

## Relax, Release, Revitalise

The aim of this programme is to provide tools and techniques to enable participants to cope with everyday stress in a positive way, creating a more balanced state of mind and sense of well being. The sessions will gradually build up participants self esteem and motivation. Each session, participants will take away useful handouts as well as a small piece of equipment such e.g. a massage ball. At the end of the programme, participants will feel re-energised, re-assess their personal issues with a new positive outlook and be 'comfortable' in their own skin. These skills can then be shared with family and friends. As an additional element, you may wish to extend the session to 2 1/2 hours by having an extra half hour at the end of the sessions where parents and children relax together and can then support each other in the techniques at home.

Length of programme	6 sessions
Length of standard session	2 hours
Optional family learning session	2 1/2 hours

## Shimmy shake - Feel Great!

This program has been designed to help individuals change their eating habits and behaviour in a fun and exciting way, resulting in an increase in confidence, motivation and will-power.

This program explores how small changes can have a large impact on how we look, feel and think, using ideas which are affordable, accessible and convenient.

Each session contains a range of ideas, information, discussions, practical examples followed by lots of laughter and informal games. A variety of topics will be covered including nutrition, exercise, relaxation, stress management, assertiveness and goal setting.

Length of programme	A choice of 6 out of 10 sessions
Length of standard session	2 hours

## Community Health Educators Course (IC/CDH)

An introduction to community development and health, this is an excellent starting point for anyone who wants to branch out towards a career in health or volunteer or work within their community. The full course runs over 14 weeks or the 5 Units can be run separately running for approximately three weeks per module. The course is accredited at level 2, with an option to also offer level 3, by Open College Network to 15 credits which can be added to other similar OCN credits. By the end of the course learners will have a raised consciousness and understanding of community development. The course builds confidence, may improve employability and help networking. Units can be grouped in any way to suit the needs of the people you are working with e.g. you may choose to run unit 1- What is health? and 2 'Power and Powerlessness or the full course, you may also choose to run the course without accreditation.

Length of programme	4 hours
Full programme 14 sessions or units of three sessions for each unit	
Length of standard session	4 hours

For more information please contact us

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## Who are we?

Healthy Living Network Leeds aims to build capacity and address health inequalities through sharing information and building relationships and trust within local communities. We aim to enable and empower the people of Leeds applying the principles and values of community development, to make small changes towards a healthier lifestyle, and encourage a sense of well being.

## Why Choose Pick and Mix?

Our range of 'Pick and Mix' packages will support your existing work with individuals and families, allowing you to create an informal learning framework which will reflect all needs. You can literally 'pick and mix' which courses are appropriate.

The 'Pick and Mix' packages enable and empower individuals to take control of their own and their family's health and well being as well as develop new skills and interests. There will be lots of opportunities for discussion, sharing experiences, practical activities and reflection. We offer opportunities for personal development in a fun, practical and professional manner. Our community workers/ trainers have many years experience of understanding and engaging with many different communities across Leeds. We believe that communities often have the skills within themselves to be self sufficient and lead much more satisfying lives if they are encouraged to be involved and participate in local activities. This will have a local and global impact and a benefit for all of us.

[More info](#)

## What can I 'Pick and Mix'?

As part of our initial support, we offer an assessment visit to yourselves or the group you are working with to explore which courses may be suitable and discuss venue, publicity etc.

Each of the options below is individually priced within the package.

- **FAMILY LEARNING OPTION**

Some of the packages allow you to add a family learning element to the course so that parents and children are learning and helping each other.

- **BUILD YOUR OWN**

Some of the packages allow you to build your own package by choosing for example 6 from ten sessions to build a suitable course.

- **MONITORING OPTION**

As all the packages have projected outcomes we also offer an option to evaluate the course and provide monitoring for you against those outcomes, this to be done using the Rickter scale which will also provide you with a print out for each participant.

## What do I do now?

Have a look through the brochure and see which packages may interest you. Then all you need to do is contact us and we can have a chat and send you further details and prices. We can also arrange for a visit to explore what options would be appropriate for your needs.

## Top To Toe Health

This programme explores health from top to toe, each week discussing a different area of the body, health issues and checks around that area and ways of promoting good health as well as a chance to receive a supporting therapy. The sessions allow plenty of time to discuss issues so that appropriate referral and signposting can be done and to enjoy the practical treatments on offer. All activities are informal and fun to enable everyone to contribute and engage. You also again have an option to input a family learning element into the end of the session for children and parents to enjoy an activity together.

Length of programme	6 sessions
Length of standard session	2 hours
Optional family learning session	2 ½ hours

## Let's Talk Money

This programme has been developed to fit with the realities families face everyday in an interactive way. The two hour sessions explore attitudes to spending, saving, borrowing and budgeting and how to make financial choices. Each week participants will discuss, work as teams and individually to look at their own financial attitudes with a view to prioritising and considering future sources of help. Developed by learning partnerships and IPF and groups of parents, this programme aims to 'narrow the gap' and improve the quality of life for the people living in Leeds. You also again have an option to input a family learning element into the end of the session for children and parents to enjoy an activity together.

Length of programme	6 sessions
Length of standard session	2 hours
Optional family learning session	2 1/2 hours

## Just 4 Tenants

This ten week programme encourages tenants to build new skills and acquire knowledge necessary to enable them to enjoy a successful tenancy and make the most of their home. A small kit of equipment will be given to each tenant after each session relating to the skills acquired so that tenants can use them at home to put their learning into practice. A range of ideas are covered in the four hour sessions including basic D.I.Y, healthy eating and decorating to living in your environment and understanding your community. This course enables those who may not have accessed mainstream learning as they do not have the capacity, confidence, social skills or motivation to access informal learning which will have a lasting effect on their lives. It does not have an impact on other allowances compared to other courses thus creating an opportunity for all.

Length of programme	10 sessions
Length of standard session	4 hours

## Make do, Grow and Mend

A chance to make your own course by choosing six from the eight sessions on offer. This programme encourages us to save money by mending, not throwing away, making instead of buying and growing your own things at home. Skills our grandparents once had are re-kindled such as sewing and knitting so that we can be creative in our own homes and transfer these skills to other areas. Each session you will have the opportunity to take home the items you have made as well as lots of handy tips.

Length of programme	6 sessions
Length of standard session	2 hours
Optional family learning session	3 hours