

FGF Winter 2009/10



OCN Courses & FGF

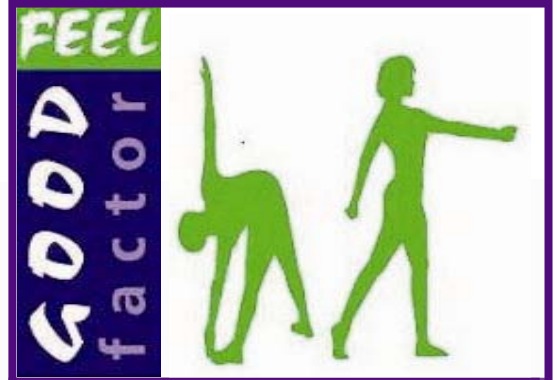


FGF have now been recognised



as a centre to provide NOCN Qualifications. That means we are now able to deliver a range of Open College Network

courses within our own premises and award accreditation. We are pleased to announce the delivery of our first Accredited Community Health Educators Course. Feedback has been great, "I look forward to Monday mornings since I started this course, thanks to the tutors"



NEWSLETTER

Issue 21 2009



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:

- ☑ **Community Wellbeing**
- ☑ **- Healthy Eating**
- ☑ **- Physical Activity**
- ☑ **- Mental Well Being**
- ☑ **Mobile Play**
- ☑ **Training and Education**
- ☑ **Older and Active in Leeds Project**



To kick off the Cook4Life campaign, we took part in

a special week of cookery activities down at Kirkgate Market at the "All Being Well Stall".



Over 65 people in the space of 2 hours tried our crumpet pizzas as well as giving out loads of goodies! Esther, above right, giving out those yummy crumpet pizzas.

You can download our recipes on our website www.fgfleeds.org



FGF Community Health Educator's Course

nocn
NATIONAL OPEN
COLLEGE NETWORK



There is so much to learn on the Community Health Educator's course, which has the potential to empower and enable you to go on in many different directions. This course prepares you to go out into the community and deliver positive messages around health. So if you think that may be you, then contact the Older and Active Project on 0113 350 4200 and book onto our next coming course.



FGF Training Programme Preview 2010



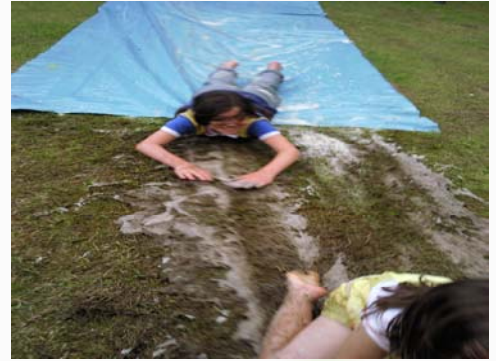
Take a look at some of the training we will be offering in the New Year

**First Aid Training - Marketing - Supervision Skills -
Train the Trainer - Paediatric First Aid - Food Awareness -
Confidence Building - NLP Training - Money Management**

Mobile Play Project

We have had over 400 children access our sessions throughout the Summer and October holidays. The children have been involved in water fights, water slides, face painting, apple bobbing, dressing up, sloppy slime and much more. Don't forget our sessions are open access (allowing children to choose when to come and go), and are aimed at children aged 5-13, and often involve lots of messy play! We have weekly sessions running in Alwoodley, Richmond Hill, Seacroft, Beechwood and Whitkirk. More sessions coming soon to Harehills, Carr Manor and Kippax. Give Vicki a call on 350 4200 for more information!!!!

Project Updates

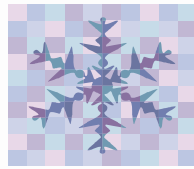
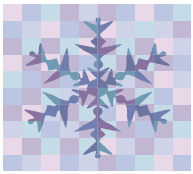


Stretch and Tone

Come and join us at
Bankside Primary School
Wednesdays
10.30am –11.30am
Sheperds Lane LS7



Stretching muscles properly will prevent injury and help prepare your body for the exercise to follow. The aim of stretching is to gently lengthen muscles before and after any exercise, and improve tissue elasticity and flexibility. Feel Good Factor have a number of physical & mental well-being activities in the community, including Gardening, Aerobics, Replenishing Minds and Men's Gym. Contact Tara on 0113 350 4212 for lots more information.



Community News

Meet the Feel Good Factor Team

From left to right, Corrina Lawrence (Executive Director), Tara Schelander (development worker), Nikki Cole (development worker), Hillary Stoddart (Health Programme Manager), Vicki Schofield (Mobile Play Co-ordinator), Zobi Barok, (Training Co-ordinator), John Dracup (Finance Officer), Esther Foster (development worker), Lynn Cuthbert (Office Manager) and last but not least Jaki Carroll (development worker).



Older and Active has been running over a year now. We have developed many new opportunities for older people to remain physically active and meet new people. Such work includes weekly walking groups, EXTEND and Tai Chi classes (on the left) and swimming lessons. EXTEND classes provide movement to music for both men and women over 50. We run weekly Tai Chi classes at Roscoe Methodist Church every Friday between 10.30 - 11.30. If you are interested in any of the above activities contact Jaki/Hillary– 0113 350 4200 for more details.



Every effort has been taken to ensure the accuracy of the content, but no responsibility can be taken for any error or omission. The opinions of contributors do not necessarily reflect the views or policies of the Feel Good Factor, nor does the inclusion of an item, insert or advertisement constitute a recommendation.



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