



NEWS

Summer 2008

Healthy Valleys, 31 Stuart Terrace, Rigside, Lanark, ML11 9NN 01555 880666 info@healthyvalleys.org.uk www.healthyvalleys.org.uk

Community Food Markets Open for Business!

CLYDESDALE COMMUNITY FOOD MARKET OFFICIALLY OPENED FOR BUSINESS ON JUNE 5TH 2008, BY KAREN GILLON MSP. RUN BY VOLUNTEERS FROM THE LOCAL COMMUNITY, IT SELLS FRESH FRUIT AND VEG AT AFFORDABLE PRICES.

The market opens every Thursday morning from 10 am—12 noon in the Target Centre, Kirkmuirhill and Community Hall, Rigside. This is a partnership initiative supported by Healthy Valleys, NHS Lanarkshire and South Lanarkshire Council. The Community Food Market is running for a pilot 3 month period. On our opening day queues formed to purchase fresh produce delivered direct from the supplier that morning!

The aim of the market is to sell quality fresh produce to people who might otherwise struggle to access it, and to get everyone eating their 5 a day! This will have positive health benefits by helping to reduce the rates of certain illnesses.

In order to sustain it, the support of the community is absolutely vital. So why not pop along and buy some great fresh, seasonal produce, pick up some recipe tips and ideas, find out more about healthy eating and maybe even sign up for a Healthy Valleys cookery course? We are also keen to get more volunteers involved. Phone Healthy Valleys on 01555 880666 for more info.



Karen Gillon, MSP, officially launches the Kirkmuirhill Community Food Market



Healthy and Tasty! - Rigside volunteers show off their produce!

Hello again!

Well much has happened over the last few months. Healthy Valleys has seen some significant changes to the organisation, from appointing new Board Members to increased growth and delivery of health improvement programmes. I welcome the appointment of Sinclair Scott, our new Chairperson, Bill Watson, Biggar and Robert Wilson, Douglas as Company Directors and thank Gordon Muir, former Chairperson and Linda Ferguson for their time and support to Healthy Valleys.

I would also like to say a big thank you to all volunteer befrienders who contributed over the years to the Befriending Project and thank SoLVE, especially Jim Leary for his support. At the recent SoLVE Volunteer of the Year Awards, our very own Kathleen Hogg was Runner Up Volunteer of the Year. We also nominated Janice Coulter for her Befriending work, the Healthy Eating Team of Volunteers and the Routes to Health Clydesdale Volunteers. Keep up the FANTASTIC work!



Our funding is secured for the year ahead, so it's all systems go!! As usual if you have any suggestions or contributions to make, please get in touch.

HEALTHY VALLEYS - PROMOTING POSITIVE LIFESTYLES

Lesley

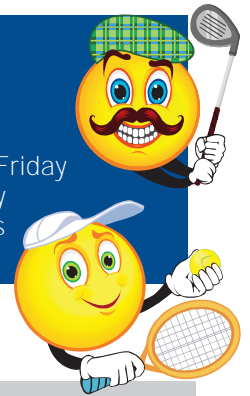


Activity Programme

Children and Young People

Summer Sports Club

Fun, games and sports for PRIMARY SCHOOL AGE CHILDREN. From Tuesday 22nd July until Friday 25th July at Kirkmuirhill Leisuredome. Two sessions will be provided each day: Tuesday–Friday from 10–12 am or Tuesday – Friday from 1– 3pm. Cost is only 50p per session. Booking is essential. Transport may be available if required.



What's Cooking?



Cooking classes with a difference this summer! Teenagers get a chance to try their hand at cooking this summer! Universal Connections in Douglas are having a Euro Cook-In theme, choosing a healthy dish from various countries playing in football's Euro 2008. This is every Monday from 1–3pm.

Meanwhile, at the Target Centre in Kirkmuirhill, we're hoping for fine weather to test some BBQ recipes including chicken and veg kebabs, home made burgers and bananas in tin foil! Every Tuesday, from 1pm–3pm. Spaces are limited so contact Healthy Valleys or Alan at the Target Centre asap to book your place.



Footie Tournament

Think you're in a winning team? Then why not put it to the test at two football tournaments this summer.

The South Lanarkshire Leisure Summer Street Football Tournament will take place on 28 and 29 July at Harleeshill Sports Ground, Larkhall, and on 21 and 22 July at the pitch in Lanark. 5–a side teams of young men aged 12–16 can take part. Contact Healthy Valleys to arrange free entry and transport to the venues. Finals are in Hamilton on 4,5 and 6th August The Easter tournament was won by a team from Rigside, and Lesmahagow were robbed not to get into the finals at Rugby Park in May, so we know we have talent—let's get out there and show everybody!!

WE'RE ALSO ORGANISING OUR OWN HEALTHY VALLEYS FOOTBALL TOURNAMENT. DATE STILL TO BE CONFIRMED. THERE WILL BE TWO LEAGUES: UNDER 16'S AND 16–24'S. Phone Lynsey for more info.

Dance till you drop!



A week long dance school to get you shaking your booty like a pro! Starts Monday July 28th, every day till Friday 1st August in Blackwood Hall, Blackwood. Classes from 11.00 to 1.00 for kids (boys and girls) aged 8–12. From 1.30 to 3.30 for 12–18 year olds. Learn some funky breakdance and street dance moves with Scott, our dance teacher. Transport may be available. Phone to book your place.

Health Drop In

The Find Out Youth Health Information Project will continue to offer confidential sexual health and stress management services every Monday (excluding Public Holidays) through the summer. This year we have a number of themed nights which young people can take part in:

Monday 7th July

Sun, Sea, Sangria & (Safer) Sex.

Get the low down on keeping safe and healthy when holidaying abroad.

Monday 14th July

Manicured to Perfection

How to file and polish your nails to look beautylicious!

Monday 28 July

I'd Rather Fake Than Bake!

Learn how to apply fake tan like the professionals!

Monday 11 August

Calm Down!

Find out how to give a simple hand and arm massage to relax and de stress.

Positive Images

GET FIT AND FEEL FABULOUS THIS SUMMER!!!

Sign up for our Positive Images sessions—a mix of health workshops and working out at the gym. A 7 week programme will run at Coalburn Leisure Centre, starting Wednesday 2nd July till August 13th, from 2pm till 5pm. FREE! For young people aged 12–18, male and female. Workshops include stress management, skincare, sexual health and relationships, drugs, alcohol and healthy eating. You'll get a gym induction and free use of the gym too. For those who complete the course, a special trip to Xscape will be arranged!! Transport available. Phone Wendy to book your place or take a chance and turn up on Wed 2nd July.



What's Happening... Summer 08



Healthy Valleys is a healthy living initiative, funded by the National Lottery, South Lanarkshire Council and NHS Lanarkshire. We are a voluntary organisation, working to improve the health of the whole community. For more info on any of the following events, courses or activities, contact Healthy Valleys on 01555 880666 or access our website www.healthyvalleys.org.uk Also check the local papers on a regular basis as all our up to date events and activities are publicised via local village news.



Routes to Health Clydesdale
Routes to Health Clydesdale is Healthy Valleys Stress Management Centre which provides complementary therapies and counselling services to individuals and groups who are in need of extra support through a difficult time.

The service is particularly aimed at anyone experiencing Cancer, Alcohol or Drug Addiction, Multiple Sclerosis, Post Natal and Non Clinical Depression.

It is free of charge to suitable candidates living in the Douglas & Nethan Valley area. Referrals to the service can come from GPs, health professionals and other agencies. Individuals can also self refer. For a referral form, please contact us on 01555 895140.

Free Complementary Therapy Treatments

A number of volunteers also provide an excellent professional service to local people who may not have a diagnosed illness, but who are nevertheless in need of some relaxation and stress management. Free courses of treatments are offered. **BOOKING IS ESSENTIAL!**

Reflexology and Massage

Every Tuesday and Thursday, Routes to Health Clydesdale, Lesmahagow

Indian Head Massage & Reiki

Every Thursday, Healthy Valleys base, Rigside Shiatsu

Every Monday, Healthy Valleys base, Rigside Reiki

Every Tuesday afternoon, Healthy Valleys base, Rigside

Gym & Swim Bus

Free transport to Coalburn Leisure Centre leaves from the Nethan Valley on a Tuesday morning and from the Douglas Valley on a Friday afternoon. To book your seat, call the Rural Development Trust on 01555 880551.



Walk a Little, Live a Lot!

Walking groups leave from Healthy Valleys office at Rigside every Wednesday at 11am and from The Fountain, Lesmahagow, every Monday at 11am. No need to book, just turn up!

There are also monthly walks to places further afield. Free transport is available to all walk groups.

29th June—Biggar

27th July—Polkemmet Country Park, Whitburn

10th August—Burrell Collection, Pollock House, Glasgow

31st August—Drumpellier Park, Coatbridge

DID YOU KNOW?

Regular exercise can help prevent heart disease, high blood pressure, stroke, diabetes and depression.

The good news is you don't have to join a gym. Walking briskly for a total of 30 minutes 5 days a week will help reduce your risk of all of the above!

Lanark Market Bus

The market bus now departs from various villages every Monday morning **to Lanark market. It's a great opportunity to go into Lanark and buy quality fresh fruit, vegetables, eggs and cheese.** Call WRVS to book your place on 01555 895491



Don't forget the CLYDESDALE COMMUNITY FOOD MARKET every Thursday in Kirkmuirhill and Rigside. See front page for details!

8 TIPS FOR EATING WELL

1. Base your meals on starchy foods
2. Eat lots of fruit and veg
3. Eat more fish
4. Cut down on saturated fat and sugar
5. Try to eat less salt—no more than 6g a day
6. Get active and try to be a healthy weight
7. Drink plenty of water
8. **Don't skip breakfast**



See www.eatwell.gov.uk or www.takelifeon.co.uk for more info

Salsa Dancing, Tai Chi and Pampering Pit Stop are all taking a summer break but will resume in August. Watch local press and our website for details.



Talk to Me

FROM JANUARY TILL APRIL 2008, A GROUP OF 20 YOUNG PEOPLE FROM HEALTHY VALLEYS AND HAMILTON INFORMATION PROJECT FOR YOUTH (HIPY) GOT TOGETHER TO WRITE AND PERFORM A DRAMA ABOUT THE MENTAL HEALTH ISSUES WHICH TEENAGERS FACE.



Working with professional theatre company Solar Bear, they created "Talk to Me", which they performed to over 400 people in Douglas, Blackwood and Hamilton.

The drama tackled issues such as bullying, self harm, eating disorders, bereavement, drug and alcohol issues.

"Brilliantly acted and performed by young people in their own language"

Following the performance, the audience took part in workshops to enable them to explore the issues further and find out where and how to seek help and support. They then participated in an interactive consultation which will help to inform future service delivery.



"Blown away by it"



The response to "Talk to Me" has been overwhelming. The young people are in huge demand to continue to perform it, many people stressing that it should be performed in every school, to help raise awareness of mental health issues. Fingers crossed we will secure funding to continue the group and possibly even develop a new drama.

"Thought provoking"

A huge congratulations to everyone involved in the production. It has been a fantastic project to work on and a privilege to work with such an outstanding, talented, amazing and committed group —staff, volunteers and of course the young people themselves.



"Some parts of the play made me want to cry"



RARE Success

Healthy Valleys is delighted with the success of its RURAL ACCESS TO RECREATION AND EDUCATION (RARE) project, funded by Changing Places.

The 'RARE' project provides a range of health related activity for children, young people and adults who are living within the rural areas of Smyllum, Carstairs Junction and Forth.

Healthy Valleys has delivered four 6-week 'Feeding the Family' courses with 26 parents and carers taking part. Participants said they enjoyed learning new cooking skills and recipes and have prepared many tasty and healthy meals for their families! The 'Healthy Weaning Initiative' course was delivered in Smyllum Resource Centre and in Carstairs Junction for parents with babies.



And it's not just the adults who are taking health matters more seriously. A total of 93 children enjoyed taking part in a variety of sport and fitness classes. These sessions have been running in Forth and Smyllum and 60 classes have been delivered. And if that's not impressive enough, over 50 children have taken part in the 'Ready, Steady Get Cooking' programme delivered in Forth and Carstairs Junction Primary Schools as well as Smyllum Resource Centre.



Healthy Valleys would like to thank all participants, volunteers, Smyllum Resource Centre, Integrated Children's Services, Clydesdale Locality, all the local primary schools, Forth Sports Centre and finally Changing Places for the funding for this programme!

And more good news!!!... We have just secured funding to continue with the RARE Project thanks to NHS Lanarkshire funding.

