



# HALE

Health Action Local Engagement Healthy Living Project

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## ABOUT HALE

HALE is a local charity serving the people living in the Shipley, Bingley, Baildon and Frizinghall areas. Most of our funding comes from the Teaching Primary Care Trust to deliver courses that will promote health in its broadest sense. For instance Helping people to lose weight – through exercise classes and cook and eat sessions, showing ways as to how best to protect children's teeth, supporting groups to discuss relationships and sexual health, or how to grow food – to name a few!

We recognise that all sorts of things can make people feel healthy, and we adopt a holistic approach to community health improvement, focusing on four themes:

- Health action through Creativity
- Health Action through Information
- Health Actions though Community
- Health Action through Fitness

**“Just nice to have some good company whilst going out and about...”**

*(Rosie’s Luncheon Club)*

## **WELCOME TO HALE’S 7th NEWSLETTER!**

In this newsletter you will see that we have several new courses and activities that anyone can join. If you have any idea for an activity that you would like to see take place locally, why not give us a call and we will see what we can do.

In addition we have two new members of staff that will be starting with HALE – Sally Heaton who is replacing Anji Stokes who has moved on to a job nearer to home, and Shirley People who will be the Networker co-ordinator.

## **BUS BUDDIES! GETTING OUT AND ABOUT IN YORKSHIRE**

At the request of some older people from Windhill, HALE has started a ‘Bus Buddies’ group. HALE employs a facilitator who with anyone who turns up on the day decides where to go using their bus pass. It is very informal but is a good opportunity to get out to local markets, towns, museums and parks.

The group meets every Thursday outside Lloyds Bar in Shipley at 10am aiming to return by 2pm. However, if you want to stay longer you can! All you need is your bus pass!

Bus pass forms are available from the Shipley Information shop or from the HALE office. For more information ring HALE on 437060.



## **HALE NETWORKER PROGRAMME EXPANDS**

Thanks to the Bradford and Airedale Teaching Primary Care Trust HALE have secured the future of the Networker programme.

Networkers are people who will visit anyone of any age, who is isolated, depressed, lacking in confidence or who just wants to find out about places they can visit with the support of someone else.

There are now 4 Networkers working in the Shipley and Frizinghall area – Carol M., Carol S., Lesley, and Peter plus, a new co-ordinator Shirley.

If you would like to know more or know someone who might benefit from the programme and would like to make a referral please ring HALE on 01274 437060.

In addition HALE have secured further funding from Social Services and are now able to provide more activities for older people in the Windhill, Bolton Woods and Wrose areas.

These activities will include: Rosie’s Roving Lunch Club, Singing for Fun, gentle exercise classes for older people, a film club and supporting Bolton Woods Community Centre luncheon club to have home cooked meals once a month.

People who have attended Rosie’s Luncheon Club have described it as “Their one day to get out of the house” and “Just nice to have some good company whilst going out and about to different places”.



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Call HALE on:  
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### **Using a Networker you can:**

- **Get support to access community groups**
- Find out what activities there are available in your area
- **Meet new people and build new social networks**
- Become a HALE member and support health activities in your community

**"I had no idea how it was so easy to be tested and the results are quick too."**

*(Peer to Peer Testing at Shipley College)*

## TALKING ABOUT THE 'S' WORD

7 young people have produced a DVD that shares their thoughts and ideas about sex and relationships. This is a great insight into how some young people think about such important issues. The DVD is shown at our accredited Speakeasy course, which is run for parents or carers who want to talk to their children about relationships, safe sex, and understanding puberty.

The course is a great way for people to meet and share experiences and at the same time be supported by a facilitator who can bring information and resources to the group.

One of the key learning points that comes out of the course is the realisation that talking about relationships and sex is never an easy thing to do, and often it is something that is regularly put off. These courses are free and will be delivered through out the year, please contact us if you are interested in attending.

## CLASH (COLLABORATED LEARNING AND SEXUAL HEALTH)

CLASH aims to give young people the opportunity to explore issues around relationships and sexual health openly and in a safe environment. By attending the course young people become aware of what makes good relationships and how they can be maintained through good communication, honesty and respecting their bodies.

The learning is done through creative activities including wall climbing and making their own RAP CD. If you are interested in taking part in such a group, or would like HALE to come and deliver the course to a group, please ring HALE on 437060.

## HALE IS 13TH BEST CHLAMYDIA TESTING SITE AFTER JUST 2 WEEKS

The Chlamydia testing programme has been set up as a response to Shipley being identified as having the second highest number of Chlamydia cases in the whole of the Bradford District.

If Chlamydia is left untreated it can cause long term health issues to the individual. The infection which is transmitted through sexual contact may spread to other parts of the body. For example, in females long term pelvic pain, blocked fallopian tubes, ectopic pregnancy and long term infertility are common.

In males Chlamydia can cause painful infection in the testicles and lead to reduced fertility. The Chlamydia infection can also travel to the liver causing pain and discomfort. Chlamydia is easily treated with antibiotics and HALE would like to work in partnership with young people to help reduce the rates of Chlamydia in the Shipley area.

*If you are interested in becoming a tester please contact HALE on 01274 437060. Training is provided and testers are paid £7 per hour.*



Photo:  
CLASH Group

Have your say – visit HALE's new Blog site at: [haleproject-sexualhealth.org.uk](http://haleproject-sexualhealth.org.uk)

**"I had no idea how to talk to my son about relationships until I went on this course..."**

*(Speakeasy Participant 2008)*

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**“I’ve loved doing the cooking and now do some of the cooking at home.”**

*(Youth Cafe Participant)*

### **THE ‘X’ FACTOR IN COOKING: READY STEADY COOK!**

This course is set up to support and encourage young people to cook foods that they may not have tried before, whilst learning new cooking skills.

The course has an element of competition with young people going head to head to cook a meal and allow others to taste and comment. Those tasting vote, as to which dish they prefer and the winner of each week goes forward to the next round and eventually at the final ‘COOK OFF’ an overall winner is chosen

Those groups that have already taken part are Bradford Action for Refugees, Shipley Youth Café and Bingley Young Parents group. HALE is currently looking for new participants so, if you would like to be the next Ready Steady Cook champion or know of a young persons project or community group who would like to take part please contact HALE on 01274 437060.

### **SCHOOLS BENEFIT FROM HEALTHY LUNCH BOXES**

There has been lots of publicity around childhood obesity and many Government messages asking people to consider what their children are eating. This is why over the past several years HALE has worked in partnership with local Primary Schools parent / carers and Teachers to help promote healthy lunch boxes. These sessions happen within school time and give children, parent / carers and teachers the opportunity to explore healthier options for children’s packed lunches.

The five week course gives children the chance to identify and prepare foods they would like to have in their packed lunches and offers parent / carers time to spend with their children taking part in a positive health activity.

### **DANCE YOUR WAY TO HEALTH: SALSA / TAI CHI**

These courses have been provided by HALE to give local people the opportunity to take part in a fun health activity, to support them in maintaining or improving their physical fitness, help reduce stress and create opportunities to meet new people in their communities.

Bolton Woods and District Community Centre participants have been enjoying a ten week course in the art of Salsa dancing. The course has been running Tuesday evenings and has proved very popular and participants are now working together to help sustain the activity.

For further information contact HALE or Bolton Woods on 588684. Tai Chi classes are being run at Baildon Link Community Centre Wednesday evenings 6.30pm – 8.30pm.

Tai Chi helps to develop body awareness, strength and balance, tone muscles, assist in weight loss and create an inner calm to help deal with stress!

If you would like to attend this course please contact HALE on 01274 437060, or Baildon Link on 01274 588681.

**“Everybody has enjoyed the course.”**

*(Participant from Bolton Woods Salsa Class 2008)*

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Call HALE on:  
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*Photos: Healthy Lunch Boxes Course Participants*

**"I love it here...  
...I love every minute of it!"**

*(Allotment User)*

## **KIDS GO WELLY CRAZY!**

The HALE allotment site represents an alternative environment for people to learn about where our foods come from, healthy eating, the environment, nature and green exercise. The site provides a space to meet, work as a group, relax and build relationships.

HALE has worked on the Redbeck site Shipley for the past three years and Community involvement at the site has trebled over recent months, with over forty individuals using the site on a weekly basis.

Groups now assisting on the site include Shipley, High Crag, Frizinghall and Heaton Royds Primary schools and Bradford People First (an organisation for people with learning disabilities).

The site boasts some fantastic volunteer whose contribution towards the allotment and the associated clubs is invaluable. Other allotment holders have made everyone who attends welcome.

At the allotment we cook food grown on the site and people can make the connection with food and its origins.

The allotment is a great place to be even when it rains! If you are interested in being involved in the site either as a volunteer or perhaps you would like to visit with a group please get in touch.

**"He gets so excited as soon as he sees a pair of wellies because he makes the connection with the allotment."**

*(Teacher's comment on a child attending one of the gardening clubs)*

## **HALE RECIPE: GOOSEBERRY FOOL CRUMBLE**

(Serves 6 – 8 depending on appetite!)

### **INGREDIENTS:**

- About 100g of freshly picked and well looked after Gooseberries!
- 1 sweet apple
- 500g tub of natural yoghurt
- About 50g sugar
- 8 oaty biscuits

### **DIRECTIONS:**

- Wash the gooseberries and cut in half.
- Chop up the apple.
- Put the fruit in a saucepan and gently heat, add 5 tablespoons of water to the fruit.
- When the fruit starts to bubble add the sugar – you can use less sugar if you do not want it to be very sweet.
- Gently simmer until the fruit becomes soft and put the pan to one side to cool down.
- Get the dishes ready.
- Put the biscuits in a plastic sandwich bag and scrunch them up until they look like crumbs.
- Share the yoghurt between the dishes and spoon some of the fruit mixture over the top of the yoghurt.
- Finally sprinkle the biscuit crumbs over the top. The Crumble fools are now ready to serve – enjoy!



Photo: HALE Allotment

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**“Everybody’s fitness has improved...”**

*(Time 4 Me participant)*

### **DON'T WAIT TO LOSE WEIGHT: IT REALLY IS AS SIMPLE AS 123!**

There are two new 123 programmes being run in the Shipley area. These groups support people to lose weight, learn about nutrition, take part in an exercise session and have some fun in a supportive environment.

The groups run on a ten week cycle, so there is always the opportunity to start afresh with the next 10 week programme.

The cost of attending the groups is only £2 a week, and they are based at Windhill Community Centre Thursday evenings 7.00pm to 9.00pm and Bolton Woods and District Community Centre on Tuesday mornings from 9.30am to 11.30am.

Also the Time For Me group which has been meeting for nearly 4 years now, continues to meet every Wednesday at Shipley Baptist Church from 10.00am to 1.00pm. This group provides the chance to meet new people, join in an exercise session and cook a healthy lunch together. The emphasis is on healthy eating and helping people to think about different kinds of foods and cooking methods.

Guest speakers also visit the group at least twice a month. You can just go along to any of these groups or ring HALE for more information.

**“It’s been fun learning  
new cooking skills.”**

*(Previous Cook and  
Eat participant)*

### **COOKING UP A STORM FOR OLDER ‘RELI’S’**

Young people have been taking part in Cook and Eat sessions with a difference.

Bolton Woods and District Community Centre are hosting a short course provided by HALE for young people to come along and learn cooking skills and try new foods.

The course is running for 10 weeks and for the first 9 the young people will cook. For their own group and on the 10th week the participants will invite an older person from their family or community to come along and enjoy a free meal whilst meeting new or catch up with other community members.

### **TEETHASTIC: MOUTHING OFF IN SHIPLEY!**

A new healthy teeth course has been developed by HALE. It covers infant tooth decay, bottle to cup, sugars, healthy snacks and teeth brushing.

Although the course is teeth focused it does promote the importance of a healthy diet and how this contributes to healthy teeth.

By including a chop and taste session and a session on making their own baby foods. Parent / carers gain knowledge of what constitutes a balanced diet and the benefits of this to the overall health of their families.

The course runs over five weeks for one hour per week and is taking place in toddler, play and learn, and play groups through out the community.

***If you are involved in a group or know of any groups that may be interested in having the course delivered please contact HALE on: 01274 437060.***

Have your say – visit HALE’s new Blog site at: [haleproject-oralhealth.org.uk](http://haleproject-oralhealth.org.uk)

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*Photos: Young Persons Cook and Eat Course Participants*

**“I didn’t realise fizzy drinks were so harmful.”**  
(Oral Health Participant)

## WHAT’S ON AT A GLANCE: HEALTH COURSES / ACTIVITIES

Activity	Venue	Date	Time
123 Club	Bolton Woods Community Centre	Every Tuesday	9.30am to 11.30am
123 Club	Windhill Community Centre	Every Thursday	7.00pm to 9.00pm
Bolton Woods Luncheon Club	Bolton Woods Community Centre	Every Monday (Transport Available)	11.00am to 3.00pm
Bus Buddies	Meet outside Lloyds Bar, Shipley	Every Thursday	10.00am to 2.00pm
Chlamydia Screening	Various Locations	Various Dates	Various times, please contact HALE
CLASH	Shipley Youth Café	11th September	4.00pm to 6.00pm (Ring HALE to book)
Foody Footsteps Walking Group	Meets at the bench outside Shipley Town Hall	Every Friday	Contact Walking for Health on: 322172
Gentle Seated Exercise	Hallcroft Sheltered Housing, Windhill	19th September	10.30am to 11.30am
Line Dancing	Ivy Bank Sheltered Housing, Shipley	Every Tuesday (Starting 14th Oct)	11.00am to 12.00pm
Monday Matinee	Windhill Community Centre	Every Monday (Starting 6th Oct)	1.00pm to 3.00pm
Healthy Teeth	Bolton Woods Play and Learn Group	Every Thursday (11th Sept to 9th Oct)	9.45am to 10.45am
Healthy Teeth	Christian Life Church Playgroup, Shipley	Every Wednesday (17th Sept to 15th Oct)	10.10am to 11.10am
Healthy Teeth	Frizinghall Primary School	Every Tuesday (7th Oct to 4th Nov)	9.15am to 10.15am
Singing For Health	Hallcroft Sheltered Housing, Windhill	Every other week, starting 25th September	1.15pm to 2.15pm
Tai Chi	Baildon Link Community Centre	Every Wednesday (17th Sept to 19th Nov)	6.30pm to 8.30pm
Time 4 Me	Shipley Baptist Church	Every Wednesday	10.00am to 1.00pm
Wycliffe Parent and Child Cook and Eat	Wycliffe Primary School	To Be Confirmed	4.00pm to 6.00pm
Young Persons Cook & Eat	Bolton Woods Community Centre	Every Tuesday (9th Sept to 11th Nov)	5.00pm to 7.00pm



Photos: Healthy Teeth Course Participants

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## CONTACT DETAILS

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