



## *Health & Well-being Programme*



Supported by  
**The National Lottery**<sup>®</sup>  
through the Big Lottery Fund



The Health and Well-being programme offers a range of activities and services to promote and maintain good health. The project aims to improve mental health, enhance awareness of healthy lifestyle choices and strategies for improvement, increase participation in physical activity and build social networks..

#### **HEALTH MAINTENANCE SESSIONS**

Mini MOT's – Blood pressure checks, weight management Advice guidance and sign posting to support those wish to make healthy lifestyle choices.

#### **PHYSICAL ACTIVITIES**

**Stretch and tone** A gentle exercise class concentrating on developing strength mobility and agility whilst stretching and toning the muscles.

**Chair based exercise** – for those with limited mobility

#### **WALKING WILD**

Local walks for women and children.

#### **SERENITY SESSIONS**

Offers a range of holistic therapies  
Reflexology Indian head massage  
Aromatherapy  
Back Massage

#### **START RIGHT**

Healthy breakfasts will be available to encourage a good start to the day and raise awareness around the importance of good nutrition for woman and children

#### **CHAT N CRAFT**

A craft group that provides social and learning opportunities for women of all ages and abilities