



Healthy Lifestyles Newsletter



– Brought to you by the team

WELCOME TO THE HEALTHY LIFESTYLES NEWSLETTER

This month's edition we will feature:

- Success Stories and Event Cover from different Healthy Lifestyles services.
- Highlight of the Month: Young at Heart
- Meet our Young at Heart Team
- Upcoming events

SUCCESS STORIES



HENRY PROGRAMME

Congratulations to everyone who completed the Henry: healthy families growing up (5-12 years) programme!

For many of our residents and their children, 2023 was the perfect time to start making lifelong healthy choices. A few of our residents had a few words to say about what they loved about the in the Henry: healthy families growing up (5-12 years) programme.



“But I was surprised that this programme helped my son socialise with other children... I would drink sugary drinks and I would eat anything I wanted to eat but now anything that enters my mouth I must know what I am eating before I take it.... I learnt from the lessons and from other parents.” - Light

At the beginning of the programme, everyone wanted to achieve a sustainable healthy lifestyle for their families. Everyone participated in all the lessons learning about food labels, picking healthier options, and keeping active. By the end of the programme, they were all on their way to achieve a sustainable healthy lifestyle for themselves as well as their families, whilst creating long lasting relationships with other parents and children. All the parents were keen to create a group chat to keep in contact with one another. The programme helped the residents to understand health and fitness in a more engaging approach for both parent and child.

If any residents are looking for holistic family lifestyle programme to support healthy emotional and physical development and a healthy weight for primary-school age children register through the **HENRY, healthy families growing up (5-12 years) Registration Form**



You can sign up to the HENRY, healthy families growing up (5-12 years) and HENRY, healthy families right from the start (0-5 years) sessions by scanning the QR code:



Updates

Get regular updates on Twitter @BDCommunityHubs





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EVENT SUCCESS

A successful Easter holiday provision completed, nearly 300 children participating in a variety of camps. We had a number of parents register their child to one of the many Schools Out, Get Active Camps for the Easter Break.

What is Schools Out, Get Active?

It can be tough for parents finding things to occupy the little ones during the holidays, that's why Barking, and Dagenham council host a variety of sports and physical activity camps



specially designed for young people and children who live or go to school in the area. Attending a camp is a great way for children to get outside and enjoy the fresh air, learn new skills and mingle with kids outside their immediate circle. It's a growing experience that will make them better people one day, with brighter memories of their school holidays.



Activities ranged from Athletics to West End workshop to Football. Young people were able to express their inner Harry Kane with the Football Camp. They could embrace their inner Billy Elliot or Matilda at the West end workshop. Also, they could feel like Jessica Ennis-Hill or Usain Bolt on the track at the Athletics workshop. These camps allow the children to keep active, whilst having fun and making long-time friends.

If any residents are looking for activities for their child for the next school holiday, you can keep in loop through our website [Schools Out Get Active | London Borough of Barking and Dagenham \(lbbd.gov.uk\)](https://www.lbbd.gov.uk)





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EVENT SUCCESS

Young at Heart: Let's celebrate the coronation together

Many of our Young at Heart members across the borough came together to celebrate the coronation of HRH King Charles III on Saturday 6th May 2023. The coronation was celebrated across several centres and community hubs within the borough including Park Centre, Barking Learning Centre and Valance Library.



The coronation celebrations were really enjoyed by all who attended. There were a variety of activities such as Bingo, a grand coronation feast and a lot of dancing. The coronation celebrations gave residents a chance to celebrate with their community, to keep active and have fun. One of our residents had a few words to say about the coronation.



"I am excited to see a coronation! During the last coronation I was two, so this is something I am looking forward to seeing. Being a part of history."

If any residents are looking to get active, stay connected and maintain a healthy lifestyle, they can get more information about

Young at Heart Programme: [Young at Heart | London Borough of Barking and Dagenham \(lb.gov.uk\)](https://www.lb.gov.uk/young-at-heart)



YOUNG AT HEART

The Wallace collection came to Young at Heart

On Tuesday 28th February and Friday 2nd March Holly from the Wallace collection museum came to Barking Learning Centre and Chadwell Heath Community Centre to speak with the Young at Heart attendees about some of Richard Wallace's treasured objects and one of his most famous landscape paintings. Holly will be returning on Tuesday 23rd May 11am at Valance Library.



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One of our Wantz members turns 102

Grace Hilda Gardner was born 27th April 1921, in Poplar, East London. She has been attending tea dance for 20 years at the Ripple Hall in Barking and Hatfield hall in Dagenham. She has followed Ken our Tea dance instructor around for years. "Happy Birthday Hilda"

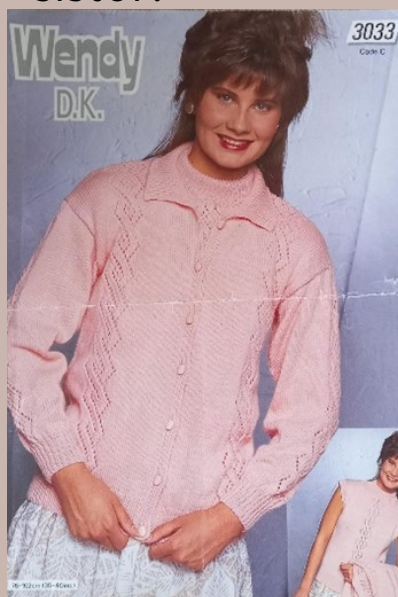


EVENT SUCCESS

Knit and Natter

Trish joins in with the knitting session with Angela on Thursdays at Park Centre. Trish found a pattern and wanted to knit the cardigan for her mum (she started this project 20 years ago). Trish explained she started knitting the cardigan, but her mum sadly passed away, so she put it in the cupboard and forgot about it.

During Covid when we were in lockdown Trish was having a clear out and came across the cardigan. Nearly 20 years later and here she is at the Young at Heart session with Angela helping her towards the end of her project. The cardigan is going to be given to her older sister.



If you would like to try knitting or meet other like minded residents who love knitting, have a look at the Young at Heart Programme: [Young at Heart | London Borough of Barking and Dagenham \(lbdd.gov.uk\)](https://www.lbdd.gov.uk)



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YOUNG AT HEART Barking and Dagenham's very own Strictly Come Dancing

For many of our residents, 2023 is the perfect time to start making lifelong healthy choices for all ages including the over 50s. Getting active does not always have to be boring and self-isolating. Healthy Lifestyle offers a variety of classes through the Young at Heart Programme. The Young at Heart sessions include line dancing, tea dancing, fitsteps and tai chi and so much more to help our residents to keep active and stay connected. One of the



residents had a few words to say about what he loved about the tea dancing class run by the Young at Heart programme.

"I have been coming for 8 years and I love it! It's a wonderful form of exercise and it gets my brain working." – Arthur, 92 years old

Sessions like tea dancing allows residents like Arthur to engage in a fun form of physical activity. When residents take part in classes like this, it not only allows the resident to get blood pumping around their body, but it also keeps their brain active. The constant learning of steps and different dances engages the brain and keeps the brain active.

Other than health reason, there are many reasons why residents join the Young at Heart sessions. Here is Arthur's story:

"My wife died 10 years ago and a lady at the cemetery said try dancing. I have been going ever since" – Arthur, 92 years old

The social aspect of the Young at Heart sessions makes the experience more enjoyable. Seeing the same people each week and being a part of a group made the journey to a healthier lifestyle more enjoyable and build lasting friendships.



If any residents are looking to get active, stay connected and maintain a healthy lifestyle, they can get more information about the Young at Heart Programme: [Young at Heart | London Borough of Barking and Dagenham \(lbld.gov.uk\)](https://www.lbld.gov.uk)



You can get more information about Young at heart programme by scanning the QR code:



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MEET OUR YOUNG AT HEART TEAM

The Young at Heart programme is designed to help our 60+ community stay fitter, healthier and stronger for longer – improving their health and fitness whilst having fun. Activities range from Tai Chi, Bingo, Tea Dancing to Self Defence and First Aid sessions. Young at Heart is open to EVERYONE who want to keep active with their community. The activities run by the service is not exclusively open to those residents who are 60+.

You can get more information about Young at heart programme by scanning the QR code:



The Young at Heart programme are facilitated and delivered by our qualified team of staff and volunteers . Here is your chance to get to know them!



JUNE

About me:

Hi I'm June, I am a frontline officer plus for the young at heart program, the ELF project and social prescribing. I started my LBBB journey doing an apprenticeship in health and social care, working in day centres, extra care buildings and home care. I have worked in the young at heart program for roughly 8 years and have a passion for tackling isolation and helping people connect with their community. The young at heart program offers face-to-face/online sessions aimed at over 60s (but anyone is welcome), there is something for everyone. We look forward to seeing you at some of our sessions!!



ANGELA

About me:

Hi I'm Angela- I'm a front line officer with 25 years' experience. Since joining we have changed names so many times and now we are Young at heart. I started off in a different direction, Fashion designing was my thing, I loved designing and making them. I got a Diploma at Barking and Dagenham College and later I was accepted at kings College for my designs. I work with a great team (the Healthy Lifestyles Team) – Each day can be challenging from online coffee mornings to social prescribing. I enjoy knitting, crocheting, anything crafty and enjoy sharing my skills knowledge with others.



JASON

About me:

I have been a Healthy Lifestyle Coach for over 10 years and love helping people get fitter and healthier both physically and mentally. I teach the Chair Based class on Wednesdays at Park Centre and Supple Strength at May and Bakers on Thursdays. I have been teaching classes for the Young at Heart Program for ten years. 3 words to sum up the Young At Heart Programme :- Friendly, sociable and fun.



KARL

About me:

My name is Karl Lancaster and I teach tai chi and self defence, I also teach first aid. I have taught on the Young at Heart programme for roughly eight years. Tai chi takes place at Valence Library on a Monday at 2.30 for one hour. Self defence classes are also at Valence Library starting at 11.30 on a Thursday. Occasionally I run a first aid course over several sessions and these take place on the last Thursday of each month in place of the self defence class. In my opinion the Young at Heart programme is 'excellent and vital'!



CATHY

About me:

I teach yoga sessions at Valence Hub and May & Bakers Social Club. I have been teaching yoga for the YAH for the past 8 years. To describe the YAH programme in three words would be friendly social activities, although it is much more than that and difficult to sum up in only 3 words.



CARLY

About me:

I teach seated fitness online on Friday and at Valence Hub on Thursdays. I have been teaching on the Young at Heart program since November 2022. I think it's an amazing opportunity for people to get out the house, get active and meet new people! I am genuinely blessed to be a part of it!



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LYNNETTE

About me:

I have been dancing for 63 years now and have taught line dancing for 28 years. I have been teaching the line dance class at Valance Library for 3 years. In three words the young at heart program is good for Mind, Body and friendship.



MICHELLE

About me:

Hi I'm Michelle, I've been providing services through Active UNlimited to support the Young at Heart Program for over 12 years. I teach Zumba Gold and Salsa classes at Park centre, May & Bakers, Valance and Chadwell Heath. I'm passionate about providing safe spaces for older people to relax, unite and have fun whilst getting fitter and healthier. If I could sum up the programme in a few words it would be "adding years to life and adding life to years"



KEN

About me:

I have been dancing for 66 years and I teach line dance, tea dance and ballroom dancing on the YAH program. The sessions run at Wantz community centre and Abbey leisure centre and I have worked on the program for 10+years. If you are Young at Heart it would be great to meet you for some Fun, Fitness & Health benefits.

Park Centre: Young at Heart Volunteers



JUNE AND JEAN

About me:

June has attended Park centre for 14 years and volunteers at the centre. "it's a friendly atmosphere". Jean has been attending the sessions at Park centre for 18 years and volunteers at the centre. "The club is like a family"



STEVE

About me:

Steve has attended the young at heart program 10+ years and volunteers at May & Bakers and Park centre. "I enjoy meeting people and it keeps me busy"



KATHY

About me:

Kathy has been attending the club at Park Centre for 20 years she also volunteers for the centre. "I enjoy coming and it gets me out"



IRIS

About me:

Iris has been attending the club for 14 years and volunteers at Park centre. "I like coming here".



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Upcoming Event

Young at Heart: Introducing First Aid Sessions

First Aid Session last Thursday of every month (You will gain a certificate when completed)

Our first session of First aid started Thursday 27th April. The next sessions will be held on:

- **Thursday 25th May 11.30am to 12.30pm**
- **Thursday 29th June 11.30am to 12.30pm**



Barking and Dagenham diabetes support group

Barking & Dagenham diabetes support group- Meet once a month at park centre. Holding an event Wednesday 14th June at Eastbrookend discovery centre 10.30am to 12.30pm (The Chase, Dagenham, Romford RM7 0SS)

LBBB GP DROP-IN CLINIC

You're invite to be part of our next GP drop-in clinic!

After the success of the pilot clinic, we are back with another GP Drop-In Clinic for residents needing minor medical assistance, advice and community sign-posting.

We have so many great organisations locally and we'd love to give residents the chance to get to know different local organisations better!

9th June - The Rivergate Centre , Minter Rd, Barking, IG11 0FJ - 12 PM - 6 PM

14th July - Thames Community Hub, Bastable Avenue, Barking, IG11 0LG - 12 PM - 6 PM

11th August - The Warehouse, 47 Thames Rd, Barking, IG11 0HQ - 12 PM - 6 PM

8th September - The Rivergate Centre , Minter Rd, Barking, IG11 0FJ - 12 PM - 6 PM

13th October - Thames Community Hub, Bastable Avenue, Barking, IG11 0LG - 12 PM - 6 PM

HENRY 5-12 Community programmes May – July 2023

The programme covers these 5 themes across 8 sessions and provides everything you need to help your children flourish.

- Feeling more confident as a parent
- Physical activity for the whole family
- What children and the whole family eats
- Family lifestyle habits
- Enjoying life as a family



Join our FREE 8-week programme please scan the QR code or email: Healthy.lifestyles@lbbd.gov.uk



What's in for you next month?

July: Introducing LEAN Living Facilitators

July: New Me: Residents stories of their healthy lifestyles journey.

July: Highlight of the Month: Eat Well, Live Well and Feel Great (ELF)