

## What is Active West Lancs?

- It's a partnership to improve the health and well being of the population of West Lancashire
- Offers programmes of early intervention and prevention activities for obesity prevention, weight management and physical activity
- Targets different sections of the community using local facilities and green spaces
- Both medical referral and self referral onto specific courses



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## ive west Lancs

Join today - there's plenty of ways to get active

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# Active West Lancs funding

- 'Active West Lancs' partnership commissioned by LCC to deliver a three year programme to improve Health & Wellbeing
- Possible 2 x 12 month extensions subject to contract and funding availability







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# Active West Lancs

Join today - there's plenty of ways to get active!

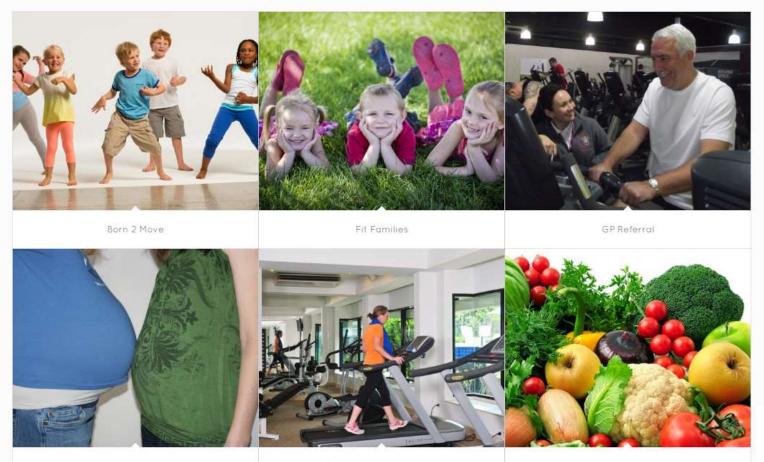
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ACTIVITIES

SIGN UP

## Latest Activities

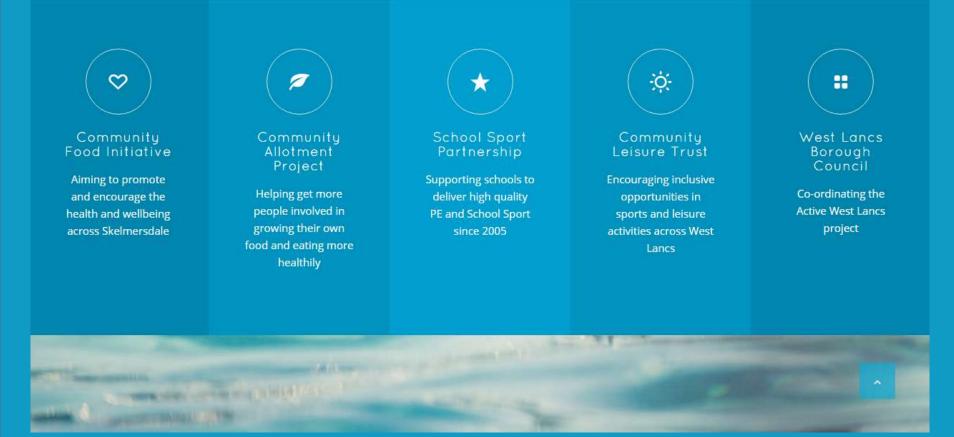


Building blocks for a healthy future

Supported gym sessions

12 week challenge

## We are a local West Lancs partnership of...



## West Lancashire Borough Council

- Co-ordinates overall project including administration support, publicity and promotion
- Delivers an enhanced 'Walking Programme' that covers a wide range of countryside and health walks that are accessible to all
- Co-ordinates GP referral appointments, bookings and reviews
- Actively encourages and develops the use of our Green Gyms within our parks and green spaces



on 01695 555804 / 01695 585145 www.westlancs.gov.uk/leisure





Skelmersdale Community Food Initiative

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#### O Duration

1.5 hours per week for 12 weeks

#### ✓ Location

Greenhill Community Centre, Off Lancaster Drive, Skelmersdale, WN8 8DL

#### Booking

Contact SCFI on 01695-720555

Price FREE Helps you to look at the importance of a healthy diet & lifestyle – to help understanding of how diet affects health, behaviour, and our ability to lose weight.

This is group session which helps individuals learn from one another. The group facilitator supports participants to become independent by the end of the programme and helps participants to achieve their ideal weight.

Topics include 12 sessions for physical activity, diet traps and sabotage, cravings, portion sizes, alcohol, pitfalls and peer pressure, comfort eating, weight loss plateau and maintenance.

This is a 12 week programme, run 3 times per year

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- O Duration
  2.5 hours monthly session
- Location
  SCFI Project, 14 Westgate,
  Skelmersdale WN8 8AZ
- Booking Contact SCFI on 01695-720555
- Price FREE

Learn how to cook to lose weight.

These monthly sessions provide the latest information using the Eat Well plate. Learn how you can cook and eat foods that support weight loss.

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#### O Duration

Every Friday: 1 hour – weekly session for 6 weeks

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Nye Bevan Pool, Southway, Skelmersdale WN8 6LT

#### 🛷 Booking

Contact SCFI on 01695-720555

Price FREE Helping people with existing health conditions to access gyms & equipment.

Helps you build on efforts achieved in previous movements programmes linked with weight loss and /or health improvement

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### **ACTIVE WEST LANCS**

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#### O Duration:

4 sessions – 2 hours per session

- Location: West Lancs Children's Centres – 3-4 times per year
- Booking:

Contact SCFI on 01695-720555

Price: FREE Gives expectant mums time and space to recognise the importance of looking after themselves, as well as the chance to improve their physical activity and how this relates to their bump and baby.

As this is a pre and post natal programme, mums will be able to monitor their own strengths and barriers in their changing circumstances.

This Pre and Post Natal Programme is held 3-4 times per year in Childrens Centres within West Lancs on a rotational basis



O Duration 1 hour

Location
 Greenhill Community Centre, Off
 Lancaster Drive, Skelmersdale, WN8
 9HR

Booking Contact SCFI on 01695-720555

Price FREE Move for Health is a weekly low impact exercise session which can be chair-based or standing.

It aims to improve your health, fitness and mobility through low intensity and low impact exercise.

Move for Health can help increase your sense of wellbeing, and help you feel more mobile.

West Lancs Community Food Growing Project

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### **ACTIVE WEST LANCS**

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O Duration Variable

✓ Location Various 🛷 Booking

email us: enquiries@wlcvs.org

Price
 FREE

West Lancashire Community Food Growing Project works with groups of local people to set up new food growing sites (or help improve existing ones). Since the project started, groups have set up new sites in Roby Mill, Skelmersdale, Ormskirk, Upholland and Hesketh Bank.

We also work in schools to encourage food growing from an early age.

If you are interested in starting up a new allotment site or would like to find out how to get a plot, do get in touch!

## Where?

- 23 Community Food Growing sites in West Lancs
- 18 conventional allotment sites across the Borough
- 4 Communal Food Growing sites in Ormskirk, Newburgh and Skelmersdale
- 1 Community Supported Agriculture Site in Burscough







## Or join the Schools' Food Growing Movement

- 25 Schools in West Lancs with their own allotment site
- 12 of whom are attending the 2016 'Show What You Grow' Day at West Lancs College on 13<sup>th</sup> July

















'Show What You Grow' Schools Day 2015 West Lancs School Sport Partnership

## **School Based Programme**

- Links with 59 Primary Schools & 8 Secondary Schools across West Lancs
- Physical activity and health promotion programmes to 4-16yr olds and their families
- 12 week programmes of intervention both practical and theory workshops

## **School Activities**

## • Born to Move

- help children to shape physical activity habits
- age-appropriate movement with music
- toddlers through to teens

## • Dr Feelwell

- age appropriate health promotion messages via cartoon style character
  key messages include Healthy Heart, Be Weight Wise, Healthy Eating &
  Get Active
- Focus Groups target those at greatest risk from childhood obesity
- Fit Families encourage to learn and change habits to lead a more healthy, active lifestyle
- Mass Participation Events

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- O Duration 1 hour
- Location
  Various schools

- Booking
  - Contact Angela on 07776230033 or email westlancspdm@hotmail.co.uk
- Price
  FREE

The Fit Families Programme encourages families to come together to learn and change habits in order to lead a more healthy active lifestyles.

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- O Duration1 hour for 12 weeks
- Location
  Schools across West Lancs
- Booking Contact Angela on 07776230033
  - or email westlancspdm@hotmail.co.uk
- Price FREE

Born to Move classes help children to shape physical activity habits.

Combining a motivating and scientifically proven mix of age-appropriate movement with music, these classes captivate toddlers through to teens and fuel a life long love of physical activity along the way.

If you would like to discuss offering Born to Move in your school, please contact Angela Ma, Health and Wellbeing Lead, on 07776230033.







# West Lancs Community Leisure Trust

## Where are we?

- Nye Bevan, Skelmersdale
- Park Pool, Ormskirk
- Banks Leisure Centre
- Burscough Racquet & Fitness Centre









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- O Duration 12 weeks
- ✓ Location: Various

- Booking
  Contact Emma on 01695-585152
- Price
  FREE

Your GP can refer you to a 12 week programme to do one of the Active West Lancs activities.

These sessions are either supervised, partly supervised or self-regulated, but are fully supported by the Activity Officers

## Boditrax...

- Interactive, stand alone unit
- Easy to read, touch screen display
- Provide instant analysis of a clients health & fitness status
- Monitor progress over a period of time
- Goal-setting mode increase motivation
- Data stored in user personal account



## we would love to hear from you...

**Contact Emma Davies** 

Phone: 01695-555804

E-mail: <u>activewestlancs@westlancs.gov.uk</u>

www.activewestlancs.org



## In fact we would like more than that...

- Join us as an Associate Partner organisation
- Use the Active West Lancs Logo and our publicity machine
- Increase your own membership
- Help us get more people in West Lancs active
- Watch out for the Small Grants Pot to be announced later in the year