

Brighter Living Partnership Newsletter – November 2016



www.brighterliving.org.uk

Living Well Sefton

Living Well Sefton is a new service for Sefton that was launched on November 1st 2016. It brings together several organisations to work in a more co-ordinated, integrated way across the borough of Sefton, including Brighter Living to improve the health and wellbeing of those living and working in Sefton. More information about this service can be found using the contact details below.



0300 323 0181

LivingWellSefton www.livingwellsefton.org.uk
LivingWellSefton @LWSefton #livingwellsefton

A Partnership between:



Here is a selection of upcoming activities run by Brighter Living that people can access, please contact us with any queries!

HEALTHY COOKING COURSE

- Learn how to cook healthy food
- Exciting, tasty dishes and cooking on a budget
- 6 week course
- Free to attend!
- 2pm—4pm Wednesday 4th January 2017
- Southport Community Centre, Norwood Road, Southport, PR8 6HQ
- To book a place call Elaine on 01704 517818



Steps to Health Programme

Healthy Lifestyles course

This is an opportunity for people to learn about basic nutrition, healthy eating, gain practical cookery skills and learn about the benefits of exercise.

- A free 8 week course, covering a different topic each week
- 4 cookery sessions per course, all ingredients provided
- Initial lifestyle assessment conducted prior to the course beginning
- Further support available upon course completion if required

Next courses starts:

Wednesday 11th January 2017, 5pm—6:30pm at Southport Community Centre, Norwood Road, PR8 6HQ

To book your place or for more information please call the Brighter Living team on 01704 517 818.





Healthy Families Cookery Course

Do you want to.....

- Improve your cookery skills
- Have a chance to cook with your children
- Have fun and learn new things!



If you answered yes to any of the above questions then we are offering a **free 8 session family cookery course!** The course is ideally suited for children aged 5—11. The course will cover the basics of healthy eating including how to cook healthy and nutritious family meals.

Each family will receive a £5 fruit and veg voucher per week!

There will be fun for all the family!

Next course begins 10th January 2017

3.30pm—5.00pm at Southport Community Centre

Please contact Elaine for more details on 01704 517818 or

Walking Wednesday!



Come along and join our male only walking group, starting 7th December

The group will:

- **Be an active, leisurely group suitable for all fitness levels**
- **Take in local walks and scenery**
- **Be led by qualified instructors**
- **Be fun and enjoyable, bring along your friends and family!**

The group will meet at Southport Community Centre, Norwood Road, PR8 6HQ every Wednesday at 11.30.

Be prepared for all weathers!

For more information please contact us on 01704 517810 or email info@brighterliving.org.uk

SOUTHPORT COMMUNITY GARDEN

'CAN YOU DIG IT?' CLUB

- **KEEP FIT**
- **LEARN NEW GARDENING SKILLS**
- **SHARE YOUR SKILLS WITH OTHERS**
- **MEET NEW PEOPLE**
- **CHILL OUT AND RELAX**
- **ALL TOOLS AND SEEDS/PLANTS PROVIDED**
- **EVERY TUESDAY 11AM FOR AN HOUR OR TWO!**
- **SOUTHPORT COMMUNITY CENTRE, NORWOOD ROAD, PR8 6HQ**
- **FOR MORE INFORMATION CALL BRIGHTER LIVING ON 01704 517810**



COME ON—LETS GROW IT!



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BRIGHTER HEALTH CHAT

Lifestyle assessment Check

A confidential, one to one service for the local community through the Living Well Sefton service, we will:

- Assess your current lifestyle and work with you to change unhealthy behaviours
- Set goals with yourself to improve your wellbeing
- Provide you with lots of information and support
- Discuss barriers you may be facing that are stopping you achieve your goals



For more information phone 01704 517 810 option 2 or email info@brighterliving.org.uk

*Brighter Living Partnership | Southport Community Centre | Norwood Road
Southport | Merseyside | PR8 6HQ
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We are looking for groups to work with across the Southport area, if you have anything you think we can help with then please get in touch. We are always looking to work with new organisations and groups and can work from our premises or yours. Please contact us on 01704 517810 opt 2 or email info@brighterliving.org.uk.

This document can also be seen on our website, www.brighterliving.org.uk. Brighter Living Partnership is a Registered Charity, Charity No. 1101722 and is a registered company in England, Company Limited by Guarantee No. 03973156.