



BE WELL TAMESIDE

Be Well Tameside offers a holistic, early intervention and prevention service which can reach and support more Tameside residents who present a range of lifestyle issues and other factors which impact on their health and wellbeing. Our offer includes; One to One support, Community Liaison Work, Community Physical Activity Sessions, Oral Health Improvement, Community NHS Health Checks, Marketing & Campaigns and a great training prospectus available to partner agencies

Be well Tameside now offer a FREE comprehensive training prospectus, available to partner agencies. We offer accredited level 2 Royal Society of Public Health courses along with various others courses including MECC & Cancer Awareness. If you would like further info or a copy of the prospectus call our training officer (Jo Corcoran) on 0161 716 2000

At Be Well Tameside we know how important it is to connect with others. We launched 2 new social groups call 'Be Well Together' – one at New Life Church Ashton on Tues 1-3pm and the other at Denton Methodist Church on Weds 1-3pm. If you are at a loose end come along for a brew, a chat, make new friends or get some lifestyle advice. We welcome anyone and would love to see you! For more information give us a call on 0161 716 2000

A story shared by Joseph.....

This is Joseph aged 24. He was referred into Be Well Tameside lifestyle changes.

"I weighed 88.1kg, my waist measured 92cm, I was drinking far too much alcohol and felt like I needed some intervention to improve my lifestyle. I suffer from Psychosis and my general health wasn't up to scratch."

"I had been drinking too much and one day I had an accident where I fell and injured myself and I knew it was time to put a plan into action. I had my first appointment with Mags my health & wellbeing advisor and I've never looked back! We set some goals to reduce my drinking, cut out junk food, eat more fruit/ veg and start on some physical activity. We discussed my confidence and self-esteem and worked on it every time we met up. I have stuck to my plan with Mags help and have worked hard."

"I now weigh 79kg (a total loss of about 19lbs) and my waist is now 84cm (a loss of 8 cm). I don't drink at all, and feel so much better generally. I don't feel as depressed, I am full of energy, I don't feel angry anymore and have lots of confidence! I am now at the Health & Wellbeing College but would like to go back to university to do a degree. Mags is brilliant, she really has helped me a lot! Be Well Tameside is a fantastic service, the best out there!"

Margaret Fitzgerald, Joseph's Health & Wellbeing advisor says "We had a great connection from the beginning; I could see his self-esteem was really low, his direction in life wasn't great. But I also saw a really intelligent guy who had gone through tough times, he glows now! He took everything on board and achieved all of his goals. I am totally proud of him!!"



Upcoming Workshops

Sleep, Stress & Relaxation – hints and tips on getting a good night's rest, dealing with stressful situations and relaxing

Lifestyle – help and advice on eating a healthy diet and getting enough physical activity.

Workshops are held at various venues across Tameside -Call 0161 716 2000 to book a place or for more information



BE WELL TAMESIDE

Christmas is a particularly busy time of year for our local foodbanks. Some of our staff volunteered at St Marys Haughton Green last year – it was so busy, the volunteers were rushed off their feet. Any foodbank in Tameside would greatly welcome donations from your organization to help out people struggling over Christmas. They always need tinned stuff, dried foods (pasta, rice etc.) cordials, ladies sanitary products, soap, shampoo etc. For more info go to <http://www.foodbanksintameside.org.uk/>

Quote of the day brought to you by our admin support Alison.....

“Merry fitness and a Happy New rear!”



Welcome to our new admin team member – Alison Green, pictured here with our Emma who has held the Be Well fort singlehandedly for ages!!

When you ring Be Well Tameside, these are the lovely ladies you will speak to!

Welcome to the newest members of our training team, Kelva and Adele.

Kelva is our training team admin and Adele is our new training officer, alongside our lovely Jo they'll make a fab team!!

A Day in the life of.....Jo Corcoran – Training Officer
*My working week varies hugely. A normal day will start off with me going to the office to check my emails and catch up with my team members. There is a lot of planning involved in delivering training in the community; we deliver a lot of RSPH accredited training which is proving very popular with partner agencies so I always need to keep my knowledge up to date and check our booking website regularly. The main part of my job is the delivery of training which I enjoy the most – I love meeting new people and feel a sense of satisfaction knowing that I have taught them something that will help them to support their service users.
Once I've delivered my training its back to the office to start prepping for the next day's course – it keep me on my toes but I love it!
After a busy day at work I like to go to the gym, swimming and I love long country walks!*

Reminders

New dates for **NHS Health Checks** are now available to book on to! They are held at various clinics throughout Tameside (even some weekends).

For dates and locations check our Facebook page; **Be Well Tameside** or call **0161 716 2000**

We still have some availability on a few of our training sessions. Have a look on...
<https://www.eventbrite.co.uk/signup/>

