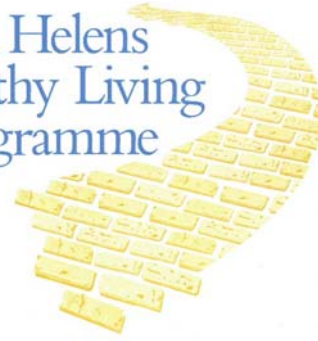


St. Helens  
Healthy Living  
Programme



**ST HELENS**

**HEALTHY LIVING PROGRAMME**

**ACTIVITY GUIDE**



# St Helens Healthy Living Programme

The St Helens Healthy Living Programme is a Borough wide initiative whose overall aim is to make a significant, ongoing contribution to the improvement of the physical and mental health, well-being and quality of life of the people of St Helens.

The programme has been developed as a joint partnership between St Helens Council, Primary Care Trust and Voluntary Sector partners, all of whom are committed to tackling health inequalities and improving the quality of life for the people of St Helens. The Programme will do this by providing a wide range of activities, focusing on areas of identified need, which will address the high levels of ill-health and health inequalities in St Helens.

## **Aquamobility**

A fun and gentle exercise to music in the water, suitable for swimmers and non-swimmers. Exercises are suitable for people with mobility difficulties such as arthritis.

## **Chair based exercise**

Chair based exercise is a seated class, whereby participants move through a series of gentle exercises that help to improve range of movement, increase flexibility and gradually improve strength in muscles.

## **Gentle Exercise to Music/ Keep Fit**

A beginners exercise session aimed at those who are a little more mobile. It is a low impact class led by a fully qualified instructor, who will give lots of alternatives and variation.

## **Get Yourself Lively Health Walks**

There are lots of walks across St Helens that range from ½ mile up to six miles. Look out for the number of hearts each walk has and this will indicate the difficulty of the walk. Each walk is led by a trained walk leader. You can take all the walks at your own pace and meet others along the way.

## **Heartsmart**

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These classes are currently available for patients who are referred to the Get Yourself Lively... Exercise Referral Scheme. They are low impact circuit sessions delivered by a BACR qualified instructor. Participants will work at their own level and progress gradually over the 1<sup>st</sup> twelve weeks of the course.

## **Tai Chi**

A gentle martial art session. For people who want stress relief and relaxation. Helps to stabilise joints and strengthen muscles in order to improve mobility and prevent falls.

## **Yoga**

A great way to improve flexibility and mobility, as well as strengthening and toning the muscles. It is also a great way to de-stress and relax. This class is aimed at beginners, so don't worry if you haven't tried it before!

## **Circuits/Mini Gyms**

Suitable for beginners/ intermediate. It is a low impact exercise class led by qualified instructor, to improve fitness, tone muscles and burn calories.

## **AQUAMOBILITY**

Queens Park Pool	Cheryl	Friday	12.30pm-1.30pm	£1.80
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Parr Pool	Cheryl	Monday	12.00pm-1.00pm	£1.80
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## **CHAIRBASED EXERCISE**

Chester Lane Centre	Donna	Tuesday	1.00pm-2.00pm	£1.80
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## **CIRCUITS**

Holy Cross church hall	David	Monday	6.30pm-7.30pm	£1.80
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Gentle Circuits St Anne's Millenium Centre	Mark F	Friday	3.00pm-4.00pm	£1.80
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## **EXERCISE TO MUSIC/KEEP FIT**

Gentle Keep Fit Selwyn Jones leisure centre	Bernadette	Tuesdays	10.00am-11.00am	£2.35
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Exercise to music Earlestown Town Hall	Bernadette	Tuesdays	1.30pm-2.30pm	£1.80
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Exercise to music Rainford Village Hall	Bernadette	Wednesday	10.00am-11.00am	£2.50
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Exercise to music Lester Drive, Eccleston	Jeanette	Wednesday	12.00 –1.00om	£1.80
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## **GENTLE PACES**

Chester Lane	Donna	Tuesday	2.00pm-3.00pm	£1.80
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Peter Street	Donna	Wednesday	3.00pm-4.00pm	£1.80
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## **HEARTSMART (referrals from get yourself lively exercise referral scheme)**

Chester Lane Centre	Donna	Monday	10.45am-12.15pm	£1.80
Chester Lane Centre	John	Friday	1.30pm-3.30pm	£1.80
Wesley Church	John	Wednesday	6.30pm-7.45pm	£1.80
Wesley Church	John	Wednesday	7.45pm-9.15pm	£1.80
YMCA (studio)	Alan	Monday	10.30am-12.30pm	£1.80
YMCA (fitness suite)	Alan	Thursday	2.00pm-4.00pm	£1.80
Newton Methodist Church	John	Tuesday	9.15am-10.45am	£1.80
Newton Methodist Church	John	Tuesday	11.00am-12.30am	£1.80
Newton Methodist Church	Donna	Thursday	1.00pm-3.00pm	£1.80
Holy Cross	Dave	Monday	7.45pm-9.15pm	£1.80
Peter Street	Donna	Wednesday	1.00pm-2.30pm	£1.80

## **MEN'S ONLY MINI GYM**

Peter Street	Harry	Wednesday	9.30am-10.30am	£1.80
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## **STRICTLY COME DANCING**

Line Dancing, Age Concern Mansion House, City Rd	Peter Derbyshire	Tuesday	10.00am-12.00	£2.65
Tea Dance, Age Concern Mansion House, City Rd	Peter Derbyshire	Tuesday (fortnightly)	2.00pm-4.00pm	£2.65
Line Dancing (beginners) Crown Way Comm. Centre, N-L-W	Peter Derbyshire	Thursday	6.30pm-8.30pm	£2.00

## TAI CHI

Age Concern – Advanced Mansion House, City Rd	John	Thursday	9.30am-10.30am	£2.65
Age Concern – Beginners Mansion House, City Rd	John	Thursday	10.30am-11.30am	£2.65
Age Concern – Intermediate Mansion House, City Rd	Beryl	Thursday	11.30am-12.30pm	£2.65
St Phillips Church, Parr	Beryl	Wednesday	1.30pm-2.30pm	£1.80
Falls Prevention United Reform Church Town Centre	Beryl	Friday	11.45am-12.45am	£1.80
Falls Prevention St John's Centre Thatto Heath	Beryl	Tuesday	9.30am-10.30am	£1.80
Falls Prevention St Anne's Millenium Centre	Mark	Thursday	10.30am-11.30am	£1.80
Falls Prevention St Anne's Millenium Centre	Mark	Thursday	9.15am-10.15am	£1.80
Chester Lane Centre	John	Friday	3.30pm-4.30pm	£2.00
Newton Comm. Centre Park Rd South, Newton	Beryl	Thursday	7.00pm-8.00pm	£1.80
Falls Prevention St Davids Church, Moss Bank	Mark	Friday	1.00pm – 2.00pm	£1.80
Falls Prevention Billinge Methodist Church	Mark	Friday	9.30am-10.30am	£1.80
Falls Prevention Queens Park Leisure Centre	Beryl	Friday	1.30pm-2.30pm	£1.80

**PLEASE CHECK IF THERE ARE PLACES AVAILABLE BEFORE GOING  
ALONG TO ANY OF THE CLASSES.**

## YOGA

For Beginners United Reformed Church	Fran	Monday	7.00pm-8.30pm	£1.80
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## SHORT MAT INDOOR BOWLING

Our Lady's Church Fleet Lane		Fridays	1.00pm-3.00pm	£1.50
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## HEALTH WALKS

Sherdley Park (pets corner)		Monday	1.30pm	FREE
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***For a full programme of Walks in local areas, please contact Health Improvement Partnership on (01744) 697433***

## **OTHER ACTIVITIES:**

### **Passport to Health, Healthy Lifestyle Courses**

If you would like to learn more about taking up a healthy lifestyle, why not come along to a Passport to Health Course. The eight week course looks at healthy eating, physical activity and stress management and gives support and guidance to make healthy lifestyle choices. For further information please contact Sarah Nolan or Claire Glover on (01744) 697432 ext 207.

### **Get Yourself Lively ..... Exercise Referral Scheme**

This is a service aimed at helping you to become more physically active and prevent and treat conditions such as Diabetes, Heart Disease and many more. There are many activities to choose from that are designed to be safe, fun and tailored to meet your individual needs. You will be referred to the Exercise Referral Development Officer for a consultation, so you can discuss your interests and goals. They will be there throughout the 12 week programme and beyond for support and advice. You can get advice on suitable exercise classes, healthy eating, nutrition and giving up smoking. It starts with an individual 12 week supervised programme. See your GP or nurse for a referral or alternatively call (01744) 697432 for more details.

### **PAMS – Physical Activity Mentoring Scheme**

As a PAM volunteer your role is to help your peer group move into healthy active living. This is done by being a positive role model, providing information about physical activity, being someone to share experiences with and talk to and understand other people's concerns. The most important thing you can offer is time and encouragement to share the abilities and qualities you have to help people become active enough to maintain independence, well-being, social networks and a good quality of life. The benefit of being a PAM is you can improve your own health by gaining free access to our classes when mentoring and also receive on going healthy living training opportunities.

Contact

Lynne Atherton or Sarah Nolan on (01744) 697432

### **Community Food Project**

Consult and work with local groups and individuals to develop projects in a variety of settings including schools, colleges community centres e.t.c to develop new practical initiatives with groups to address food and health needs.

Community food projects include: Cookery groups, after school cookery clubs, I.T to eat project, School health days / Healthy lunch box, cooking on a budget & Tempting tots. For more information, please contact Stephanie or Helen on 01744 697432 ext 216 or 205

### **Fitness Suite/Gym**

St Helens YMCA - Pathway Programme  
St Helens College Central Gym  
Queens Park Leisure Centre  
Selwyn Jones Sports Centre

01744 23956  
01744 623344  
01744 677465  
01744 677970



# Contacts and useful information

## Healthy Eating

Food fitness [www.foodfitness.org.uk](http://www.foodfitness.org.uk)

## Physical Activity

Walking the way to Health initiative [www.whi.org.uk](http://www.whi.org.uk)

British Heart Foundation [www.bhf.org.uk](http://www.bhf.org.uk)

British Heart Foundation Centre for Physical Activity & Health [www.bhfactive.org.uk](http://www.bhfactive.org.uk)

## Smoking

Giving up smoking [www.givingupsmoking.co.uk](http://www.givingupsmoking.co.uk)

Fag ends – 0800 195 2131

Stop Smoking Service – Andrea Goodman 01744 814837

## Alcohol

Drinkline – 0345 320202

Alcoholics Anonymous – 01904 644026

Alcohol link initiative – 0151 449 0470

St Helens and Knowsley health promotion service – 0151 289 2021

## Drugs

St Helens community drugs team – 01744 730072 or [www.drugscouncil.com](http://www.drugscouncil.com)

National drugs helpline – 0800 77 66 00 or [www.ndh.org.uk](http://www.ndh.org.uk)

## Mental Health

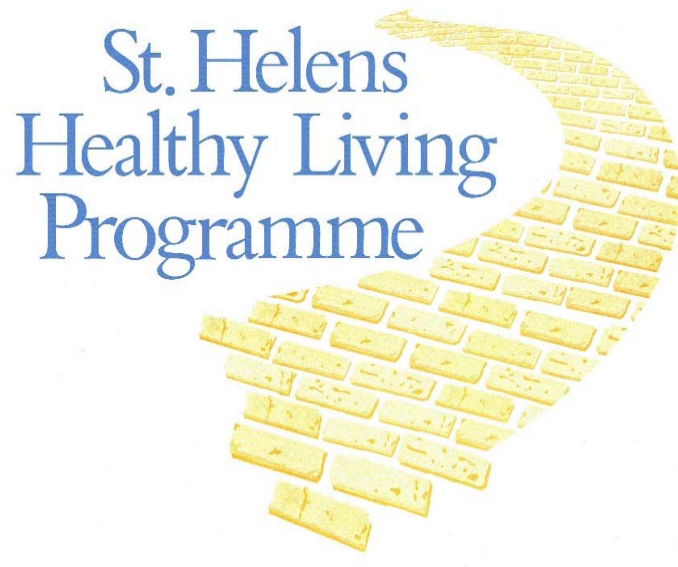
St Helens MIND – 01744 601204

CALM – Campaign Against Living Miserably – 0800 58 58 58

Women and Mental health infoline – 0845 3000 911 or [www.thresholdwomen.org.uk](http://www.thresholdwomen.org.uk)

Making Space – 0151 430 9802





For further information please contact:

St Helens Healthy Living Programme  
Bold Miners Neighbourhood Centre  
Fleet Lane  
St Helens  
WA9 2NH

email: [healthylivingprogramme@sthelens.gov.uk](mailto:healthylivingprogramme@sthelens.gov.uk)  
visit our website at: [www.sthelenshp.org.uk](http://www.sthelenshp.org.uk)

(01744) 697432

