



Welcome to this month's edition of Healthy News! As well as providing ongoing community health activities. Health Works provides a wide range of health and employability services for you. These include ; training , activities, community consultation, event management , team building and health improvement consultancy.

SAVE HEALTH WORKS!

THIS MONTH....IN



This month we were part of an article on how charities in Sheffield are increasingly finding it hard to secure funding in order to continue their work.

Ben Spencer from the star visited one of our popular activities, the gym and swim club. This club operates out of Concorde gym and is run by our dedicated volunteers. Volunteers provide a buddy service to clients wanting that little extra support to assist them in regularly going to the gym. This improves both physical health and overcomes social challenges that are all to common within our client body.

Community project gave me a new purpose in life

TEN years ago Claire Carterer's life was going nowhere.*

"I had come out of an abusive relationship, and I was terrified to do anything," the 36-year-old from Southey Green told The Star.

"I just locked myself in my house, my daughter wasn't even going to school.

"I had no social life, no friends, no confidence, no skills, no nothing."

One of her few friends, Michelle Smedley, persuaded her to try going to the Healthy Cross Community Project - a health organisation dedicated to improving mental and physical health in the Parson Cross and Southey communities.

"It changed my life," she said. "The workers and volunteers gave me back my confidence,

showed me I could do something."

As Claire became more confident she started working as a volunteer, and Healthy Cross, which has now changed its name to Community Health Works, trained her to help others with similar problems.

Now Claire runs a gym session at Concord Sports Centre in Shiregreen, which helps people with learning difficulties to become fit, healthy and confident.

But the project is at risk, because Community Health Works is facing huge funding problems.

The organisation will lose more than £200,000 of funding in March, as a combination of dwindling charitable grants and NHS cuts hit home.

It has already slashed courses - cutting youth

activities, health walks, women's groups and dance sessions, and losing 12 out of 20 staff.

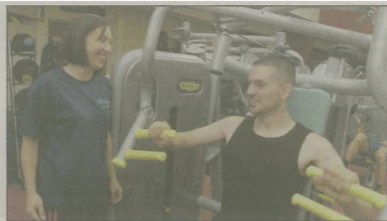
But more than 400 people who still benefit from the charity's work could be left with no service at all, as bosses consider whether they can continue beyond March.

Ben Claridge, 41, who runs the gym sessions with Claire, said: "Many of the people who come to us have no confidence at all.

"They might have learning difficulties or long-term depression, and they would never go to the gym by themselves."

Ben, from Hackenthorpe, had a history of 15 years of heroin addiction when he came out of rehab last year.

"I started volunteering with Health Works and they trained me to get a



Healthy scheme: Volunteer co-ordinator Michelle Smedley with client James Cunningham at Concord Sports Centre.



Getting fit: Client Simon Green

Ben Spencer met with our volunteer also called Ben who told of the positive experience volunteering at Health Works and the new skills he had gained.

Tim voiced his opinion explaining that "we are also losing a big lottery grant, and have lost our Future Jobs Fund money from the government. This could be the last nail in the coffin for us."

To keep upto date with HW follow us on twitter @Health_Works

MICHELLE VISITS DOWNING STREET

TRAINING!
PLACES STILL
AVAILABLE

PRINT AND
DISPLAY
PG. 2

Michelle was invited to accompany Nigel West of Sheffield Wellbeing Consortium on a visit to Downing Street. Michelle visited the capital for the day to meet with MPs to tell of the benefit of the Health Champions project. It has recently become a runner up in the national lottery best health project 2011. Michelle met with the MPs as part of an evaluation to shape policy aimed at identifying local interventions in relation to what the government can do to improve peoples wellbeing.



TRAINING ! HEALTHY U & DEVELOP U - NOW AVAILABLE TO ENROL ON

HEALTHY U

A course that covers a combination of healthy lifestyle coaching, finance, money-management and employability skills which are taught in a dynamic, high-spirited style.

TIME, DATES & VENUES

Foxhill Forum
Thursdays 9:30-11.30 - commencing 3rd Nov for 5 weeks
£10.00 for course resources

Shirecliffe Community Centre
Wednesdays 12.30 - 2.30 - commencing 2nd Nov - for 5 weeks
£10.00 for course resources

Contact: Louisea@healthworks.org.uk

DEVELOP U

Designed for people who want to address confidence and self esteem issues. We provide a place where people can share experiences and develop new skills through gaining an understanding about confidence and self-esteem.

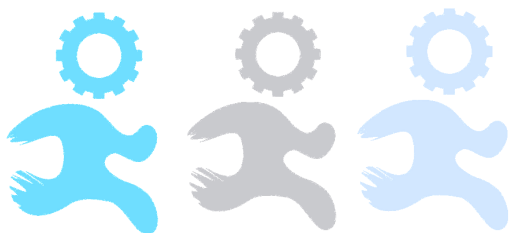
TIME, DATES & VENUES

St Thomas More
Tuesdays 12.30 - 2.30 - commencing 1st Nov - for 5 weeks.

Longley 4G
Fridays 9.30 - 11.30 - commencing 2nd Dec for 5 weeks.

Contact: Pennys@healthworks.org.uk

WHAT'S ON...



COMING SOON

As the winter nights are coming early this year its hard to keep motivated during the dark winter months. However here at HW we are firing up the bodies natural heaters and burning off the biscuits and hot chocolates that keep us warm on the drab windy days. So come on down to;

INDOOR CIRCUITS time and venue TBC. Email: info@healthworks.org.uk

ART FOR HEALTH GYM 'N SWIM

This creative art class is for anybody...from those with a flamboyant artistic flair to those who just like to doodle a bit.

When: Thursdays 1pm - 3pm
Where: Wolfe Road, Healthy Living Centre
Telephone: 0114 234 4445

A great way to get fit, lose weight, socialise and have fun. Mondays & Fridays 10am - 12pm. Please contact us for more information.

When: Mon & Fri 10am - 1pm
Where: Concord Sports Centre
Email: info@healthworks.org.uk

WHY NOT TRY VOLUNTEERING?

Volunteering is a great opportunity to give something back and at the same time learn new skills and gain self-confidence. It can be a great doorway to employment and a good contribution to any C.V.

At Health Works we have a few volunteer roles to fill...Why not apply?

Current roles include-Current roles include:

- **Project Development Assistant**
- **Marketing Assistant**
- **Funding Bids Assistant**

If you are interested in any of these roles do not hesitate to get in contact.

For a full list of roles please visit:

healthworks.org.uk/help/volunteer_roles

MEET OUR NEW BOARD MEMBERS !

HILDA FRANCIS

Hilda has been welcomed onto the Health Works management committee. Currently she is the Chief Executive of Nomad and has been working with them for seven years. Nomad work with homeless people to find accommodation, build skills and support them. Hilda has a background in HR and will be a great help to Health Works.

JILL EDWARDS

Jill works as a researcher for Leeds University. A resident of the area Jill is interested in community development. She was attracted to Health Works due to our holistic approach to health problems. Jill has been instrumental in the last Health Needs Assessment of the area and brings a great deal of expert knowledge to the board.

ACTIVITIES FOR SCHOOLS

AVAILABLE NOW!

In our last newsletter we reported that Health Works was developing a new initiative in order to move into schools to help educate young people about the benefits of living a healthy, balanced lifestyle.

The approach for this is a blend of creative and physical exercise as a vehicle to challenge issues facing young people growing up.

In addition to this we are offering talks from ex drug users about the effects of drug taking on their life, which is ideal for the schools assembly or youth groups looking to address the issue.

If this interests you then please contact;
david@healthworks.org.uk

BUILD A HEALTHIER BUSINESS

AVAILABLE NOW!

A high profile charity once used the line; *give a man a fish feed him for a day, teach a man to fish and feed him for a lifetime.*

Whilst we are always grateful of donations by throwing money at something, how much does it solve? Our aim is to build healthier communities, given the fact that most people spend a third of their day in employment it is a great place to tackle health problems. This in turn increases the profitability of the company, a happier workforce is a more productive one. If you would like to help us at this time when we need financial assistance more than ever, we would in turn help you.

This could include:

Team building sessions, absenteeism reduction training, health consultation and ongoing support. The support available is dependent on the level of sponsorship given.

SOCIAL PRESCRIPTION!

We are currently looking for opportunities to make links with GP practices and Clinical Commissioning Groups who may be interested in establishing social prescribing referral routes for their patients through our organisation.

As defined in the North West Development Centre report – Social prescribing for mental health ‘a guide to commissioning and delivery’.

Social prescribing is a mechanism for linking patients with non-medical sources of support within the community. These might include opportunities for arts and creativity, physical activity, learning new skills, volunteering, mutual aid, befriending and self-help,

as well as support with, for example, employment, benefits, housing, debt, legal advice, or parenting problems. Social prescribing is usually delivered via primary care – for example, through ‘exercise on prescription’ or ‘prescription for learning’, although there is a range of different models and referral options.

Traditional models of healthcare (GP’s, drug interventions and hospital treatment) alone often have limited impact on patients with health conditions relating to weight or mental health issues. More creative solutions that tackle the root causes of these problems often have more lasting results. Our partnership with Foxhill Medical Centre helped them achieve the College of Medicine Innovative Network Award.

theBigGive.org.uk

THE CHRISTMAS CHALLENGE IS UPON US...

"REMEMBER ITS NOT NOVEMBER ITS THE 5TH OF DECEMBER."

The challenge opens at 10 am on the 5th of December. And for every pound we raise the big give will double this. So at this time of goodwill and giving you can really make that pound stretch and make a difference to a persons quality of life. So your probably asking where will my money go?

Health Works aims to empower people in the most deprived areas of Sheffield to help improve the health and well-being of other people in their communities. Average life expectancy in the poorest communities is 14 years lower than in most affluent areas. This is almost entirely due to lifestyle. We will change this.

So if you can then log on to www.thebiggive.org.uk and search 'community health action' to give to our project.

Drugs awareness | CV writing | Alcohol Misuse | Job search | Volunteer development | Food and Nutrition | and more...

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