

# Your Health Project

Volunteers will receive training in becoming a mentor - this is an accredited training course through Open College Network. You can volunteer in the following areas, or you may have an idea of your own:

Aged 16-25? Interested in your health?

# Wanted

Mentor Walk Leader



Weight Management Mentor



Gardening/ Allotment



Your Health Web Page



Your Health Editorial Team



Teenage Parent Mentor



Breastfeeding Mentors



## Volunteers

## At the Netherton Feelgood Factory

### Reward

Personal satisfaction,  
gain valuable skills,

meet new people, get involved in something good, make a difference.



For information about volunteering why not come down to the Netherton Feelgood Factory or give Kirsty Garvey or Lyn Anderton a call on 291 8020 or 291 8023

# Minister visit to the



Hazel Blears ( Secretary of state for communities and Local Government) and Andy Burnham (Secretary of state for Culture, Media and Sport) visited the Feelgood Factory on the 26th February as part of a visit to sefton. The purpose of their visit was to consult with the local community about the needs of sefton. Whilst here they met a group of people who use the Feelgood Factory and then took part in a discussion with representative of Sefton Borough Council, Sefton NHS and the voluntary, Community and Faith Sector about the main needs of the area.

## Peer mentor course

If you are interested in becoming a peer mentor then the next available course is a 5 half days which take places every Thursday from the Thursday 30th April to Thursday 28th May. The time will be 1:30-4:30, the course will take place at the Feelgood Factory, you don't want to miss out on such a great oppotunity if you are interested then please don't hesitate and contact either Kirsty, Lyn, or Philomena on 0151 291-8010 or why not pop in the

Feelgood Factory,

Glovers Lane, Netherton L30 5QW

The course covers the following:-

- Understanding the role of a mentor
- Demonstrate an understanding of the policies and procedures within which he/she will work
- Understand the importance of good communication skills
- Recognise the skills needed to build and manage an effective mentoring relationship
- Demonstrate an understanding of ways to support a person through mentoring
- Recognise his/her own strengths and development needs for the mentoring role

# Volunteering opportunities.....

Older persons helper/shopper

Setting up your own project



Community allotment worker

Sexual health drop-in

Community café assistant

Teenage Mums group drop-in

Member of Your Health steering group

Dance instructor/assistant



Assisting Feelgood Factory projects

General admin assistant

Assisting outside projects

Web page designer

## Sexual Health Newsletter Group

We designed a booklet for teenagers, which includes a problem page, quizzes, questionnaires and information about sexual health.

We did this so we could help others and give them information from a teenagers point of view. We enjoyed doing it because we are helping others and it was fun to be able to put our ideas together and end up with a printed booklet. We also learned a lot while we were making the booklet. We now know more about safe sex and contraception, sexually transmitted infections and places to go for information and advice.

# Competition



The Winner has been decided



First off we would just like to thank everyone who took part in this competition it was a great success and we had an out whelming response.

The winner and runners up were announced on the 23rd March at the Feelgood Factory's stop smoking event. Were everybody who took part in the competition was invited to this event were the prizes were given



A Nintendo Wii and Wii Fit was the winning prize



Second place was a i-pod shuffle

Third forth and fifth prize's were mp3 players



## Thank You and events coming up

There is so many new activities that will be starting up in the very near future, there is also courses that will be starting that will help you gain new skills .

Peer mentoring

First aid course

Break dancing/DJ

Healthy cooking

Body image

Healthy living

Drama