

# Summer 2009

Mobile Play has recently been piloting school play sessions which allow our qualified playworkers to go into schools on a lunchtime and play with the children there. We have found that the children have really enjoyed having people to play with them at lunchtimes and have been asking us to go back every day!



## Fund Tastic News

We are pleased to announce that we have been successful in securing a contract with Leeds City Council to deliver extra Mobile Play Services for both East and North East Leeds. Mobile Play will now have weekly sessions in, Beechwood, Alwoodley, Carr Manor, Seacroft, Whitkirk, Kippax, and Richmond Hill. For more information about Mobile Play, contact Vicki on 0113 350 4208.



The Feel Good Factor (FGF) aims to improve the health of people in the City of Leeds through improved access to opportunities for healthy living and promotion of physical and mental well being. Our themes include:

- Healthy Eating
- Dance, Arts & Exercise
- Information & Access
- Training/Education
- Mobile Play
- Young People's Health
- Older and Active in Leeds Project

For more information about The Feel Good Factor contact our office on: 0113 350 4200

## Actively doing 'All Sorts'



A bit of rain did not curb the enthusiasm of the Potternewton Strolling Group (on the right). They put their best foot forward and put up their umbrellas and still enjoyed their weekly walk. Community Health Educators Suet Linn and Sukhi are doing a brilliant job of motivating this dedicated



group. If you would like more details about our groups, contact Jaki Caroll - 0113 350 4213. **Tai Chi Sessions at Roscoes**



The Roscoe Methodist Church in Chapeltown have been so popular that we have decided to continue them. Community Health Educators, Alison and Suet Lin have been helping at the classes and say "that everyone has been really enjoying them". The popularity of these

classes has meant that our Co-ordinator, Hillary, is now looking to set up session in the Holbeck area of Leeds. Get active and join in!

## Older and Active project to lead in falls prevention work

Many older people are injured each year due to falls. Some of these falls are caused by badly fitting footwear. The 'Sloppy Slipper' events are really making a difference. With older people swapping badly fitting slippers for correctly fitting ones. We are working in partnership with Leeds City Council to help bring these events across the city. We are hoping that in future months we will be able to hold monthly events in various neighbourhoods.





**What's in your lunchbox?** One of the courses FGF have been running has been a healthy packed lunch course for parents. Parents learnt all about healthy eating and what kinds of foods could go into a healthy packed lunch and what foods would go into a less healthy lunchbox. One of the main things we learnt was that no food is bad and we can enjoy all foods, but we should have some just as a treat occasionally to be healthy!

### **Carr Manor High School Gets Active!**

FGF are delivering aerobic classes for parents every Monday from 9.30-10.30. Classes are suitable for all levels with a crèche facility for parents with younger children. Sessions are open to the community so contact Tara on 0113 350 4200. Get active and join in the fun.



**New Gardening Group** will start Thursday the 16<sup>th</sup> of July from 10:00am – 12:00pm at Feel Good Factor, 53 Louis Street LS7 4BP. Contact Tara for details about the group.

Feel Good Factor will be bringing a number of training courses from September 09. If you would like more details and a full list of our training programme, visit our website (details below). You can contact Lynn/Zobi on 0113 350 4200 to book your place. Here is some of the training that we have included in our programme:

- Food Safety
- Train the Trainer
- Confidence Building
- Monitoring & Evaluation
- Presentation Skill
- Minute Taking
- First Aid

**Paediatric First Aid Training and Fire Warden Course also being included in the programme**

There are a number of courses that we can also deliver outside our training programme to groups of a minimum of 8-10.

This includes:

Food Awareness  
Food Safety  
Paediatric First Aid  
Confidence Building



### **Men's Gym Sessions**

Starts Thursday

30th July

Leeds Thomas Danby College

Contact Tara on 0113 350 4214

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