

Your Health Project

0151-291-8010

www.feelgoodfactory.org.uk

Newsletter March 10

Aged 16-25? Interested in your health?

Issue Six

new

Volunteer Vacancies

Healthy Eating/ Food Peer Mentor

Supporting people who want to eat healthy or learn to cook.

Mentor Walk
Leader



Weight Manage-
ment Mentor

Weight Management Leaders

Providing sessions for people who want to lose weight in a healthy way.

Gardening/
Allotment



Your Health Web
Page

Your Health Edi-
torial Team



Teenage Parent
Mentor



Breastfeeding
Mentors



Stop Smoking Supporters

Supporting people who want to stop smoking.

Steering Group Advisors (See back page)

These positions are to help the project move forward with the ideas and needs of the young people.



vinvolved project

Interview with Natalie Fagan



What is your job?

My job title is Stop Smoking Young Persons Health Worker



What does it involve?

It involves raising awareness of the health implications of smoking, including passive smoking. I go to colleges and youth groups to provide information and support to young people wishing to stop smoking and give them the tools to stop. I also hold health awareness days within the Sefton area, I work full time and the project is ongoing .

How successful has it been?

So far the project has been really successful, lots of people have accessed the service and have been given information and support to stop smoking. I think going into the colleges and youth centres has been very good because they are in their own comfortable and safe setting and are more inclined to ask for support.

How would people get in touch with you?

I can be e-mailed on natalie.fagan@sefton.nhs.uk or you can call me on 0151-934-3912

Lifeskills Programme

FOR 14-19 YEAR OLDS. STARTING 12TH APRIL 2010. THERE ARE STILL A FEW PLACES LEFT ON THE COURSE. TO BOOK CALL KIRSTY OR LYNN ON 0151 291 8010

Smoking

Young people will learn the effect smoking has on their bodies. They will gain the knowledge needed to stop smoking and the various methods that can be used.

Sexual Health

Young people will gain information on the various sexually transmitted infections and contraception that is available as well as learning the correct way to use them. They will discuss the effects of peer pressure, relationships and places where they can go for information and advice.

Healthy Eating and Exercise

These sessions will look at healthy snacks and healthier alternatives to current meals. Young people will have the opportunity to sample these foods and cook a meal for themselves and their peers. The sessions also include an exercise class such as dance, aerobics or yoga.

Finance

Young people will be given the tools to become confident in managing money. They will learn how to open a bank account as well as manage a budget, savings, borrowing and understanding bills.

Travel and Employment

Young people will learn about different methods of public transport, costs and routes as well as creating a C.V, filling out application forms and interview techniques, including personal appearance.

Stress

This session will look at common stressful situations experienced by young people. The group will identify these issues and ways that can help relieve the pressure.

Alcohol and Drugs

Young people will learn the effects alcohol and drugs have on the body. They will understand unit measurements and limits as well as gaining knowledge of the different drugs and their slang names. Young people will learn about keeping themselves and their friends safe.

Body Image

Young people will understand and challenge media influences regarding body image. They will look at how this can affect young people's self image and potential dangers regarding this. They will also have the opportunity to discuss and showcase how they feel about celebrities as role models.

NEW STEERING GROUP

We are starting up a new steering group for the project and are looking for some volunteers to join. This is to look at how the project is going and look at ways to develop it and make it better. We want to have young people making the decisions on where we are going and what we are doing. This is YOUR project and we need YOU to tell us what you want!

All training will be provided to become a member of the steering group.

If you would like to become a member or would like more information please contact Lynn or Kirsty on the contact details provided on Page 4.

NEW WEBSITE

The Your Health Project has a new website!!! Here we have all the up to date information about what's going on. It has information on all the training and volunteering opportunities plus a link to our facebook page where all our volunteers can chat together and support each other. Take a look at our page by typing www.feelgoodfactory.org.uk and clicking on the young people tab on the left.

If you think the page can be improved or you would like to see any other information on there please let us know!!! Contact details on Page 4.

CONTACT DETAILS

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