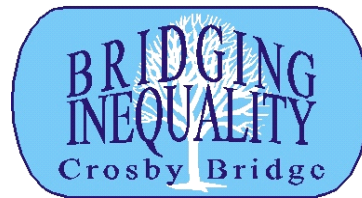


Update



Autumn Days...

With Summer still fresh in our minds, it is hard to believe that the new school year has already begun.

During the Summer, play workers from the Crosby Bridge Healthy Living Project have supported a number of local schools by providing lunch time play and sport activities.

Below are comments from staff and pupils about what they thought...

"Since the project has come into school, the profile of sport and physical activity has lifted and we are all very pleased with the results".

Staff at Frodingham Infants School

"We enjoy the team because if people are lonely, they always have something to do for them and they are friendly".

Laura, Year 2, Scunthorpe Church of England Primary School

"The number of behaviour incidents has reduced dramatically because the children are purposefully engaged in play. Our playground at lunchtime has become more positive and a fun place to be".

Staff at Scunthorpe Church of England Primary School



Pupils enjoying a game of rounders!

POP IN TO THE POP-IN !



The Pop In Place is open Monday to Friday 9am—4.30pm.
You can access any of our activities here or find out more about the project and what we can offer you!

Please call (01724) 846611 or pop in at 195
Frodingham Road.

NEWS FROM SETH MANND...

Seth Mannd is for members of Black and Minority Ethnic (BME) communities who want to take part in physical activities. Shah Mohammed, Seth Mannd Outreach and Development Worker, has organised activities that cater for religious and cultural needs of the BME communities.

If you have your own ideas for activities or wish to join in with Seth Mannd, call Shah on (01724) 846611

Join in...

Women's Aerobics
Wednesdays
Greeson Hall
9am-10.15am

Women's Swimming

Mondays

Scunthorpe Leisure Centre

7pm-8pm

Men's Swimming

Tuesdays

John Leggott Swimming
Pool

1.45pm-2.45pm

Join in...

Women's Walk Group
Tuesdays
Pop In Place
5pm-7pm

Men's Walk Group

Fortnightly

Wednesdays

Crosby Community Assoc.

10am-12pm



STRESS MANAGEMENT

Following the success of the Summer taster sessions of positive wellbeing and stress management, a full programme has been planned for the Autumn. It will run for five consecutive weeks at the Pop In Place.

Starts Friday 5 November from 10am-12pm.
Call Chrissie on (01724) 846611.

Why not invest in some quality time for YOU?

The sessions are held in a relaxing friendly place, and are fun. Being positive doesn't have to be boring!

One to One

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

Just pick up the phone and call (01724) 846611 and ask for Chrissie.

The Befriending Scheme

The scheme is running well and we are still looking for more volunteer befrienders. If you have a couple of hours to spare every week or maybe once a fortnight, please call Chrissie for an informal chat about how you can make a difference to someone's life.

FOOD FOR LIFE—Level One

Would you like help in making healthier choices? Would you like to make small changes that make a big difference?

The aim of the programme is to improve an individual's wellbeing by helping them to make healthier lifestyle choices in relation to food and physical activity. Sessions run for one and half hours, one day a week for four weeks in a comfortable and welcoming environment.

Dates: Thursday December 2, 9, 16 and 23

Venue: Pop In Place, 195 Frodingham Road

For more information or to book a place on the next available course, telephone one of our community food workers at the Pop In Place on (01724) 846611.

EASY RECIPE — Golden Pumpkin Soup

You will need:

1 onion, peeled and quartered
3 cloves of garlic, finely chopped
2-3 potatoes, peeled and cut into chunks
An equal amount of peeled and seeded pumpkin to the potatoes
4-6 cups of chicken stock
2 tbsp of olive oil
Pinch of black pepper

Method:

Peel and cube potatoes and pumpkin into equal sized chunks
Heat the olive oil in a pan and gently fry the onions and garlic for a few minutes
Add the potatoes, pumpkin, pepper and chicken stock and bring to the boil
Reduce the heat and simmer for two hours until soft
Transfer the mixture, in batches, to a food processor and puree until smooth
Serve in bowls with some warm crusty bread

Harvest Celebration

You are invited to celebrate Autumn with us here at the Pop In Place and share in the produce grown by our gardening group at the HeartWell Community Allotment. Taste our delicious Golden Pumpkin Soup and take a look at our new Food and Health programmes with our friendly team.

Wednesday 3 November, 10am-12pm

The Pop In Place, 195 Frodingham Road



Crosby Bridge Healthy Living Project

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

Phone: (01724) 846611
Fax: (01724) 846633

Helping people be the best
they can be

All our projects and activities are **free** to Crosby residents. We offer a signposting service at the Pop In Place, 195 Frodingham Road. Please call in if you need help with something, we can point you in the right direction.

Supported by



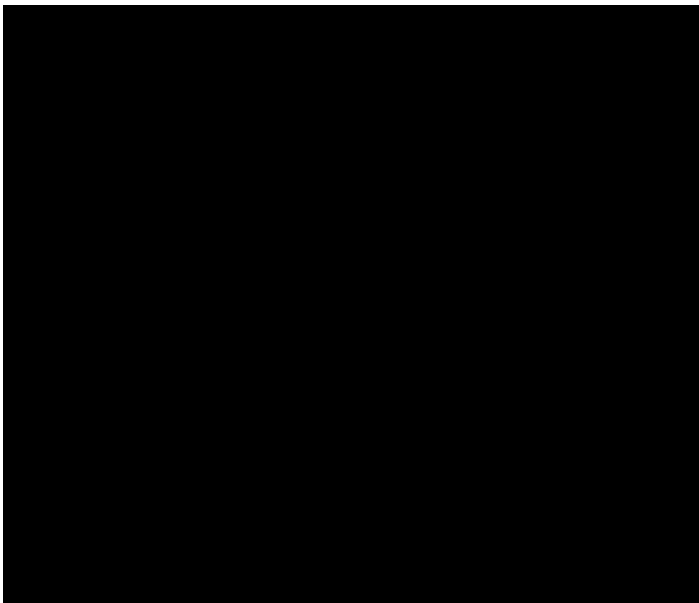
**The Crosby Bridge Healthy Living Project
is funded by the Big Lottery Fund**

If you would like a copy of this Update in another language, please contact the Pop In Place and ask for

Sarah

For more details about any of our projects, call in at the Pop In Place at 195 Frodingham Road or telephone **(01724) 846611**

Competition Corner — WIN a swim voucher



Word Search

Fitness	Trampoline
Sport	Hockey
Exercise	Bicycle
Health	Play
Aerobics	Fun
Walking	Art
Stamina	Football
Running	Team
Swim	

Return your completed word search along with your name, school and contact details by Monday 29 November into a draw for a FREE family swimming voucher
