



Health Action Local Engagement  
*Healthy Living Project*



## Update *Spring 2011*

*HALE is a healthy living project which has been successfully delivering community based health improvement activities in the Shipley and Frizinghall areas since 2003*

# Health Action Local Engagement

## What's on

HALE offers a wide range of activities for people of all ages. If you would like more information on any of the activities listed, please contact us on **01274 271 088** or **info@haleproject.org.uk**. You can also visit our website at **www.haleproject.org.uk**.

## Exercise and nutrition

**123 Club** *A low cost, friendly programme to help you lose weight and maintain a healthy lifestyle, which combines a 12 week course with regular exercise*

<i>Zumba exercise classes</i>	High Crag Primary School	Tuesdays (term time only) 7.00 - 8.00pm	£2 per session
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<i>Weight management course</i>	Windhill Community Centre	Thursdays 7.00 - 8.00pm	£2 per session
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<i>Time 4 Me</i>	Shipley Baptist Church	Wednesdays 10.00 - 11.30am	£2 per session
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**Gentle Seated Exercise** *Exercise for those who may have more limited mobility*

Wrose Hill Chapel	Wednesdays 12.45 - 1.45pm	£2 per session
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**Walking for Health** *Guided walks for people of all ages and abilities*

Meet at Shipley Town Hall, Kirkgate	Fridays From 11.00am	Free
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**Mums with Bums and Tums** *Fun exercise classes for mothers of young children, with a free crèche facility (part of Kirkgate Katch Up)*

Kirkgate Community Centre	Mondays until 9th May 10.00 - 11.00am	£2 per session
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**Circuit Training** *Exercise for improving strength and stamina, for more active seniors*

Baildon Community Link	Tuesdays from 10th May 11.30am - 12.30pm	£2 per session
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**Ready, Steady, Cook** *A four week programme for adults and children to learn about healthy eating and develop their cooking skills*

For details of the next course, or to request a course for a group of people in your area, please contact us

# Healthy Living Project

## Social and wellbeing activities

<b>Chit Chat Club</b>	<i>Friendly social group for ladies</i>		
	Peaselands, Westcliffe Road, Shipley	Wednesdays 2.00 - 4.00pm	£2 per session
<b>Gentlemen's Club</b>	<i>Weekly social group for men of all ages</i>		
	Peaselands, Westcliffe Road, Shipley	Mondays 1.00 - 3.00pm	£2 per session
<b>Singing for Health</b>	<i>Singing and simple musical accompaniment for older people</i>		
	Hallcroft Sheltered Housing	Alternate Tuesdays 1.15 - 2.15pm	£2 per session
<b>Film Club</b>	<i>Matinee screenings of classic and recent films for people over 50</i>		
	Windhill Community Centre	Mondays 1.00 - 3.30pm	£2 per session
	Maple Court, Ash Terrace, Bingley	Mondays 1.15 - 4.00pm	£2 per session
	Cottingley Cornerstone Centre	Thursdays 1.00 - 3.30pm	£2 per session
<b>Peace of Mind</b>	<i>Meditation workshops to help you cope with stress, anxiety or depression</i>		
	Bingley Methodist Church	Tuesdays starting 3rd May 10.00am - 12.00pm	£2 per session
<b>Well Being Café</b>	<i>Entertainment, refreshments and support for older people with memory problems and their spouses or carers, or those experiencing isolation</i>		
	Moravian Church Hall, West Fold, Baildon	First Thursday in month 1.30 - 3.30pm	Free

## Health information

<b>Kirkgate Katch Up</b>	<i>Drop in service for expectant parents and parents/carers of young children, with access to a midwife (until 12 noon), support worker, breastfeeding advice and healthy eating for all the family</i>		
	Kirkgate Community Centre	Mondays 9.00am - 12.30pm	Free

## Coming soon!

HALE will soon be launching a new drop in service in Frizinghall for expectant parents and parents/carers of young children. Please contact us for more details.

## Sexual health and relationships

Information about our sexual health courses, Chlamydia screening sessions and C-Card condom scheme can be found on our website at [www.haleproject.org.uk](http://www.haleproject.org.uk) and our Facebook page at [www.facebook.com/haleproject](http://www.facebook.com/haleproject).

## Teethtastic courses

HALE organises fun, interactive oral health courses for groups of adults and children. If you would like to find out where the next course is running, or to request a course for a group of people in your area, please call us on **01274 271 088**.

## Networking and Befriending

HALE's **Networkers** offer support to anyone of any age who is feeling isolated, depressed or lacking in confidence to access local activities. Networkers can help with transport and will attend activities with you until you are confident to go on your own.

We also offer a Refugee and Asylum Seeker Networker service, **Stepping Stone**, which operates across the whole of Bradford.

**Befrienders** are volunteers who spend an hour a week with an older person who has become isolated for any reason, for a walk, a trip out, a cuppa, or just a good chat.

These schemes are **FREE** and you can refer yourself or someone you know by contacting HALE.

For a large print copy of this update please call 01274 271 088

## Contact details

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