the quality of life for the people of St Helens. The Programme will do this by providing a wide range of activities, focusing on areas of identified need, which will address the high levels of ill-health and health inequalities in St Helens.

Aquamobility

A fun and gentle exercise to music in the water, suitable for swimmers and non-swimmers. Exercises are suitable for people with mobility difficulties such as arthritis.

Chair based exercise

Chair based exercise is a seated class, whereby participants move through a series of gentle exercises that help to improve range of movement, increase flexibility and gradually improve strength in muscles.

Gentle Exercise to Music/ Keep Fit

A beginners exercise session aimed at those who are a little more mobile. It is a low impact class led by a fully qualified instructor, who will give lots of alternatives and variation.

Get Yourself Lively Health Walks

There are lots of walks across St Helens that range from ½ mile up to six miles. Look out for the number of hearts each walk has and this will indicate the difficulty of the walk. Each walk is led by a trained walk leader. You can take all the walks at your own pace and meet others along the way.

Heartsmart

These classes are currently available for patients who are referred to the Choices - Exercise Referral Scheme. They are low impact circuit sessions delivered by a BACR qualified instructor. Participants will work at their own level and progress gradually over the 1st twelve weeks of the course.

Tai Chi

A gentle martial art session. For people who want stress relief and relaxation. Helps to stabilise joints and strengthen muscles in order to improve mobility and prevent falls.

Yoga

A great way to improve flexibility and mobility, as well as strengthening and toning the muscles. It is also a great way to de-stress and relax. This class is aimed at beginners, so don't worry if you haven't tried it before!

Circuits/Mini Gyms

Suitable for beginners/intermediate. It is a low impact exercise class led by qualified instructor, to improve fitness, tone muscles and burn calories.

Gentle Paces

A low intensity circuit aimed at improving mobility and fitness. Particularly good for people with breathing difficulties.

Postural Stability

A class aimed at improving balance, strength and mobility. Suitable for people who have had a fall or are at risk of falls.

Pilates

A fun yet relaxing session aimed at improving muscle tone and core stability. Suitable for all.

AQUAMOBILITY

Parr Pool	Cheryl	Monday	11:30-12:30	£2.00
Parr Pool	Cheryl	Tuesday	11:30-12:30	£2.00
Parr Pool	Cheryl	Friday	11:30-12:30	£2.00

CIRCUITS

Holy Cross church hall	Allan	Monday	7.00 – 8.00pm	£2.00
YMCA	Allan	Tuesday	11.15am – 12.15	£2.10
Sidac Club, Sutton	Allan	Tuesday	3.00 – 4.00pm	£2.00
Allanson Street School	Allan	Thursday	6.30 – 7.30pm	£2.00
Gentle Circuits St Anne's Millenium Centre	Gareth	Friday	3.00 - 4.00pm	£2.00
Sidac Club, Sutton	Allan	Friday	11.45 – 12.45pm	£2.00

EXERCISE TO MUSIC/KEEP FIT

Exercise to music – St Julies, Howards Lane, Ecclestone	Bernadette	Monday	10.00 – 11.00am	£2.00
Gentle Keep Fit – Selwyn Jones leisure centre	Bernadette	Tuesday	10.00 -11.00am	£2.35
Exercise to music All Saints church hall Crow Lane	Bernadette	Tuesday	1.30 -2.30pm	£2.00
Exercise to music Rainford Village Hall	Bernadette	Wednesday	10.00 - 11.00am	£2.50
Exercise to music St Austins Church Hall, Thatto Heath	Sheryl	Friday	11.00am – 12.00	£2.00

LADIES ONLY CLASSES

Gentle exercise to music, Parish Church	Janet	Tuesday	5.45 – 6.45pm	£2.00
Salsa Dance at Peter St	Sheryl	Thursday	6.00 – 7.00pm	£2.00

CHAIRBASED EXERCISE

Parr Mount Court	Yvonne	Thursday	1.30 – 2.30pm	£2.00
St Marks Centre Haydock	Yvonne	Thursday	10.30 – 11.30am	£2.00

POSTURAL STABILITY (referrals from Choices Lifestyle referral)

Holy Cross Church (advanced)	Mark	Monday	1.00pm – 2.00pm	£2.00
Deafness Resource Centre (level 1)	Janet	Thursday	10.30 – 12.00	£2.00

Transport available – contact Health Improvement Team

GENTLE PACES

Peter Street	Allan	Wednesday	2.45 -3.45pm	£2.00
Deafness Resource Centre	Allan	Friday	2.30 – 3.30	£2.00

YOGA

Newton Comm. Centre	Jackie	Saturday	10.00 – 11.30am	£2.00
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PILATES

Crownway Comm. Centre, Newton	Sheryl	Friday	9.30-10.30am	£2.00
Deafness Resource Centre	Sheryl	Friday	12:30-1:30pm	£2.00

STRICTLY COME DANCING

Line Dancing(beginners) Crown Way Comm. Centre, N L W	Gordon	Thursday	6.30 -8.30pm	£2.00
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HEARTSMART (referrals from Choices Lifestyle referral scheme)

YMCA (studio)	Linda	Monday	11.00am – 12.00	£2.00
Holy Cross	Allan	Monday	5.30 – 7.00pm	£2.00
Christ Church, West End Rd, Haydock	Allan	Monday	1.30 – 3.00pm	£2.00
Newton Methodist Church	John	Tuesday	9.15 -10.45am	£2.00
Newton Methodist Church	John	Tuesday	10.45 -12.30	£2.00
Wesley Church Hall (starts 9 Nov)	Gary	Tuesday	6.45 – 8.15pm	£2.00
Sidac Club, Sutton	Allan	Tuesday	1.30 – 3.00pm	£2.00
Peter Street	Allan	Wednesday	1.00 -2.30pm	£2.00
Wesley Church Hall	Allan	Wednesday	6.00 – 7.30pm	£2.00
Newton Methodist Church	Allan	Friday	9.15 -11.15am	£2.00
Sidac Club, Sutton	John	Friday	2.15pm-3.45pm	£2.00

HEALTH WALKS

For a full programme of **FREE** walks in your local area contact Mike Clinton or
Linda Gittens on **0300 300 0103**

NORDIC WALKING

Victoria Park

Limited places available please call Mike Clinton on 0300 300 0103

AT YOUR OWN PACE WOMEN'S JOG CLUB

FREE led session ideal for beginners wanting to start to walk-jog and jogging whether it's to lose weight, become healthier, train for an event like race for life or socialise in a group

Victoria Park (meet at Balker Drive off Cowley Hill Lane)	Karen, Mike & Gemma	Tuesday	5.30 – 6.15pm	FREE
Sutton Park (meet at play area, Marina Avenue)	Karen, Mike & Gemma	Thursday	10.00am – 10.45am	FREE

TAI CHI

Beginners Classes

O'Connell Close, Haydock	Chris	Monday	12.30-1.15pm	£2.00
Falls Prevention – Holy Cross	Paul	Monday	2.30 – 3.30pm	£2.00
St Phillips, Parr	Beryl	Wednesday	1.30-2.30pm	£2.00
Falls prevention – Billinge Methodist Church	Mark	Friday	9.30 – 10.30	£2.00
Trapwood Comm. Centre	Margaret	Friday	10 – 11 am	£2.00
Falls prevention – St Davids, Moss Bank	Joe	Friday	2 – 3 pm	£2.00
Falls prevention – United Reform Church	Beryl	Friday	1 – 2 pm	£2.00

Intermediate

Rainhill Village Hall	Margaret	Wednesday	10.30–11.30	£2.00
Falls Prevention -St Anne's millennium centre, Rainhill	Chris	Thursday	9.15 – 10.15	£2.00
Falls Prevention - St Anne's millennium centre, Rainhill	Chris	Thursday	10.30-11.30	£2.00

Intermediate/Advanced

Newton Comm. Centre	Beryl	Thursday	7.00 – 8.00	£2.00
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Falls Prevention – United Reform Church	Beryl	Friday	11.45– 12.45	£2.00
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Sidac Club, Sutton	John	Friday	1.00 – 2.00	£2.00
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All levels Class

St Johns Centre, Thatto heath	Beryl	Tuesday	9.30 – 10.30	£2.00
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Tai Chi for Diabetes

United Reform Church	Beryl	Thursday	1.00 – 2.00	£2.00
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SHORT MAT INDOOR BOWLING

St Peters Hall, Delta Road, Parr		Fridays	1.00pm - 3.00pm	£1.50
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BELLY DANCING

St Phillips Church Hall, Parr	Maureen	Tuesdays	6.00 – 7.30pm	£2.50
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BREAK DANCING WITH UC CREW

Age 10 upwards

Deafness Resource Centre, Dentons Green Lane	Tom	Monday	8.00 – 10.00pm	£2.00
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WORKPLACE

Badminton – Beacon Building		Monday	5.00 – 6.00pm	£3.00
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Yoga – Lowe House Resource Centre	Alison	Monday	5.30 -6.45pm	£2.50
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Circuits at Wesley Church	Allan	Tuesday	5.30 – 6.30pm	£2.00
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Ladies Netball (over 18's) - Sutton		Wednesday	5.00 – 6.00pm	£3.50
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Badminton – Sutton Leisure Centre		Wednesday	6.00 – 7.00pm	£2.50
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SLIMGYMS

Health advice and exercise for men

Parr Firestation, Parr Stocks Rd	Harry	Monday	9.30 – 11.00	£2.00
Parr Firestation, Parr Stocks Rd	Harry	Monday	10.30 – 12.00	£2.00
Deafness Resources Centre, Dentons Green Lane	Harry	Tuesday	1.30 – 3pm	£2.00
Clock Face Recreation Club, Clock Face Road	Harry/Matt	Wednesday	6.00 – 7.30pm	£2.00
St John's Centre, Crossley Road, Thatto Heath	Allan	Thursday	4.00 – 5.15pm	£2.00

MEN'S ONLY MINI GYM

Peter Street	Harry	Wednesday	9.30am-10.30am	£2.00
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GYM/FITNESS SUITE INFORMATION

The Health Improvement Team work in conjunction with the following local gyms:

- Beacon
- Parr
- Selwyn Jones
- Spirit Club at Holiday Inn Haydock



We offer discounted and supervised sessions through the Lifestyle Referral Scheme. For more information please call the team on **0300 300 0103**.



CYCLE FOR HEALTH SCHEME

This scheme is a partnership between the Health Improvement Team, Halton & St.Helens PCT, St Helens Council Road Safety & Travel Awareness Team, Travelwise, Merseyside Police and the Voluntary sector.

The aim of the scheme is to provide **clients being referred onto the Choices Health Trainer and Lifestyle Referral Scheme**, with the opportunity to improve their health through participation in a safe and progressive cycling programme. The bike ride is suitable for beginner level and is based on the recommendations of your Lifestyle Advisor or Health Trainer after looking at medical and health checks during consultation.

Venue: Fourways Surestart Centre, Burnage Avenue, Clock Face

Date: Tuesdays 1 – 4pm

Venue: Sankey Valley Visitor Centre, Haydock

Date: Wednesdays 1 – 4pm

It's a **free** activity, bikes and helmets are provided so if you are interested or would like to train as a PAM cycle leader with an ongoing commitment to the scheme please contact: Mike Clinton, Health Improvement Specialist for Physical Activity on 0300 300 0103 or e mail MichaelClinton@sthelens.gov.uk

Grow Healthy

These are sessions run across St Helens and Halton from fixed sites, as well as continuing to look for new venues and groups. An experienced worker delivers sessions which are a combination of workshops, short courses and project visits. Session activity will depend upon the season. The sessions are run in a fun and highly supportive environment ensuring everyone's included regardless of fitness, ability or knowledge. Groups and individuals are all welcome – for more information please call Liz Sabatini on 0151 726 2767 or email liz.sabatini@groundwork.org.uk

OTHER ACTIVITIES:

Choices Lifestyle Referral Scheme

This is a service aimed at helping you to become more physically active and prevent and treat conditions such as Diabetes, Heart Disease and many more. There are many activities to choose from that are designed to be safe, fun and tailored to meet your individual needs. You will be referred to Lifestyle Advisor for a consultation, so you can discuss your interests and goals. They will be there throughout the 12 week programme and beyond for support and advice. You can get advice on suitable exercise classes, healthy eating, nutrition and giving up smoking. It starts with an individual 12 week supervised programme. See your GP or nurse for a referral or alternatively call **0300 300 0103** for more details.

PAMS – Physical Activity Mentoring Scheme

As a PAM volunteer your role is to help your peer group move into healthy active living. This is done by being a positive role model, providing information about physical activity, being someone to share experiences with and talk to and understand other people's concerns. The most important thing you can offer is time and encouragement to share the abilities and qualities you have to help people become active enough to maintain independence, well-being, social networks and a good quality of life. The benefit of being a PAM is you can improve your own health by gaining free access to our classes when mentoring and also receive on going healthy living training opportunities such as walk leader and cycle leader training to support ongoing activities. Contact: **0300 300 0103**.

Community Food Project

Consult and work with local groups and individuals to develop projects in a variety of settings including schools, colleges community centres e.t.c to develop new practical initiatives with groups to address food and health needs.

Community food projects include: Cookery groups, after school cookery clubs, I.T to eat project, School health days / Healthy lunch box, cooking on a budget & Tempting tots. For more information, please contact the team on 01744 677028 or 677029.

Freshstart

This is a lifestyle programme to support behaviour change, weight loss and increase physical activity. Freshstart promotes losing weight by making lifestyle changes gradually and realistically. Healthy eating for a healthy weight is about losing weight "for good" and changing lifestyle habits for life! The course is group based and has been designed to gain understanding of the energy balance, the balance of good health, portion size, fats and sugars, healthy snacks, how to plan a grocery shopping trip and healthy cooking methods. Contact **0300 300 0103** to register for a place.

Contacts and useful information

Healthy Eating

Food fitness www.foodfitness.org.uk

Physical Activity

Walking the way to Health initiative www.whi.org.uk

British Heart Foundation www.bhf.org.uk

British Heart Foundation Centre for Physical Activity & Health www.bhfactive.org.uk

Smoking

Giving up smoking www.givingupsmoking.co.uk

Fag ends – 0800 195 2131

Stop Smoking Service – Andrea Goodman 01744 814837

Alcohol

Drinkline – 0345 320202

Alcoholics Anonymous – 01904 644026

Alcohol link initiative – 0151 449 0470

CASES – 01744 621785

Drugs

St Helens community drugs team – 01744 730072 or www.drugscouncil.com

National drugs helpline – 0800 77 66 00 or www.ndh.org.uk

Mental Health

St Helens MIND – 01744 677058

CALM – Campaign Against Living Miserably – 0800 58 58 58

Women and Mental health infoline – 0845 3000 911 or www.thresholdwomen.org.uk

Making Space – 0151 430 9802

Venue Addresses

<u>Venue</u>	<u>Address</u>		<u>Post Code</u>
All Saints Church Hall	Crow Lane East	Newton le Willows	WA12 9UD
Allanson Street School	Gaskell Street	St Helens	WA9 1PL
Billinge Methodist Church	Main Street	Billinge	WN5 7PE
Beacon Gym	College Street	St Helens	WA10 1TF
Chester Lane Centre	Chester Lane	St Helens	WA9 4DE
Clockface Recreation Club	Clock Face Road	St Helens	WA9 4XL
Christ Church Hall	Chapel Lane Eccleston	St Helens	WA10 5DA
Christ Church	West End Road, Haydock	St Helens	WA11 0XP
Crown Way Community Centre	Crown Street Earlestown	Newton Le Willows	WA12 9DA
Deafness Resource Centre	Dentons Green Lane	St Helens	WA10 2QB
Holy Cross Church Hall	Corporation Street	St Helens	WA10 1EF
Lowe House Resource Centre	Crab Street	St Helens	WA10 2DJ
Mansion House	City Road	St Helens	WA10 2UE
Newton Community Centre	Park Road South	Newton Le Willows	WA12 8EX
Newton Methodist Church	11 Cross Lane	Newton Le Willows	WA12 9PT
O'Connell Close		Haydock	WA11 0SE
Our Lady's Church	Fleet Lane	St Helens	WA9 2RN
Parr Firestation	Parr Stocks Road	St Helens	WA9 1NU
Parr Mount Court	Parr Mount Street	St Helens	WA9 1AU

<u>Venue</u>	<u>Address</u>		<u>Post Code</u>
Parr pool	Ashcroft Street	St Helens	WA9 1BQ
Peter Street Centre	Peter Street	St Helens	WA10 2EQ
Queens Park Leisure Centre	Boundary Road	St Helens	WA10 2LT
Rainford Village Hall	Church Road	St Helens	WA11 8HB
Rainhill Village Hall	Weaver Avenue	Rainhill	L35 4LU
Selwyn Jones Leisure Centre	Ashton Road	Newton Le Willows	WA12 0AG
St Anne's Millennium Centre	View Road	Rainhill	L35 0LE
St Davids Church	Eskdale Avenue	Moss Bank	WA11 7EN
St John's Centre	Crossley Road Thatto Heath	St Helens	WA10 3ND
St Julies Church Hall	Howards Lane, Eccleston	St Helens	WA10 5HJ
St.Marks Centre	Park Street, Haydock	St Helens	WA11 0BH
St Peters Hall	Delta Road, Parr	St Helens	WA9 2DZ
St Phillips Church	Fleet Lane Parr	St Helens	WA9 2NQ
Sidac Club	Bude Avenue, Sutton	St Helens	WA9 4PJ
Thatto Heath Primary School	Hobart Street	St Helens	WA9 5QX
Trapwood Comm Centre	Trapwood Road, Eccleston	St Helens	WA10 5NQ
United Reform Church	Ormskirk Street	St Helens	WA10 1BQ
Wesley Church	Corporation Street	St Helens	WA10 1TB
West End Road	240 West End Rd	Haydock	WA11 0AW
YMCA (studio)	Duke Street	St Helens	WA10 2JB

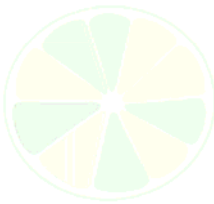


Health Improvement Team



Halton and St Helens
Community Health Services

Lose weight and keep it off with Fresh Start



Fresh Start is a **FREE 10 week diet and exercise programme designed to help you lose weight, get more active and meet new people.**

Now in its third year, Fresh Start has already helped hundreds of local people take control of their weight and get fit and healthy.

Cherry Bennett was overweight for 15 years but Fresh Start helped her change her lifestyle and she is now cooking from scratch and exercising more, "The course has given me back my self confidence."

If you want to lose weight just give the Health Improvement Team a call on:

0151 495 5450
(Halton) or

01744 697 432
(St Helens).



For this service your BMI needs to be **between 25 – 30**.
If however you BMI is **above 30** there are other
programmes available.

Please call **0300 300 0103**

Fit 4 Life

**6 - week healthy lifestyle programme
for overweight children aged 7 – 13
and their families**

Fit 4 Life will help you to:

**Get more active
Eat a balanced healthy diet
Make healthy choices
Understand food labels
Learn new healthy recipes
Adopt a healthy lifestyle for life**

For more information about **Fit 4 Life** or to book
your family onto the programme call:

0300 300 0103



Health Improvement Team

For further information please contact:

Health Improvement Team
Bold Miners Neighbourhood Centre
Fleet Lane
St Helens
WA9 2NH

email: health.improvement@nhs.net
visit our website at: www.healthimprovementteam.co.uk

Tel: 0300 300 0103