



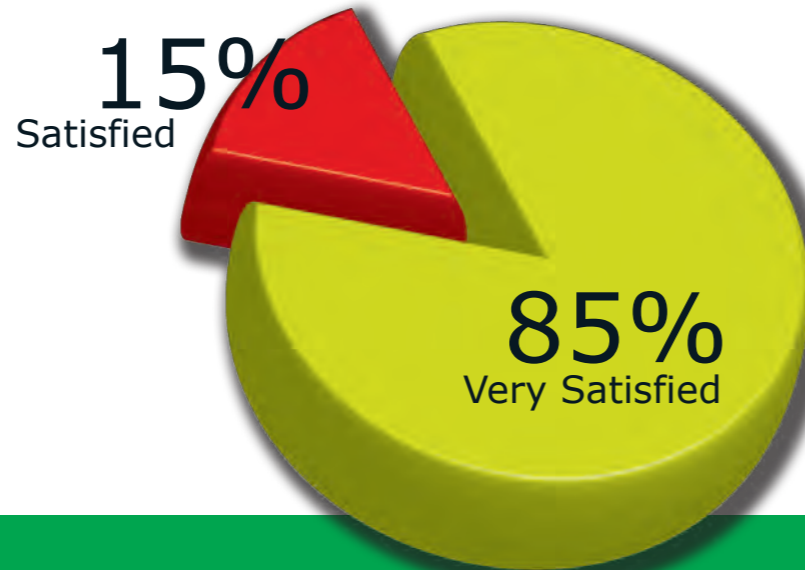


How we are doing so far..

-  VERY SATISFIED
-  SATISFIED
-  DISSATISFIED 0%
-  VERY DISSATISFIED 0%



Who are we..?

We are part of the Sport and Healthy Living Division within Wigan Leisure and Culture Trust and provides programmes to support people in becoming more physically active to improve their health and quality of life. We are responsible for maintaining and increasing the numbers of people involved in health and physical activity programmes across Wigan Borough.

We also provides targeted physical activity and health programmes for sedentary adults, priority target groups, e.g. older adults, learning disabilities, chronic health need, under 5s (including parents and carers), employees and targeted communities. We currently provide over 120 activity sessions within the borough each week.

Our Team consists of 54 staff members plus freelancers and volunteers who help deliver our programmes. This newsletter is designed to keep you, our customers, in touch with all that is going on and news of our current and future programmes.

Wigan's Older People's Day

To tie in with National Older People's Day, Wigan held its own event on the 8th October. Organised by Active Living and Wigan Council's Older People's Day Care Service, the event took place at St Peter's Pavillion in Hindley.

As well as over 120 visitors, 21 organisations were exhibiting at the event, and Active Living was on hand to offer demonstrations of Tai Chi, Wii Fit and chair-based exercise.

From Volunteer to Employee!

Joanne was a working Mum who had a background working with children with severe learning disabilities. Although Joanne worked part time she found the time to ensure that she could take her daughter to the exercise sessions run by the team. After a short time Joanne approached the instructor and started helping out at the sessions on a voluntary basis. The programme actively promotes participants to become more involved in the sessions and to assist as volunteers and where possible complete training to develop themselves into freelance staff. Following a period of training and voluntary work Joanne was asked to assist in the delivery at one of our sessions.

Here is what Joanne has to say about her journey

I first applied for a position but unfortunately at that time I had no specific fitness qualification so I started freelancing for the team along side my main job. Once I had these basic qualifications and experience of freelance instructing I again applied for a staff position on the team and this time I was successful. I was so excited when I got the job and was eager to get started setting up new sessions, making a difference to the physical health and nutritional knowledge of children and carers in my areas. One of my roles is to continue and build on the good relationships between community groups, development workers, and families. I now find myself mentoring the Team's volunteers and freelance workers so I have now come full circle. I feel I am part of a worthwhile and much needed project which is making a big impact in the borough and I feel on a 'high' when I've delivered our sessions. I would recommend anyone to become a volunteer at these sessions, it helps you gain confidence as the training provided is really useful, and there are many opportunities within Active Living to volunteer / freelance in other areas, for example cycling, walking, aerobics. I am so glad I initially attended these sessions as I now work in a job which I thoroughly enjoy and I am now promoting a healthy lifestyle to families which is something I am passionate about.



Tell Us What You Think

We always welcome feedback from our customers so if you have anything to say about our newsletter, website or anything else Active Living do – good or bad – we'd love to hear from you. Comment forms are available at Leisure Centres and Libraries and can also be completed online at www.wlct.org or you can email us at activeliving@wlct.org.

A Healthy Referral!

HEALTH professionals enjoyed a taste of their own medicine at Robin Park Arena on Wednesday 9th December.

GPs, practice nurses, senior health trainers and representatives from the PCT took the opportunity to try for themselves the types of referral schemes on offer across the borough.

Organised by Wigan Leisure and Culture Trust's Active Living Team the referral scheme aims to encourage people who are inactive and who may have health needs to take up some form of physical activity.

People are referred to the service by their GP, practice nurses or other health professionals.



They were put through their paces in a number of exercise taster sessions including Tai Chi, adapted cycling, chair exercise and Nordic walking. They also discussed the health benefits of each exercise.

Katrina Peet, a senior physiotherapist at Boston House, said: "We refer patients regularly into the scheme from back rehabilitation at Boston

House. Our patients greatly benefit from it and the feedback about the scheme has been fantastic."

Gail Male, a senior physiotherapist at Shevington Clinic, added: "I'm very impressed with the professionalism of the Active Living Team. I didn't know they did so much, there's a lot of choice for a wide variety of people."

Wigan's Active Living Team also provide a number of programmes aimed at encouraging everyone to get active including health walks and cycling.

Jonathan Wareing, Activity Referral Officer for the Active Living Team, said: "Today was an opportunity to update health professionals on changes in protocol and pathways of referral but it was also an opportunity to allow them the opportunity to try out for themselves and experience the variety of sessions we provide."

To find out more about the Active Living Team visit www.wlct.org/activeliving





Fun Family Activities - it's Your Choice

Your Choice is here to get you and your kids active together. It's fun, and you'll all feel the benefits. Sessions include:



Family Cycle Rides

Get the whole family involved with our safe, fun and friendly cycle rides on traffic free routes with our experienced team. No bike? No problem! Adult and child bikes available to use.

Family Nature Walks

Grab your wellies and discover the amazing wildlife on your doorstep. From bugs to bats - we've got something to keep everyone amused.

Family Multi-Sports

Keep the whole family fit and have fun with our multi-sports sessions. Suitable for over 5's and parents/grandparents, come along for some action packed activity.

March Activities Event

The Active Living Team will be holding a week of free Taster sessions from Monday March 1st to Sunday March 7th. There will be a range of activities, something for everyone to have a go at. The planned activities will include:

- A Variety of Dance Sessions
- A Sponsored Aerobics Events
- Adult and Family Cycle Rides
- Nordic and Health Walks
- Low Aerobics, Pilates, Tai Chi and Yoga
- Outdoor Fitness and Outdoor Tai Chi

These activities will take place across the borough, including Hindley, Ince, Astley, Standish, Beech Hill, Golborne, Pemberton and Pennington Flash.

On Saturday at Scotsman's Flash in Poolstock, Wigan, a day of Outdoor Activities will be held giving you the chance to try Kayaking, Sailing, Dragon Boating and Climbing. A buffet lunch will be included.

For more information please contact the Active Living Team on 488481.

For a full timetable please visit www.wlct.org/activeliving



Andrea's Story

Andrea Eckersley, 33, was recommended to enrol on the 'Lose Weight Feel Great' scheme by her doctor as she needed fertility treatment but this could not be allowed until Andrea had lost some weight. The class she joined was at Leigh Conservative Club where she took part in the Slimming World group and the physical activity session.

Within 6 months of joining the scheme, Andrea has lost 3 stones and was accepted for fertility treatment. Andrea found that she consistently lost weight from week to week, her fitness and body shape changed and she now feels like a different person with her self esteem and confidence improving all the time. Andrea has continued to keep active and still attends the Slimming World sessions and is steadily losing weight.

Andrea says "The instructor Martin is really good and will help you with any problems, he is very understanding and helpful. The Slimming World consultant is also very supportive and I would recommend this service to anyone."

For more information on Lose Weight Feel Great call 496496 or go to www.lwfg.co.uk

Celebrating In Style!

Respect Reflex is a monthly club night organised by Active Living's 'Let's Get Active' programme, dedicated to encouraging adults with learning disabilities to get fit by hitting the dance floor.

On the 6th October, 2009 revellers celebrated the night's first birthday with a black tie and diamonds ball.

Emma Moran, Community Learning Disabilities Officer for Wigan Leisure and Culture Trust, said: "Dancing is a really good form of exercise but we've also created an atmosphere where people with learning disabilities feel comfortable, safe and relaxed so that they have a good time and increase their fitness."

Claire Corkhill from Ashton celebrated her 21st birthday in style as she was named Queen of the ball while Thomas Adedeji, 21 from Wigan was crowned King.

More than 120 adults with learning difficulties regularly attend the night which is designed to encourage people to take regular exercise and reduce the risk of heart disease, help weight loss and at the same time increase self-esteem, confidence and social interaction.



Cycle Ride

The regulars on one of our rides at Robin Park turned out on the last ride of the year in December with their interpretation of Christmas. For more information on all our cycle rides, please get in touch.



Santa Dash



Active Living staff braved the wind, hail & cold weather plus a 9.00am start on Sunday 6th December to take part in the annual Santa Dash 5K race in Liverpool. Their chosen charity was the NSPCC and managed to raise sponsorship of £90. Well done to all who took part!