

Everyone Health Newsletter

Gedling

Our aim is to improve the health of everyone in our local community by working with key partners and offering a range of FREE services aiming to educate and promote healthier lifestyles.

Volunteers

Everyone Health Nottinghamshire set up a new volunteer scheme for 2019 to engage with more volunteers than ever before. Volunteers supported various sessions in weight management and obesity prevention. See what we have been up to:

- ♥ 9 new volunteers
- ♥ 2 new partner organisations
- ♥ 3 volunteers completed their Level 2 Royal Society for Public Health qualification
- ♥ 3 volunteers trained to be walk leaders and are now able to support health walks in the community
- ♥ Informative health games created by volunteers to teach more people the importance of living a healthy lifestyle

Healthy lifestyle sessions

Our very popular healthy lifestyle sessions have been taking place across the district with new groups getting involved. Everyone Health can deliver different health topics to any community group to talk about the importance of being healthy and active. Topics can include the Eatwell guide, sugar, physical activity, salt, fat and many more. If your group would be interested then please contact Rebecca on the email at the bottom.

Walking groups

Join us at Gedling Country Park on Friday mornings for our health walk. It's a social walk with coffee afterwards in the café. We walk for up to an hour and you will be accompanied by 2 walk leaders. Details of the walk on the following page.

All abilities and ages welcome!



If you are interested in how we can support you, contact your local Community Engagement Coordinator via:

Rebeccawinbow@everyonehealth.co.uk

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Session	Day	Time	Venue
Adult Weight Management groups	Mondays	10:00-11:30	Calverton Village Hall, Park Road, NG14 6SA
	Wednesdays	18:00- 19:30	Killisick Community Centre, Arnold, Gedling, NG5 8BY
	Thursdays	18:00- 19:30	Carlton Forum Leisure Centre, Coningswath Road, Notts, NG4 3SG
	Thursdays	10:15-11:45	Westdale Lane Community Centre, Mapperley, NG3 6ES
Maternity 1:1's	Mondays (Day) Bi-weekly	13:00 – 14:00	Plains View Surgery, 57 Plains Rd, Mapperley, Nottingham NG3 5LB
	Thursdays (Evening)	17:30 – 18:00	Carlton Forum Leisure Centre, Coningswath Road, Notts, NG4 3SG
Child weight management Group Alive 'N' Kicking 5 – 11 years	Thursdays	16:00 – 17:00	Carlton Forum Leisure Centre, Coningswath Road, Notts, NG4 3SG

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Child Weight Management 1:1's 12 – 17 years)	Thursdays	17:00 – 17:30	Carlton Forum Leisure Centre, Coningswath Road, Notts, NG4 3SG
Engage Get-up And Go Exercise	Fridays	11:00 – 12:00 £3.40	Carlton Forum Leisure Centre, Coningswath Road, Notts, NG4 3SG
Community walking group	Fridays Fortnightly Final 2019 walk: December 20 th (Christmas jumper walk). Starting again January 17 th	10:30 – 11:30 With a coffee stop after (optional).	Gedling Country Park, Spring Lane, NG4 4PE (Meet outside the café by the tables)

Come and join our brand-new ENGAGE group exercise classes at a Nottinghamshire venue near you!

Nottinghamshire County Council is working in partnership with Everyone Health to launch ENGAGE, a new group exercise program for adults. These classes are a great way to improve your balance, increase your confidence and meet new friends!

LIMITED FREE SESSIONS AVAILABLE NOW! CONTACT US FOR MORE INFORMATION

ENGAGE
Everyone Health & Nottinghamshire
Get-up And Go Exercise

 Nottinghamshire
County Council
everyone HEALTH

Email: clinical.contactcentre@nhs.net
Phone: 07889 305 363 (leave a message and we'll call you back)