



# 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:

**Mentor Walk Leader**



You may be interested to know about Your Health Peer Mentoring programme based at Netherton Feelgood Factory.

**Weight Management Mentor**



The Your Health Projects aim is to provide **volunteering opportunities** enabling **young people** aged **16-25** to train as **peer mentors** to support other young people to improve their **health and well being**.

**Gardening/ Allotment**



The latter could incorporate options in **smoking cessation, food and nutrition, physical exercise, mental health awareness and sexual health** amongst other things.

**Your Health Web Page**



For young people this will be an excellent opportunity to **improve people skills, get involved in the local community, add to their CV and improve their health and wellbeing**. Young people can also get involved in **setting up their own health projects** either at **school/college** or at our **centre** and can also be part of the **Your Health steering group**.

Health and wellbeing can cover a wide range of activities, including **smoking cessation, sexual health, food & nutrition, sport, weight management and healthy eating**.

**Your Health Editorial Team**

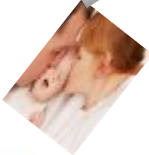


The project can also use the **volunteer peer mentors** to work with young people through new and existing programmes run by the Feelgood Factory to help young people to improve their own health.

**Teenage Parent Mentor**



**Breastfeeding Mentors**



[Contact the Your Health Team at Netherton Feelgood Factory for more information on 0151 291 8020 or 0151 291 8023.](#)



**vinspired**



The volunteering site for 16-25 year olds in England

**V**. It's the first letter of the word volunteering. It's also the name of a new charity set up to inspire a new generation of volunteers. **v** is putting the youth back into youth volunteering. It's different because it's led by the interests and passions of young people.

**The Russell Commission**

It all started with the Russell Commission, which was set up by the government to look at the future of youth volunteering.



as well as voluntary organisations, businesses and the media.

The result? The Russell Commission Report: a plan to improve the quality, quantity and diversity of youth volunteering in England - and a new charity to do it.

For more information visit:

[www.wearev.com](http://www.wearev.com)

[www.vinspired.com](http://www.vinspired.com)

# Pro-mum Group



The pro-mum group was set up by young volunteers under the V involved programme.

They felt more support, advice and easy read literature was needed for young mums and girls who had just found out that they were pregnant.



The Feel Good Factory have trained a number of young mums to be Peer Mentors, they work with various agencies who can offer advice and give talks at the Pro-Mum meetings.

The group will meet on a monthly basis in the Feel Good Factory. The meetings are very informal and everyone is welcome to raise any issues they have or ask for information or support or just have a cup of tea and a listening ear.



We have a twelve month programme outlining the topics we will be discussing at the meetings, however any other issues that are raised by mums can be discussed.

# Mirror Mirror Production

On the 29th October Pure Creative Arts visited the Feelgood Factory to deliver Mirror Mirror production and body image workshops.



The production is a powerful piece of theatre that looks at the issue of body image and eating disorders as it follows one girl's experience of anorexia. The performance shows both the struggle she goes through and how she begins to overcome it. The play brings this subject to life and the workshops deal with issues relevant to young people.

# 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

Assisting Feelgood Factory projects

Dance instructor/assistant

General admin assis-

Web page designer

Assisting outside projects



## Talks available

Lynn Anderton from the Your Health project is available to come out to your organisation and give a talk about the project to your young people. If you already run a peer mentor type activity that you would like to get your young people accredited for or maybe you would like to start a project. Whether it is a youth club, school, college or another kind of youth organisation. Whether it is during the day or in the evening.

If you would be interested in getting Lynn to come along all you need to do is give her a call on 0151 291 8023 or e-mail on [lynn.anderton@feelgoodfactory.org.uk](mailto:lynn.anderton@feelgoodfactory.org.uk)

It can be as formal or informal as you would like.

*Voluntary work can give you the experience you need to get your dream job or get on the college course of your dreams.*

## A New Feelgood Sign

The Feelgood Factory wants a new sign on the outside of the building. We are looking for something that will draw attention to the building that lets people know who and where we are.

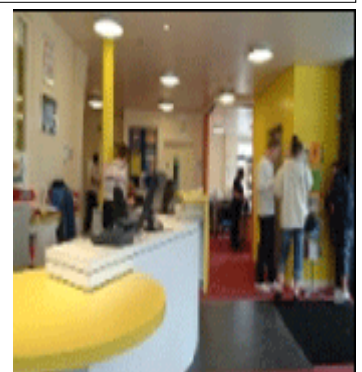
bring or send them to the Feelgood Factory or email to:

If you have any ideas or designs please bring or send them to the Feelgood Factory or email to:

[lynn.anderton@feelgoodfactory.org.uk](mailto:lynn.anderton@feelgoodfactory.org.uk) or

[kirsty.garvey@feelgoodfactory.org.uk](mailto:kirsty.garvey@feelgoodfactory.org.uk)

If you have any ideas or designs please



## Netherton Feelgood Factory

Glovers Lane  
Netherton  
Merseyside  
L30 5QW



---

# 0151 291 8010

---

*Netherton Feelgood Factory helps local people to improve their health and well being, prevent ill health and access services*



At the Feelgood Factory we provide a number of services including :

- Yoga,
- a Stop Smoking Clinic
- GAS (Good Afternoon Social),
- History group
- Stress Management
- Line dancing
- High Impact Dancercise
- 50+ Aerobics
- Tai Chi and Relaxation
- Mental Health support groups, Positive Thoughts
- Pension Advice, a Local Councillor Surgery,
- Citizens Advice Bureau
- Singing for Pleasure, Pilates and a Young Person's Drop-In.

*Within the Feelgood Factory we also have a community café, Sefton@Work and the Opportunities Shop and at different community venues we provide activities such as chair exercises, breastfeeding support and a lunch club as well as having an allotment and a mental health drop-in at Upstairs@83.*

---

## Thank You and events coming up

Finally, everyone at the Your Health project just wants to say a big thank you to all of you who have so far given your spare time to carry out your Peer Mentor training and voluntary work. Volunteering makes a huge difference to people's lives so please keep up the good work!!

I also just want to give you a quick reminder to fill in your V Award booklet with the hours you complete as this is the only way you can get your certificates.

If you are having any problems at all with any aspect of volunteering or Peer Mentor training please do not hesitate to get in touch.



We will soon be holding another meeting of our steering group. This is a chance for you to have your say in how you would like the project to move forward. What you would like to see us do in the future or what you would like us not to do!

We will be sending out invitations in the post soon. So please come along and have your say. Even if you do not feel like you have anything to say once you arrive and listen to what's being said it might stir something up for you. Everyone's opinion is important to us.

Look out for your invitation in the post!

# Competition

We are running a competition to show people the dangers of smoking and how it can effect you, we hope this will encourage people to stop smoking



A Nintendo Wii Fit will be the winning prize

All entries must be in before Friday 27th February. The winners of the completion will be announced at the feel good factory on 11th March 2009 at the Stop Smoking Awareness event

*Please ensure you attach the completed entry form securely to the reverse of your artwork/poem*

To take part in this completion you have to:

1. Design a piece of artwork with stop smoking as the theme, and you can use any type of media, for example, paint, collage, etc.
2. Design a T-shirt to promote stop smoking that can be used by the stop smoking mentors.
3. Write a poem/piece of literature with the theme stop smoking

Merry Christmas

