

# Your Health Project

0151-291-8010

[www.feelgoodfactory.org.uk](http://www.feelgoodfactory.org.uk)

Newsletter September  
2010

Issue Seven

**Aged 16-25? Interested in your health?**

## NEW

# VOLUNTEER VACANCIES

**Mentor Walk  
Leader**



**Healthy Eating/ Food Peer Mentor**

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

**Weight Manage-  
ment Mentor**



**Life Skills course trainers**

**Gardening/  
Allotment**



Providing sessions for young people to gain more understand-  
ing of healthy life skills.

**Your Health Web  
Page**



**Your Health Edi-  
torial Team**

**Teenage Parent  
Mentor**



**Befrienders**

Supporting people who need a bit of extra support.

**Breastfeeding**

**Mentors**

**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**

# Celebration Event

## Blackpool August 2010

On the 15th of August some of our volunteers went to Blackpool Pleasure Beach with the Your Health Project as a big Thank You for all the hard work they had put in over the year!!



THANK YOU!

From Lynn and Kirsty



# Upcoming Training

## Lifeskills Course

The Lifeskills course is for young people aged 14-19 and lasts for 11 weeks. It covers a range of issues and subjects that are useful and relevant to this age group such as:

Drugs and Alcohol, Sexual Health, Employment, Healthy Eating, Exercise and Smoking and much more. The next course will be running in the Feelgood Factory from 4th October 2010.

If you wish to book a place please call Kirsty or Lynn on 0151 291 8010, call into the Feelgood Factory or e-mail on the address shown on the back page.

## Young Persons Weight Management

This is a course for young people aged 16-25 yrs old. You do not have to be a Your Health volunteer, anyone can come along. It is a FREE 6 week course to help individuals manage their weight. It covers a different subject every week including Fruit and vegetables, Exercise and Food labelling.

It is a really fun and interactive course. Even though it is only 6 weeks we can continue to give support afterwards and we can also refer you on to other things that may help with your weight management including cookery courses and exercise classes.

## Young Persons Exercise Class

Again, this is for young people aged 16-25 yrs old. The class is split into 2 sessions. The first 1/2 hour is an high impact aerobic session, and the last 1/2 hour is a toning session. Each week Nicky, the instructor, will try out different exercises to give you a taste of what's out there. Including street dance, salsa aerobics and Pilates and legs, bums and tums.

The great news is that this course is also FREE of charge!

The session take place on Wednesday 4.30-5.30pm so if you fancy giving it a try with your friends then ring us on 0151 291 8010.

## Peer Mentor and Befriending Training

We offer our volunteers the chance to train as a Peer Mentor, the course is accredited to a Level 2 OCN qualification which is the equivalent to a GCSE!

We normally put on this training up to 4 times a year so ring the Feelgood Factory for more information. 0151 291 8010

The course covers communication skills, active listening, body language as well as how to be a peer mentor.

# 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.

## QUIZ NIGHT!!

On Tuesday 21st September we are holding a Fundraising quiz at The Feelgood factory. As well as free entry to the quiz with great prizes we are also giving you a meal all for only £7!

There will be other things going on during the night and there will be a bar too. So if you fancy getting a team together, then come along and see if you can win.

To book your tickets please give us a call on 0151 291 8010 or ring for more information.

### CONTACT DETAILS

**LYNN ANDERTON:**

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