



Welcome to Wellbeing Winsford Week

This February half term we are inviting Winsford residents to take part in a week-long programme of free, fun events taking place across the town. These activities range from celebrations, social gatherings and exercise classes to workshops, talks and information events. The focus of the week is to provide local people with fresh opportunities to live healthier lives whilst being encouraged to meet new people and stay connected to their community.

 /Wellbeing-Winsford
 @WellbeingWins

www.wellbeingwinsford.co.uk

Supported by



Monday
18th February



Launch of Wellbeing Winsford Week



10am-1pm

*Dingle Centre,
High St, Winsford
CW7 2AS*

- Entertainment from local singers, choir and a ukulele band.
- Seated exercise in the craft room with Simone from Community Compass. Including a 'fitness MOT' and a results card.
- Origami and colouring competition with Crosshatch Gallery.
- Buffet Lunch at 12pm.

Come along and meet Community Compass and find out more about what they can offer the Winsford community, such as regular social groups, gentle exercise classes, friendly volunteer befrienders, monthly social days and home cooked food. There are many ways to become involved either as a volunteer or a member in the Share Club project.

Hosted by:

Community Compass CIC

01606 827131

contact@community-compass.org

Get Connected

WORKSHOP

The Work Zone

10am-12pm

*Integrated Hub, Wyvern House,
The Drumber CW7 1AH*

Wellbeing on Social Media

Supporting people to set up and learn how to access Facebook, Twitter and other social media platforms.

Health Online

A course designed to help you with booking GP appointments, ordering prescriptions and accessing more online health-related information.

Contact:

Winsford Work Zone
01606 288901

TAKE PART / EXERCISE

Bright Memories Dementia Friendly Walk

10am

*Meet at Station Café, Whitegate Way,
Clay Lane, CW7 2QE*

Contact:

kate.bibby@ageukcheshire.org.uk
07747 011548

TAKE PART

Family Activity

2-3.30pm

*Dingle Centre, High Street,
Winsford CW7 2AS*

Paint the pebbles with Motherwell.
Come with the family take part in a paint the pebbles creative activity.

Contact:

natalie@motherwellcheshirecio.com
01606 330212



TAKE PART / EXERCISE / DROP-IN

Family Launch Event

2-4pm

Dingle Centre, High St, Winsford CW7 2AS

This family-friendly event marks the launch of Wellbeing week. Come and spend some time with us at the Dingle Centre and take part in fun activities for all the family. There will be a fantastic variety of fun games and activities, from Xbox Challenges to a Wildgoose Adventure Trail, Teddy Bears' Picnic and Smoothie Bike.

Hosted by:

Active Cheshire and CWaC Localities
teamwest@activecheshire.org
01606 330212

TAKE PART / DROP-IN

Wellbeing Winsford Storytime and Crafts

2.30-3.30pm

Dingle Centre, High St, Winsford CW7 2AS

Winsford Library staff will be running a special Wellbeing Winsford Storytime as part of the launch event at the Dingle Centre, followed by some interactive crafts for families to take home. Drop-in for this FREE event between 2.30-3.30pm, all ages welcome!

Hosted by:

Winsford Library staff
01606 275065, winsford.library@cheshirewestandchester.gov.uk



Wednesday

20th February

Boosting Activity

Winsford Lifestyle Centre,
The Drummer,
Winsford, CW7 1AD

TAKE PART / EXERCISE / DROP-IN

Family Funday Total Takeover with Active Cheshire

10am-3pm



Come and try some exciting FREE activities for all the family at Winsford Lifestyle Centre. We will have lots of 'come and try' sessions, fun games and activities to take part in throughout the day. There'll be a full takeover of the Sports Hall so do come and say hello!

Contact:

Active Cheshire
01606 330212
teamwest@activecheshire.org

INFORMATION / DISCUSSION

Healthwatch Cheshire West



Healthwatch is supporting Wellbeing Winsford Week at events across the week for people to tell us about their views on Health and Social Care. You need services that work for you, your friends and family. That's why Healthwatch Cheshire West want you to share your experiences of using health and care with us – both good and bad. We use your voice to encourage those who run services to act on what matters to you.

Contact:

0300 323 0006
info@healthwatchcheshire.org.uk
www.healthwatchcwac.org.uk
Facebook & Twitter @HealthwatchCW

The activities listed below are existing classes, so anyone coming along can join in with regular customers. People can book onto the classes by calling **01606 550700** or alternatively by coming into the centre on the day. Each class has a capacity, so places will be issued on a first come first served basis.

TAKE PART / EXERCISE / DROP-IN

Zumba Gold

10-10.45am



This class takes the Zumba formula and modifies the moves and pace to create a gentler class that is still loads of fun.

TAKE PART / EXERCISE / DROP-IN

Body Balance

10.35-11.20am



Ideal for everyone, BODYBALANCE is a yoga-based class that will improve your mind, your body and your life.

TAKE PART / EXERCISE / DROP-IN

Pilates

11.45am-12.15pm



Invigorate your mind and condition your body through stretching and strengthening moves focused around your core muscles.

TAKE PART / EXERCISE / DROP-IN

Brio Cycle

12.15-12.45pm



A popular group cycling class set to motivating music that offers a highly effective workout.

TAKE PART / EXERCISE / DROP-IN

Tai Chi

12.15-1.15pm



This ancient Chinese tradition will relieve stress and anxiety promotes serenity and inner peace.

TAKE PART / EXERCISE / DROP-IN

Aqua Fit

3.10-3.55pm



A motivating class using water resistance to improve cardiovascular fitness and muscle tone. This class is suitable for non-swimmers.

DW Fitness First Winsford

Boosting Activity

Wednesday
20th February

TAKE PART / EXERCISE / DROP-IN

FGT Bootcamp

11.30am (20 min taster class)

Improve cardio efficiency, increase strength, burn calories and body fat as you work your way through several high intensity stations.

Shred

5.30pm (20 min taster class)

A compound lifting and HIIT based class where calorie burn, performance, strength and conditioning are the result, by focusing on Speed, High-intensity, Resistance, Endurance, Dynamics.

Hosted by: **Jonny and Jade**

Boosting Activity

Friday
22nd February

EXERCISE

FGT HIIT

9.30am

(20 minute taster class)

High Intensity Interval Training - improve heart and lung function, burn calories and vaporize body fat.

DISCUSSION

Wellbeing Presentation

11.30am (20 minute presentation)

Hosted by: **Aaron and Jonny**

Contact:

Christina Parry - General Manager

01606 556909 | winsfordhcmgr@dwsports.com

Healthy Eating

Saturday
23rd February

INFORMATION / DISCUSSION

Nutritional Talk

10.30am

(20 minute presentation and question time)

Following a presentation on nutrition, there will be an opportunity to share and discuss your favourite healthy recipes in a relaxed Q&A session with Jade.

Hosted by: **Jade**

freestyle

Group Training HIIT

GOAL

Improve heart and lung function, burn calories and vaporize body fat.

OVERVIEW

- In HIIT, the workout focus is on high intensity exercise - in equal bouts of work and rest intervals of 30 seconds each.
- The HIIT stream incorporates DMT exercises that elevate the heart rate and maximize calorific output
- HIIT requires members to be partnered up with someone of a similar strength

SPEAK TO A MEMBER OF THE TEAM FOR MORE INFORMATION

DW
Fitness First

Thursday 21st February

Get Connected at Winsford Library



TAKE PART / INFORMATION / DROP-IN

Coffee Morning

Winsford Library will be running a Get Connected Coffee Morning for all members of the community, so stop by the Novel Bite Café throughout the morning for a cup of tea, slice of cake and a good chat!

Contact:

01606 275065

winsford.library@cheshirewestandchester.gov.uk

TAKE PART / DISCUSSION

Mindfulness Colouring



9.30am-12.30pm

Come along and join some of the Healthwatch Team for some mindfulness colouring and discussion.

Hosted by:

Healthwatch Cheshire West

0300 323 0006

info@healthwatchcheshire.org.uk

www.healthwatchcwac.org.uk



Time credits | 10am-12pm

Time Credits

Do what you love doing and get rewarded in the process!

10-11am

DROP-IN / INFORMATION

11am-12pm

WORKSHOP

Cheshire West Time Credits is a community currency scheme aimed at valuing the time and skills of people aged 50+ and increasing community action to support people to age well. For every hour you give to your community, you earn a Time Credit, which can then be spent on an hour of activity such as swimming, bowling or attending a concert at one of our local and national spend venues. In the workshop we will explain how Time Credits work, how you can start earning to access to resources, trips and activities and how the Time Credits network is developed to support the local community. You will earn two Time Credits for attending this session.

Contact:

Harriet Pugh

07472 884920

harriet@wearetempo.org

WORKSHOP / TAKE PART / INFORMATION
DISCUSSION

Reminiscence with Bright Memories



10am-12pm

Come and reminisce with our record player and collection of old records... or bring one of your own along to play for us! We will also be reminiscing with memory boxes and creating memory collages with a collection of photographs, buttons and text.

Hosted by:

Bright Memories

0300 102 0008

[brightmemories@](mailto:brightmemories@cheshireandwarringtoncarers.org)

cheshireandwarringtoncarers.org

[#brightmemories7](https://twitter.com/brightmemories7)

WORKSHOP

Laughter Yoga

11-11.30am

Laughter Yoga is a unique form of exercise which combines laughter with deep breathing. It has been medically proven that extended laughter has many health benefits such as: relieving stress, boosting the immune system, controlling blood pressure, asthma and bronchitis, improving mental health and naturally relieving pain.

Hosted by:

Sara Kay - Laughter Yoga teacher
07974 778091
seriouslaughterinfo@gmail.com



DISCUSSION

Compassionate Communities Discussion

9.30am-12.30pm

The ethos of a Compassionate Community is one led by the community itself; a community identifying common issues and concerns (such as social isolation and social disconnection) and then working to find ways of addressing these issues through increased social support networks and connections. Come along and find out more!

Supported by:

The End of Life Partnership and **South and Vale Royal CCG** to improve health and wellbeing across Winsford by the development of a 'Compassionate Community' agenda.

Contact:

Ruth Philips
Public Health and Wellbeing Worker
01270 758120

Get Connected Healthy Eating

TAKE PART / INFORMATION / DROP-IN

Fruit Kebab Making

11am-1pm

Take part in an engaging, fun activity whilst representatives from Cotswold House will be available to discuss issues relating to housing, homelessness, women and wellbeing.

Hosted by:

Cotswold House
Contact:
Caroline Lambert
Business Support Assistant
01606 862431
caroline.lambert@wvht.co.uk



WORKSHOP / DROP-IN

The Device Doctor: Tablet and IT Help

2-3pm

Winsford Library is hosting a Device Doctor hour for anyone who would like help and guidance with their tablet, mobile or device, including accessing apps and other online health resources, alongside more general tips on how to get the most out of your device. A Natwest Community Banker will be on hand supporting the session to provide advice and pointers for online safety and scams awareness, ensuring your wellbeing whilst shopping or browsing online.

Contact:

01606 275065
winsford.library@cheshirewestandchester.gov.uk



Thursday 21st February

Get Connected

at Winsford Library Continued

DROP-IN

Connecting Carers

2-3pm

Winsford Library

Team members from Connecting Carers will be coming along with a fun art activity themed around health and wellbeing ready to chat to you about what they do and how they can support you. This service is aimed at carers over 50, who are caring for someone with a long term condition as well as carers who are coming to the end of their caring role or who have been recently bereaved.

Contact:

0300 102 0008

lizzie@cheshireandwarringtoncarers.org

Libraries

Get Connected

at Wharton Library

TAKE PART / INFORMATION / DROP-IN

Wharton Library is hosting a day of demonstrations and information sessions to tell people more about some of the fantastic social opportunities and activities going on in Winsford and Wharton areas.

Contact:

01606 271572

email.wharton.library@cheshirewestandchester.gov.uk

[cheshirewestandchester.gov.uk](mailto:email.wharton.library@cheshirewestandchester.gov.uk)

INFORMATION

Men in Sheds in Winsford

10.30am – 3.30pm,

Wharton Library, Winsford

Come and meet Louise, the Winsford Men in Sheds coordinator to find out about the inspirational activities that will be available at the shed. Share your ideas and skills of what you would like to see at the shed. In addition, you can watch a demonstration of woodturning on a wood lathe with hand-held tools to cut a shape that is symmetrical around the axis of rotation.

Contact:

Louise Gough

07803 414703

louise.gough1@ageukcheshire.org.uk



TAKE PART

Motherwell Cheshire

11.30am-1pm

A charity supporting local Mothers. Find out how Motherwell can help you. Come take part in a creative activity. Paint the pants with Motherwell.

Contact:

natalie@motherwellcheshirecio.com

01606 330212



WORKSHOP

Laughter Yoga

12.15-12.45pm

Laughter Yoga is a unique form of exercise which combines laughter with deep breathing.

See page 7 for details.

Hosted by:

Sara Kay - Laughter Yoga teacher

07974 778091

seriouslaughterinfo@gmail.com



Reminiscence with Bright Memories



2.15-3.15pm

Come and reminisce with our record player and collection of old records... or bring one of your own along to play for us!
See page 6 for details.

Hosted by:
Bright Memories
0300 102 0008
brightmemories@cheshireandwarringtoncarers.org
#brightmemories7



Bright Memories | 2.15-3.15pm

Mindfulness Colouring



2-4pm

Come along and join some of the Healthwatch Team for some mindfulness colouring and discussion.

Hosted by:
Healthwatch Cheshire West
0300 323 0006
info@healthwatchcheshire.org.uk
www.healthwatchcwac.org.uk

Wellbeing Marketplace at Winsford Cross Shopping Centre

Friday 22nd February



Cheshire Fire and Rescue Service Volunteers

Find out how Cheshire Fire and Rescue volunteers make a difference to the communities they live in through informative, educational and practical help and how you could get involved. By volunteering, you not only help communities throughout Cheshire but also improve your CV, meet likeminded people, boost your confidence and improve your communication skills. Choose the volunteer opportunity that suits your existing skills and time commitments.

Contact:
Claire Bennett
01606 868654
claire.bennett@cheshirefire.gov.uk

Pop-Up Library Information Stand

Staff will be running a Pop-Up Library during the Wellbeing Marketplace. Drop by to say hello and find out all about our different library services, including e-books; e-magazines; how to become a member; regular library activities in Winsford and Wharton; our wide selection of books; free wifi/computer access; and much, much more! We will also be offering lots of information about our different health and wellbeing initiatives, including Books on Prescription, Memory Boxes, and regular wellbeing groups and activities.

Contact:
01606 275065
winsford.library@cheshirewestandchester.gov.uk

Wellbeing Marketplace at Winsford Cross Shopping Centre

Friday
22nd February

INFORMATION / DROP-IN

'Basil' The Macmillan Information Bus

Fountain Square

This is a fantastic opportunity for people who have unanswered questions or fears about cancer to come and have a conversation with Macmillan professionals and clinicians. The team will also be available to give support and advice to people affected by or caring for people with cancer. Please come along, the friendly and approachable team are there to help, they also have private booths for personal and discreet enquiries, so please don't feel embarrassed to ask awkward questions.



Basil The Macmillan Information Bus

Get Connected

INFORMATION / DROP-IN

Motherwell Cheshire

10am-3pm



A charity supporting local Mothers. Find out how Motherwell can help you. Learn about the services we offer. Get more information how you can refer to our services.

INFORMATION / DROP-IN

Work Zone at the Wellbeing Fair

9.30am-2.30pm

*Integrated Hub Wyvern House,
The Drummer CW7 1AH*

On our stall you will find details about a range of wellbeing services available at the Winsford Work Zone, including confidence workshops, counselling services or courses to support you on your journey to gain employment.

Contact:

Tony Gray
01606 288903

or **Winsford Work Zone**
01606 288901

EXERCISE

FGT HIIT

9.30am

(20 minute taster class)

High Intensity Interval Training - improve heart and lung function, burn calories and vaporize body fat.

Hosted by: **Aaron and Jonny**
DW Fitness First Winsford



DISCUSSION

Wellbeing Presentation

11.30am (20 minute presentation)

Hosted by: **Aaron and Jonny**
DW Fitness First Winsford

INFORMATION

Healthwatch



Members of the Healthwatch team will be available for information, advice and to help cross-promote and signpost to any services or organisations.

Hosted by:

Healthwatch Cheshire West
0300 323 0006

info@healthwatchcheshire.org.uk

Marketplace at Winsford Cross Shopping Centre

Saturday 23rd February 10am-2.30pm

Wellbeing Winsford Week 2019 promises to be bigger and better than ever before concluding with a bustling marketplace event. Partners will be on hand to talk to you about the many health and wellbeing initiatives that are taking place across Winsford, to provide opportunities for healthy living.

Please come along and find out more. We look forward to seeing you!



Winsford Town Council
(Lead organisation)



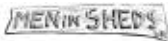
Action on Cancer



Active Cheshire



Age UK Cheshire



Age UK – Men in Sheds Winsford



Brightlife Project



Bright Memories



Brio Leisure



Canal & Rivers Trust project



Cheshire Fire & Rescue Service



Cheshire West Communities
Together



Cheshire West and Chester Council
via The Localities Team and Health
Ranger



Cheshire West and Chester Council
Workzone



Cheshire West and Chester Libraries



Cheshire & Warrington Carers Trust



Churches Together



Community Compass CIC

CORNERSTONE INNS < Cornerstone Inns



Cotswold House



Crosshatch Art Gallery



End of Life Partnership



GIFT



Healthbox CIC



Healthwatch Cheshire



Mersey Forest



Motherwell Cheshire



Pathways CIC



South Cheshire & Vale Royal Clinical
Commissioning Groups



Vale Royal School Sports
Partnership



Weaver Vale Housing Trust



Welcome Network



Winsford Cross Shopping Centre



Winsford Patient Participation
Group



Winsford Youth & Community Forum

Cheshire Fire and Rescue Service Volunteers

Find out how Cheshire Fire and Rescue volunteers make a difference to the communities they live in through informative, educational and practical help ...and how you could get involved.

Contact:

Claire Bennett

01606 868654

claire.bennett@cheshirefire.gov.uk

Look out for money saving vouchers to use at the Cornerstone Inns venues in Winsford.

These vouchers will be free to pick up throughout the week!



Wellbeing Winsford Week artwork designed by Anne Johnson

Eat to Live Not Live to Eat 10am -2.30pm

Join us as Winsford Wellbeing Week concludes with a food packed activity Saturday at the Winsford Cross Shopping Centre.

- Cooking demonstrations
- Talk to Vegetarians and Vegans
- Cake tasting
- Learn about Food Banks
- Free samples

The Ellesmere Port Vegan Society

We provide advice and support to show the benefits of a veganism and healthy living via advice stalls at various events, both vegan and non-vegan, where we provide talks, free information, recipe/meal plans and display educational information. We aim to ensure that the information is accessible, non-confrontational or graphic promoting veganism, healthy living and better food choices without barriers.

Contact:

Chris Brown

07598 947834

contact@epvegans.com

