

Winter 2016

Broomhouse Health Strategy Group- Supporting Healthier Lifestyles

BUGGYGYM

The new BuggyGym is perfect for mums to help with postnatal health and fitness. Mum's are feeling the benefit of the exercise and are enjoying meeting other mums and their babies. The group meets at **10am - 11am** on a **Thursday** at **Gate 55**. Next term starting **Thurs 7th Jan - 24 March**.

Wear comfy clothes and bring your baby in the buggy. We exercise outside when weather allows, and inside for stretching and relaxation.



Our **'BuggyGym Special Event'** on **Thurs 4th Feb, 10am - 12noon** at **Gate 55** will introduce you to BuggyGym and other local health and wellbeing services for parents and carers of pre-school children. So if your baby is due soon or you already have little ones come along to find out more.



Learn how to prepare healthy meals from scratch in 2016! Our six week cookery terms are a great place to develop your cooking skills, try new recipes and taste new foods in a relaxed environment. All levels welcome!



“ I really enjoyed the sessions as being a new mum I needed some time for myself which I could get here”

Booking is essential as spaces are limited. Each session will run from **10am - 12noon** on **Tuesday** mornings, with a **FREE** bookable crèche for under 5's.

New year, new you! Why not try Nour Women's Aerobics?

This popular women's exercise group will meet at the new time of **11am - 12noon** from **Tuesday 26th January 2016**.

“ I'd like to recommend it to everyone”

New women are always very welcome. You don't have to book to take part unless you need the crèche as places are strictly limited.

Step out with our friendly Walking Group in 2016

We meet at the Fruit & Veg Shop at **1 Broomhouse Market** at **10am** most **Friday's** throughout the year. We walk for around an hour to local places of interest and enjoy a cuppa afterwards.



“ We are so busy chatting we are back before we know it”

Wednesday's have been a lot more fun since Chair Exercise came along

Chair exercise is a friendly group activity with seated exercise to popular music, suitable for older people and people with mobility issues. We have a one hour session, once a week on a **Wednesday** from **11:15am - 12:15pm**.



“ It's great if you are feeling a bit sluggish”

After the session some of our group go on to St David's lunch club at 12.30pm.

Sessions restart on **Wednesday 13th January** at **11:15am**. We hope to see you there!

All our sessions and groups are **FREE** to attend. Spaces are however limited, so get in touch to confirm your place

Did you know our Fruit & Veg Shop stocks a variety of recipe bags starting at just 75p?...

Our recipe bags include all the ingredients you need to create a tasty meal for four including a simple to follow recipe.

VOUCHER

Simply cut out this voucher and bring it into the shop for your choice of a **half price** Tomato Pasta **OR** Roast Vegetable Couscous



Our current selection of recipe bags to choose from are:-

- Lentil Dahl
- Hummus
- Tomato Pasta
- Roast Vegetable Couscous
- Cauliflower and Potato Curry
- Vegetable Chilli
- Vegetable Chow Mein
- Vegetable Frittata
- Sweet Potato & Chickpea Korma
- Leek & Mushroom Pancakes
- Vegetable Paella

We also have 17 different soup bags available- which includes everything you need to make 4 tasty bowls of soup for just £1!

Free Home Delivery or Bag Carrying Assistance

Serving Broomhouse and the surrounding areas.

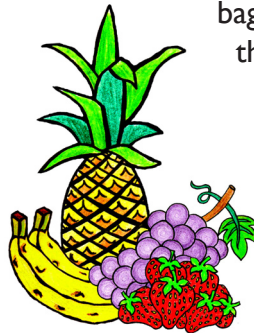
If you or someone you know could benefit from this service please get in touch.

“I’m not supposed to carry anything heavy, so I really appreciate you bringing this, as I can’t carry it home”

Please bother us, we are here to help!

Community Hero-Find out from St Joseph’s pupils Ahmad & Summayyah how they are promoting healthy eating “In our school we have Golden Apple Tokens which encourage pupils to bring in a healthy snack. Every week the class with the most Golden Apple Tokens wins a certificate and a trophy. At the end of each term, the class who won most, will get a healthy treat.

We also do healthy bag orders, such as fruit, smoothies, recipe bags, and soup bags. In order to achieve this, we work closely with **Broomhouse Health Strategy Group**, for without their support this would not be possible.”



Winter Warmer

Our local Time Bank is a great way to have some fun and get to know local people. Come along to our ‘Winter Warmer’ At The Broomhouse Centre Cafe From 2pm – 3:30pm On Wednesday 20th January

This friendly event is open to everyone. Come along for a cuppa, some arts & crafts, relaxation therapy, local history.



Interested in becoming a Time bank member? Come and talk to us!

VOLUNTEER WITH US! WE NEED VOLUNTEERS FOR OUR FRUIT & VEG SHOP

Would you like to learn new skills, gain experience and meet new people? Do you have four hours a week to spare and fancy a new challenge? If the answer is yes, volunteering at our fruit and veg shop might be exactly what you are looking for.



“It’s a brilliant atmosphere and I have a good laugh with the customers”

You don’t need experience to volunteer with us, full training and ongoing support is given to all our volunteers. Interested? Get in touch!

For more info and to book a space at one of our groups:

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