



Health Newsletter

for Members and Partners

Physical Activities starting January 2007 (inshallah)

- **Men's Physical Activities**
Saturdays 10:30am - 11:30am
Greets Green Access Centre
- **Women's physical Activities**
Fridays 6:00pm - 7:00pm
Lodge Rd Community Centre
West Bromwich
- **Girls Physical Activities**
Sunday's 2:00pm - 3:00pm
Greets Green Access Centre
- **Women's Keep Fit**
Fridays 9:30am - 10:30am
Cape Hill Primary School
Smethwick

Physical Activities presently taking place

Males Only:

- Gentle Exercise for Elder Men
Tuesdays 12noon - 1pm
Greets Green Access Centre
- Over 14's Football
Fridays 6pm - 8pm
George Salter High School
- Under 16's Football
Sundays 2pm - 3pm
Lodge Rd Community Centre

Females Only:

- Gentle Exercise for Elder Women
Thursdays 10am - 11am
Greets Green Access Centre
- Exercise to Dance
Thursdays 6pm - 7pm
Greets Green Access Centre
- Keep Fit
Mondays 9.30am - 10.30am
Cradley Heath Community Centre

Women Only Swimming Sessions

Smethwick Swimming Baths, Thimble Mill Rd
Mondays
10am - 11am Under 50's and pre-school children
11am - 12 noon 50 Years and over only

Price:

£1.32 for holders of concessionary pass, otherwise £2.65.
(Concessionary pass free for those aged 60+ or in receipt of benefit otherwise can be purchased for £3.80 per annum)

Health Awareness Programme

| Date & Time | Event |
|---|-----------------------------------|
| Tuesday 5 th Dec 11.30am | Passport to Leisure Men Only |
| Thursday 7 th Dec 11.30am | Visual Impairments Women Only |
| Thursday 21 st Dec | Passport to Leisure Women Only |

Cancer Awareness programme Throughout January & February 2007 Tuesday's (Men) and Thursday (Women) 11am onwards.

Free Handy Persons Scheme

SCVO has secured a contract from Sandwell Council to deliver a 'Handy Person Scheme.' The scheme is free to residents in private or private rented accommodations (eligible category includes Older people, Health impairments, on benefits) For External work contact 0121 565 8931 or Internal work on 0121 561 1969

Towards 2010 Consultation

Thank you to all those who took the time to participate in the 2010 consultation. For those who would like to find out how the health services of sandwell will be shaped in the future there are consultation papers all around the YCA. Help yourself. Please note part of the proposal includes **Sandwell Hospital losing its Accident and Emergency Department.**

Repairs on Prescription

Under the scheme, GPs and health visitors can refer patients with moderate to severe asthma or any other ailment that they would benefit from the installation of central heating and insulation. The scheme will run on a first come first served basis until 31st March 2007.

Walk to Beijing Registration

Wish to gain health benefits as well as a reward, why not register for the 'Walk to Beijing' initiative. This includes a health assessment, a pedometer to record number of steps taken and re-assessment after three months. Financial rewards for those who have made the most health improvements.