

Community Gardening

The HeartWell Community Allotment Group is a project which offers the opportunity for anyone who might be interested in gardening as an activity or in growing their own fruit, vegetables or flowers to have a go.

Anyone is welcome to join the group and share the work and fun involved as well as the food produced. Tools are provided and practical help, support and advice comes as part of the package.



Supported by



Interested in this leaflet?

Would you like more information?

Please contact the Food and Health team, we are:

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Community Food Worker

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CROSBY BRIDGE
HEALTHY LIVING PROJECT

Pop In Place
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CROSBY BRIDGE
HEALTHY LIVING
PROJECT

Helping people be the best they can be

Food & Health

Supported by



Promoting Healthier Lifestyle Choices

Food and Health Programmes

Food For Life

The aim of these programmes are to improve an individuals health and well being by enabling them to make healthier lifestyle choices. The programmes run in the comfortable and welcoming environment of the Pop In Place and are delivered by our team of dedicated Community Food Workers.

Level 1

This is a four week course and is a gentle introduction to getting to know each other. We explore peoples barriers to healthier eating, where participants are encouraged to complete a 'Challenge to Change'.

Level 2

This is a six week course, building on what we have completed in level 1, including more cook and eat activities.

(Chartered Institution of Environmental Health)

Foundation Certificate in Food Hygiene

Do you work with food?

Are you interested in working with food?

Would you like to gain a nationally recognised qualification - free of charge

We can help

At Crosby Bridge we can offer you a convenient local venue to gain this qualification. Run over four weeks, participants learn about the basic principles of food hygiene, ending with a short multiple choice exam.

Courses run four times a year and for any one with limited literacy skills, foreign language papers or oral exams can be arranged.

Arts in Health

More than pictures on walls



Aims

- Raise awareness of food & health issues.
- Encourage healthier lifestyles
- Build confidence
- Promote wellbeing

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