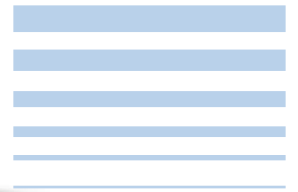




SEPTEMBER TO
DECEMBER 2015



NEWSLETTER FOR CRAIGAVON NEIGHBOURHOOD RENEWAL HEALTH PROJECT

What's been happening?

Many new skills have been learnt in the kitchen by all ages at Cook it! classes this summer. To the right are pictures at Taghnevan Youth and Community Centre, Drumellan Family Learning Complex and at Mount Zion House

Trim Trail walking group and Drumellan walking group are pictured below enjoying the beauty of Lurgan Park and the Craigavon Lakes this summer.



Developments across the Verve Network in recent months

We are delighted to announce that the Verve Network of Healthy Living Centres is now a member of the Healthy Living Centre Alliance for Northern Ireland. The Alliance is a collaboration of sixteen community and voluntary sector organisations located across Northern Ireland, with the Verve network being the first in the Southern Trust Area. The aim of the Alliance is to act as a collective with a clear voice to tackle health inequalities within local communities in Northern Ireland.

Fitzone Foundation are launching a community run cycle project in the area. With bikes for all the family purchased through Verve Neighbourhood Renewal funding. This is a great addition to their health

programme. The Fitzone Foundation are able to provide a trained cycle leader to accompany cyclists.

Cycling is one of the easiest ways to fit exercise into your daily routine because it's also a form of transport. It saves you money, gets you fit and is good for the environment. It's a low-impact type of exercise, so it's easier on your joints than running or other high-impact aerobic activities. But it still helps you get into shape. **Why not contact Sean on 07780812312 who can organise your cycle at a time to suit you?**

We would also like to wish Drumcree Community Trust all the best with their new build. This is an excellent resource for local people to enjoy coming together to

learn, to connect and to be active! See page five for details of their adult health programme. Also a big congratulations to Taghnevan Community Development Association on the opening of their spectacular community allotment site. Contact the centre on 028 3832 4989 for details on the allotments.

Farewell and Best Wishes

A fond farewell to Aideen Lavery who has managed the Taghnevan Youth and Community Centre and all the programmes, including the Verve Healthy Living Centre programme in recent years. We wish you all the best in your retirement Aideen!

TRAINING OPPORTUNITIES

Health Trainer Qualification

As part of the Verve Health Improvement Programme funded through Neighbourhood Renewal we are running a 12 week programme in City and Guilds Health Trainer Level 3 certificate, due to commence on 5th October 2015.



- Are you interested in working with individuals in the community and making a real difference to the health of people in your local area?
- Could you motivate and support others who want to develop healthier behaviours and lifestyles??

Then you could join our Health Trainer Team.

To request an application pack contact Rebekah Lee on 028 3834 4973 or by email on rebekah.lee@southerntrust.hscni.net
Closing date for applications: Monday 14 September 2015

Focus on Heart Start

Call for new Heart Start volunteers - Be Extraordinary!

Over the past eighteen months the community based HeartStart scheme has flourished across the Craigavon area. Almost 500 people across the community have been trained in Emergency Life Support Skills over the past year and we really need to expand our volunteer base to cope with the demand. HeartStart schemes are run by people like you and provide free Emergency Life Support training in the community and schools. They are aimed at the public, and anyone from the age of ten upwards can attend and learn the complete range of ELS skills.

The HeartStart programme includes skills such as:

- ♥ Assessing an unconscious patient
- ♥ Performing cardiopulmonary resuscitation (CPR)



- ♥ Dealing with choking
- ♥ Serious bleeding
- ♥ Helping someone that may be having a heart attack

So if you think you've got what it takes to become a volunteer instructor, and can volunteer a minimum of 3-4 nights per year then contact Gareth Duffy for further details on garethmduffy@hotmail.com

Training for Trainers on 16th September and 23rd September at 7-10pm in Community Intercultural Programme, 7 Foundry Street, Portadown.

Preventing Suicide: Reaching Out and Saving Lives

Every year, over 800'000 people die from suicide; this roughly corresponds to one death every 40 seconds. Locally we would like to raise awareness of suicide prevention and World Suicide Prevention Day serves as a call to action to individuals and organisations to prevent suicide.

WHAT CAN YOU DO?

On 10th September 2015, join others around the world who are working towards the common goal of preventing suicide. Check in on someone you may be concerned about, listen to what they say, how they say it and show them kindness and support.

SUPPORT AVAILABLE

If you have thought of suicide or have been affected by suicide the support of friends and family is crucial, but it is not always enough. Often more formal support is also needed. This can include both clinical care available through your GP and trained health professionals. If you need further information on mental health and wellbeing resources see the Southern Trust website for details www.southerntrust.hscni.net/livewell/MentalHealth.htm.

If you or someone you come into contact with needs to speak to a trained counsellor, Lifeline Northern Ireland offers a 24 hour service for people experiencing distress or despair. You can phone Lifeline on **0808 808 8000**

In your community the Verve Network of Healthy Living Centres provides a wide range of non-clinical support through the wide range of programmes and services, such as relaxation classes, craft, complementary therapies, exercise programmes and much more. Strong social connections can be life-saving. To help you identify which activities are most suited to you personally, contact your local Health Trainers in any of the centres hosting Verve Healthy Living Centre programmes (contact details on the back page).

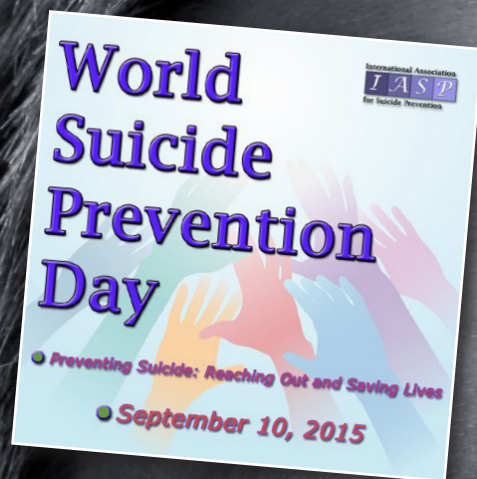
REACHING OUT AND SAVING LIVES ACTIVITIES

Trim Trail walk and coffee morning with Pop Up Health Trainer Clinic

Walk leaves Windsor Park entrance to Lurgan park at 10.30 followed by coffee morning at Mount Zion House, Edward Street, Lurgan on Tuesday 8th September

Coffee morning and Pop Up Health Trainer Clinic

At Drumellan Family Learning Complex,
Drumellan Court, Craigavon on 9th
September 10am-12 noon.



Lifeline

0808 808 8000

CRAIGAVON INTERCULTURAL PROGRAMME

Activity	Venue	Date and Time	Booking Information
Line dancing	7 Foundry street, Portadown	Tuesdays 10am	Phone Hetty on 028 3839 3372
Get fit with Aneta	7 Foundry street, Portadown	Wednesdays 10am	Phone Hetty on 028 3839 3372
Health Trainer 1-to-1's (see back page for details)	7 Foundry Street, Portadown	By appointment only	Phone Wojciech on 028 3839 3372
HeartStart- learn how to deal with life threatening emergencies	7 Foundry Street, Portadown	Date and time to be confirmed - watch out on Verve facebook page	Phone Hetty on 028 3839 3372 to register interest

DRUMELLAN COMMUNITY ASSOCIATION

Activity	Venue	Date and Time	Booking Information
Weight Loss Mondays	Drumellan Family Learning Complex	Weigh to Health 14 September – 2 November 11-12.30pm Lose lbs to gain £'s 14 September - 14 December Biggest loser wins the kitty!	Phone Bernie on 028 3832 1415 £1 per week
Cook it!– learn how to cook healthy meals on a budget	Drumellan Family Learning Complex	Monday 14 September - 26 October 1-3pm	Phone Bernie on 028 3832 1415
Crafty Chatters £2 each week	Drumellan Family Learning Complex	Every Tuesday 2-4pm bring your knitting, sewing and enjoy the Chat	Phone Bernie on 028 3832 1415
Heart Start - learn how to deal with life threatening emergencies	Drumellan Family Learning Complex	First Tuesday in every month 1 September, 6 October, 3 November, 1 December	Phone Bernie on 028 3832 1415
Yoga for beginners £25 for 8 weeks	Drumellan Family Learning Complex	Every Wednesday starting 16 September 9.30-11am (advanced)11-12.30pm (beginners)	Phone Bernie on 028 3832 1415
Chi Mi - chair based or standing gentle exercise	Drumellan Family Learning Complex	Every Friday from 18 September from 12-12.30pm	Phone Bernie on 028 3832 1415
Luncheon Club (dinner & bingo)	Drumellan Family Learning Complex	Every Friday from 18 September 12.30-2pm	Phone Bernie on 028 3832 1415
Health Trainer Clinic with Christina	Drumellan Family Learning Complex	Available by appointment for 1-to-1 support with health and wellbeing	Phone Bernie on 028 3832 1415

TAGHNEVAN COMMUNITY DEVELOPMENT ASSOCIATION

Activity	Venue	Date and Time	Booking Information
Community Health programme details to follow in September	Taghnevan Youth and Community Centre	To be confirmed	Phone on Joanne on 028 3832 4989
Luncheon club programme: health programme including relaxation, craft, gentle exercise	Taghnevan Youth and Community Centre	Every Thursday at 11am starting 3 September	Phone Joanne on 028 3832 4989

Drumcree House of Health Adult Health Programme

September - December 2015

Parents & Carers Groups

"Sparkles"

Wednesday Mornings
11:00am-12:30pm

"Féileacáin"

Friday Afternoons
2:00 - 3:30pm

Yoga Sessions

Tuesday Mornings

11:00am

Wednesday Evenings

7:00pm

Women's Group

Wednesday Evenings

7:00-9:00pm

Relaxation Group

Tuesdays 6:00-8:00pm

Reflexology / Aromatherapy Session

For Men & Women

Walking Group

Tuesday & Friday Mornings

11:00am

Exercise Classes

Exercise to be confirmed

Tuesday Evenings

6:00-7:00pm

&

7:00-8:00pm

Thursday Evenings

7:00-8:00pm

One 2 One

Health Trainer Sessions on
request

Updated information will be available at Drumcree Centre and
on Drumcree Facebook

Contact Linda on 3833 4522 for further information



Southern Health
and Social Care Trust



EDGARSTOWN RESIDENTS ASSOCIATION

Activity	Venue	Date and Time	Booking Information
Ladies coffee morning and health programme Over-60's	18-19 Union Street, Edgarstown, Portadown	Every Wednesday at 10am –12 noon from 9 September	Contact Cherith on 07540 260332
Parents Group Craft programme	BOATA, 21a Deramore Avenue, Portadown	Every Friday starting 11 September at 10-12 noon	Contact Cherith on 07540 260332
Health Trainer 1-to-1's (see back page for details)	18-19 Union Street, Edgarstown, Portadown	By appointment only	Contact Cherith on 07540 260332
Strength and balance 1-to-1's for older people at risk of falls	To suit client	By appointment only	Contact Cherith on 07540 260332
Mental Health Awareness Day Pop-Up Health Trainer clinic	Portadown Library	Thursday 8 October 10.30-12noon	Just drop in

FITZONE FOUNDATION

Activity	Venue	Date and Time	Booking Information
Kids Cook it! (10 yrs plus)	St Anthony's Hall, Legahory Centre	TBC	Contact Sean on 07780812312 for details
1-to-1 Health Trainer clinic and Health checks	St Anthony's Hall, Legahory Centre	By appointment only	Contact Sean on 07780812312
Kids HeartStart (emergency first aid for 10 yrs upwards)	St Anthony's Hall, Legahory Centre	TBC	Contact Sean on 07780812312 for details
Pilates	St Anthony's Hall, Legahory Centre	TBC	Contact Sean on 07780812312 for start date
Swimmability (swimming programme for anyone aged 10 years + with a disability)	Brownlow Leisure Centre	TBC	Contact Sean on 07780812312
Early movers (2-4 yrs)	St Anthony's Hall, Legahory Centre	Every Tuesday 2-3pm	Contact Sean on 07780812312
Beginners ladies circuits	St Anthonyms Hall	Every Monday starting October 6.45-7pm	No booking necessary
Advanced ladies circuits	St Anthonyms Hall	Every Monday 6- 6.45pm	No booking necessary
Metafit	St Anthony's Hall, Legahory Centre	Every Tuesday 6.30-7pm	No booking necessary
Kids fun fitness circuit session (7-11yrs)	St Anthony's Hall, Legahory Centre	Every Monday 6-7pm	No booking necessary
Inclusive Sports	St Anthony's Hall, Legahory Centre	TBC	Contact Sean on 07780812312 for more details
Kids fundamental class (4-6yrs)	St Anthony's Hall, Legahory Centre,	Craigavon Every Thursday 6-7pm	No booking necessary
Soccer tots (4-6yrs)	St Anthony's Hall, Legahory Centre	Tuesday's starting 1 September 6-7pm	No booking necessary
Boxfit adults	St Anthony's Hall, Legahory Centre	Every Wednesday 6.30-7pm	No booking necessary
HIIT	St Anthonyms Hall	Every Thursday 6.30-7pm	No booking necessary



SKIP2BFIT



30 DAY FITNESS CHALLENGE



Complete the number of skips shown for
each day to improve your cardio fitness.
Tick each box off when completed.
Good luck!

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
100	125	150	175	200	225	250	275	300	325	350	375	400	425	450
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
475	500	525	550	575	600	625	675	700	750	800	850	900	950	1000

"If you SKIP a workout, you SKIP an opportunity to improve yourself"
Workout by Kim Rafferty

Shared through Healthy Living centre Alliance

MOUNT ZION HOUSE AND NORTH LURGAN AREA

Activity	Venue	Date and Time	Booking Information
Trim Trail Walking Group- Meet at the gates of Lurgan Park (Windsor Park entrance) or a bus leaves North Lurgan Community Centre at 10.15am	Lurgan Park	Every Tuesday at 10.30am starting on 8 September	Telephone or leave a message for Janice on 028 3831 0979
'My Time' Learn relaxation techniques and how to de-stress	Refreshments provided Mount Zion House, Edward street, Lurgan	Tuesday's 12-1.30pm Starting 29 September to 20 October	Telephone or leave a message for Janice on 028 3831 0979
Health Trainer 1 –to-1 Clinic (see back page for details)	Mount Zion House, Edward street, Lurgan	By appointment only	Telephone or leave a message for Janice on 028 3831 0979
Cook it! Healthy eating on a budget	Mount Zion House, Edward street, Lurgan	Tuesday 27 October - 1 December at 12-2pm Thursday 1 October - 5 November at 6.30-8.30pm	Telephone or leave a message for Janice on 028 3831 0979 Phone 07751283245 to register
'Bite and Banter and create' light lunch and and Craft Class for over men and women over 50	Mount Zion House, Edward street, Lurgan	Every Thursday from 10 September at 11am	Telephone or leave a message for Janice on 028 3831 0979
Strength and balance 1-to-1's for older people at risk of falls	To suit client	By appointment only	Telephone or leave a message for Janice on 028 3831 0979
Action Cancer's counselling and complementary therapies	Mount Zion House, Edward street, Lurgan	By appointment only	Telephone Action Cancer on 028 9080 3344
Arts and Crafts programme	North Lurgan Community Centre	Monday 14 September – 30 November 11-1pm	Drop in or phone 07751283245 to register
Shalom helpline – signposting service for those in need of a listening ear		Anytime of day or night	Phone 07751283245 to register
Drop in for a chat and Chi Me (gentle exercise session) Refreshments provided	North Lurgan Community Centre	Every Saturday Chi Mi Starts 12 September 6-7pm	Phone 07751283245 to register

FREE 1-TO-1 SUPPORT PROVIDED BY VERVE HEALTH TRAINERS



**WANT TO CREATE YOUR OWN PERSONAL HEALTH PLAN?
WANT TO IMPROVE YOUR HEALTH THROUGH MOTIVATION AND SUPPORT?**

The Health Trainer Service is:

- Completely FREE!
- Available locally in the Craigavon Area

The Health Trainer will help you:

- Improve your health through motivation and support
- Create your personal health plan

You will be supported to make healthier lifestyle choices through:

- Regular physical activity
- Eating a healthier diet
- Giving up smoking
- Drinking less alcohol
- Reducing stress levels
- Finding out about local services

ARE YOU LIVING WITH A LONG TERM CONDITION?

At Arthritis Care we know that when you are diagnosed with a long term condition, it can be hard to cope.

BUT, HELP IS AT HAND

We are running a Challenging Your Condition course in:-

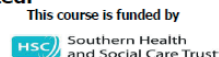
Venue: Seagoe Parish Centre
46 Seagoe Road
Portadown BT63 5HW
Commences: Thursday 8 October 2014
Dates: 08 October 15 – 12 November 2015
(six 2.5hr sessions)
Time: 10.30am – 1.00pm
Contact: Training Team at 028 9078 2940

We are delighted to be able to offer you the opportunity of a free place on our Challenging Your Condition Course – a course which past participants have told us has changed their lives.

In a friendly and informal environment, you will meet other people living with a long term condition eg, Arthritis, MS, Epilepsy, Parkinson's etc and you will learn skills and techniques you can put into daily use to enable you to manage your condition better.

This truly is an opportunity not to be missed!

For further details and to secure your place, phone Yvonne on 028 9078 2940, but hurry, as places are limited.



VERVE CENTRE CONTACT DETAILS

Community Intercultural programme

7 Foundry Street, Portadown, BT63 5AD
T: 028 3839 3372

Drumcree Community Trust

3 Ashgrove Road, Portadown, BT62 1PA
T: 028 38 334522

Drumellan Family Learning Complex

4 Drumellan Court, Craigavon, BT65 5HT
T: 028 3832 1415
E: drumellanhealthtrainer@outlook.com

Edgarstown residents association

18-19 Union Street, Edgarstown,
Portadown, BT62 4AD
E: erahealthtrainer@outlook.com

Mount Zion House

Mount Zion House, Edward Street,
Lurgan, BT66 6DB
Tel: 028 3832 4680
E: mzhhealthtrainer@outlook.com

Taghnevan Community Development Association

Glenholme Park, Lurgan, BT66 8SL
T: 028 3832 4989

Fitzone Foundation

St Anthony's Hall, Legahory,
Craigavon
Tel: 07780 812 312
E: sean991@hotmail.com

Neighbourhood Renewal Health Coordinator: Lisa Follis

Promoting Wellbeing Team,
SHSCT, Craigavon and Banbridge,

Brownlow Health & Social Services
Legahory Centre,
Brownlow, BT65 5BE

Tel: 028 3831 1502
Email: lisa.follis@southerntrust.hscni.net



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