



ACTIVE WEST LANCs

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Active West Lancs

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

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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



Active West Lancs

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SIGN UP

ACTIVITIES

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



Active West Lancs

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

SIGN UP

ACTIVITIES



A few of the
Latest Activities



Born 2 Move



Fit Families



GP Referral



Building blocks for a healthy future



Supported gym sessions



12 week challenge

We are a local

West Lancs partnership of...



Community Food Initiative

Aiming to promote and encourage the health and wellbeing across Skelmersdale



Community Allotment Project

Helping get more people involved in growing their own food and eating more healthily



School Sport Partnership

Supporting schools to deliver high quality PE and School Sport since 2005



Community Leisure Trust

Encouraging inclusive opportunities in sports and leisure activities across West Lancs



West Lancs Borough Council

Co-ordinating the Active West Lancs project



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

Let your feet hit the street

Get active!

Open to all - no bookings required!



Burscough Health Walks

Meeting Point:
Richmond Park
(Bowling Pavilion)
Off Junction Lane
Burscough L40 2XY

Tuesdays
10.00 - 11.00am

Ormskirk Health Walks

Main Meeting Point:
Coronation Park
(Bowling Pavilion)
Ormskirk L39 3BY

Wednesdays
1.00 - 2.00pm

Banks Health Walks

Meeting Point:
Banks Leisure Centre
Greaves Hall Avenue
Banks PR9 8BL

Thursdays
10.00 - 11.00am

- Walks are suitable for beginners and those returning to exercise
- Wear suitable clothing and footwear for all weathers
- All new walkers are requested to arrive 10 mins prior to walk commencing

Walks may be cancelled due to adverse weather conditions.

Monthly Advanced Walks will be led by WLBC Ranger service
on the first Monday of every month, 4-6 miles
covering various locations across the borough.

**For more information please contact West Lancs GP Referral Officer
on 01695 555804 / 01695 585145
www.westlancs.gov.uk/leisure**



Skelmersdale Community Food Initiative



12 Week Challenge

🕒 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



Eat Well 2 Lose

🕒 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.

Supported Gym Sessions

🕒 Duration

Every Friday: 1 hour – weekly session for 6 weeks

📍 Location

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



Building Blocks for a healthy future

🕒 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

A photograph of three elderly individuals sitting in red chairs, smiling and performing a seated exercise with their arms raised. The man on the left is wearing a red t-shirt and dark trousers. The woman in the middle is wearing a light blue t-shirt and dark trousers. The woman on the right is wearing a pink t-shirt and dark trousers. The text 'Move 4 Health' is overlaid in white on the image.

Move 4 Health

🕒 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 Lincs Community Food Growing Project



Grow your own

🕒 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



St Teresa's, Upholland



Hesketh Bank



Owen Avenue, Ormskirk

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 13th July



'Show What You Grow'
Schools Day
2015

West Lincs 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**



🕒 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.



Born to Move

🕒 Duration

1 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











🕒 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: activewestlancs@westlancs.gov.uk

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