

Update Crosby Bridge Healthy Living Project

Jan, Feb, March

New Year - New Start!

Do you want to make some small changes to your lifestyle? We can point you in the right direction. Our aim at the Crosby Bridge Healthy Living Project is to help you improve your wellbeing and feel good about yourself!

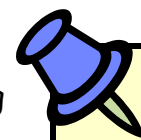
If you live in Crosby, staff at the Crosby Bridge Healthy Living Project can work with you and support you to do just that.



Supported by



- You may need support building your confidence or managing stress
Call Chrissie on (01724) 846611
- You may need help with debt, money management or welfare rights
Call Tracy on (01742) 846611
- You may need support managing your food budget or adopting a healthier approach to food
Call Shirley, Christine or Lee on (01724) 846611
- You may need help with personal safety, home safety or crime
Call Anne on (01724) 846611
- If you are from a Black and Minority Ethnic Community and wish to take part in or develop physical activities in your area
Call Shah on (01724) 846611
- Crosby Bridge also has an ongoing program of play and sport activities for young people
Call Karen on (01724) 846611



Find out more

Call in or write to

Pop In Place
195 Frodingham
Road
Scunthorpe
North Lincolnshire
DN15 7NH

Or telephone

(01724) 846611

**Take a look inside and see what is on offer
All our activities are FREE of charge**

IMPROVE THE SAFETY OF YOUR HOME

FREE

We have a small amount of equipment to give away free of charge through North Lincolnshire Council's Home Safety Project.

- If you have a child under the age of five, you may be entitled to a **free medicine cabinet**.
- Free home safety checks are also available, **fire alarms and hand rails** will be fitted free of charge.
- We also have a quantity of **personal alarms** which are free to anyone over the age of 60.

For more information, call in to the Pop In Place, 195 Frodingham Road on a Thursday or Friday afternoon and speak to Anne. Alternatively, call (01724) 846611.

Does someone that you care about use drugs?

SMASH is a support group for parents, brother, sisters, friends and grandparents of substance misusers.

Our aim is to provide information, guidance and a listening ear if needed.

Telephone Anne on (01724) 846611 for more details.

All discussions are treated in the strictest confidence.

Welfare Rights Advice

Free Welfare Rights advice is available every Monday, Wednesday and Friday mornings at the Pop In Place, 195 Frodingham Road.

Telephone (01724) 846611 and make an appointment with Tracy.

POSITIVE WELLBEING

Some people may be more prone to

depression and low mood

in the months of

January and February. The weather is cold and often dull with little sunshine. It is even more important to look after our mental health at this time of year.

Why not invest some quality time for YOU, and join the next **Positive Wellbeing and Stress Management**

Programme at the Pop In Place?

It starts on Tuesday

January 11 at 1.30pm and runs for 5 weeks ending on Tuesday February 8.

Sessions are held in a safe relaxed environment and are fun, as being positive doesn't have to be boring!



ANGER MANAGEMENT WORKSHOP

Chrissie is offering a half day workshop on Friday February 11 from 9.30am until 12.30pm.

There has been much interest in this workshop and as places are limited, please telephone (01724) 844661 to book as soon as possible.

Could you spare a few hours a month?

Make a difference to someone's life and become a volunteer befriender.

Crosby Bridge runs a befriending scheme for vulnerable adults with mental health problems in Crosby.

For more information about the scheme please telephone Chrissie on (01724) 846611 for an informal chat or pop in to 195 Frodingham Road.

One to One Support

Chrissie is pleased to talk on a confidential basis to anyone about any mental health concerns or issues you may have.

Telephone (01724) 846611.

Do you work with food?

Gain the nationally recognized CIEH Foundation Certificate in Food Hygiene at the Pop In Place FREE of charge.

This course is broken down into bite size chunks and starts January 17 at 10am until 12.30pm for four weeks.

Places are limited, telephone (01724) 846611 to book as soon as possible.

The Food and Health team have new **Food for Life** programmes starting in January and February.

You will be supported in making healthier food choices in a welcoming and fun environment.

Sessions run for one and a half hours per week.

Telephone (01724) 846611 and speak to Shirley, Christine or Lee for more information or to book a place.

FEBRUARY HALF TERM Children's Activities

Badminton	Gym Fitness	Pizza Workshop	Fun Sessions	Fun Sessions
(Beginners) 2 day course 14 & 15 Feb 8-11 year olds Central Community Centre (Lindum Street) 10.30am—12pm	4 day course 15—18 Feb 12-16 year olds Scunthorpe Leisure Centre (Carlton Street) 11am-12pm	Create your own pizza 8-12 year olds Pop In Place (195 Frodingham Road) 10.30am—12pm	Team Games 14,16 & 18 Feb 8 + Multi Use Games Area Sheffield Park 1-3pm	Team Games/Arts & Crafts 15 & 17 Feb 5-13 year olds The Forge Cottage Beck Road 2-4pm
Advance booking required	Advance booking required	Advance booking required	No booking	No booking required

To book a place, telephone Karen on (01724) 846611

Do you do enough physical activity?

Did you know?

- Pakistanis and Bangladeshis of both sexes are more than 5 times as likely as the general population to have diabetes.
- Pakistani and Bangladeshi have rates of heart disease about 60-70% higher than men in the general population.
- Black and minority ethnic groups suffer higher rates of certain health conditions that can be improved by participation in physical activity.

The Seth Mand aspect of Crosby Bridge has been organising and promoting physical activities to meet the needs of the Black and Minority Ethnic residents in Crosby. If you are from the Black and Minority Ethnic Community living in Crosby and would like to take part in physical activity, we would like to hear from you. Contact Shah on (01724)846611 or e-mail: shahmohammed@btconnect.com