



Healthy Lifestyles Newsletter



– Brought to you by the team

WELCOME TO THE HEALTHY LIFESTYLES NEWSLETTER

The newsletter is here to spotlight all our services, showcase all the work the healthy lifestyle team have done to support our residents and to keep you updated on all our service.

SUCCESS STORIES



Updates

Get regular updates on Twitter @BDCommunityHubs



LEAN LIVING

LEAN LIVING SUCCESS! RESIDENT LOSES 10 KG IN 12 WEEKS

"I have been struggling for so many years to lose weight. I tried so many diets - keto diet. I even had a personal trainer but still I was putting back the weight. Only because I didn't learn how to eat properly and with this programme Seun has taught us the importance of eating well. She showed us about a balance meal, the importance of veggies, sugar and the impact sugar have on our bodies and our mood. And the importance of exercise. Doing the programme has helped me so much to learn and get a healthier lifestyle and I am happy about this."



Jenet found that weighing herself on a weekly basis during the LEAN Living programme kept her on track. For Jenet seeing the numbers go down on the scales showed to her that all the changes she was making were having a real positive impact. Seeing the same people each week and being a part of a group made the journey more enjoyable. The group aspect helped to keep focused and keep the weight loss sustainable.

Altogether, Jenet lost an impressive amount of weight through adopting healthier eating habits. Jenet so far has lost almost 2 stone (10kg) respectively.

Residents can sign up to the LEAN Living sessions through the registration form. Click the link to sign up: [LEAN Living Registration Form](#)

You can sign up to the LEAN Living sessions by scanning the QR code:





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EXERCISE ON REFERRAL

EXERCISE ON REFERRAL – Amine Success Story



“I think it’s the best! I was telling my family about it that I like it [the exercise on referral programme] and after I am finished, I would like to continue I have started 2/3 weeks now and I am feeling a bit more relaxed as compared to previously. I have been diagnosed with depression and have been on medication but after taking my medication, sometimes my mood drops. But as I started to come here, I feel a bit better.”- Amine

Amine is one of many who have enjoyed the exercise on referral scheme and found it beneficial for her health. The exercise on referral scheme is the perfect way for people with long-term health conditions to move more to improve their health and wellbeing. The scheme has helped many residents with long-term health conditions to manage their weight, have a positive effect on their mental health, improve your muscle and joint functions, and benefit your heart health too.

For 6 weeks, Amine has been fully engaged in the exercise on referral programme which helped her to build up her physical endurance.

“Before, I could not even walk 2 seconds... I would be panting but now I can even walk to the bus stop and wait for a bus, so I think it’s an improvement” - Amine

The exercise on referral lifestyles coaches helped to keep Amine focused, motivated and helped keep physically active to help with her long-term health issues regardless of her age and/or disability.

“The staff are a contributing factor. They helped me to build back my confidence a little bit. At first, I didn’t have any confidence so, I’m grateful and I thank them ever so much. And I wish to come back even when I’m finished. Even if I must pay” - Amine

“The staff here are able to help me set everything up. Sometimes they sit down with me, tell me what I’m doing and how many calories I am burning.” - Amine

If you are a resident in Barking and Dagenham, have a long-term health condition and want to the exercise on referral programme - simply speak to your GP.



You can get more information about Exercise on Referral by scanning the QR code:



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EVENT SUCCESS



#SmokeFree2023 pop-up event at the Barking Learning Centre

For many residents, January is a month for change and we wanted to support them with any changes they wanted to achieve this year. The Healthy Lifestyles team hosted their second pop-up event at the Barking Learning Centre for #SmokeFree23 national campaign.

Our stop smoking advisors were able to give Carbon Monoxide readings to our residents whilst giving residents information on how we can support them



in their journey to stop smoking this year. As a result, we were able to get some of our residents signed up for our stop smoking programme.



The #SmokeFree23 pop-up event also allowed the stop smoking team to also discuss with residents other free services we offer to help them gain an overall healthier lifestyle. We were able to have real thought-provoking conversations with residents and employees regarding health and creating and sustaining a healthy lifestyle.

If you missed our #SmokeFree23 pop-up events and you have a long term condition, it doesn't mean we can't support you on your journey to stop smoking for good. You will receive one to one support and nicotine replacement therapy to help you on your journey. It's never too late to quit. You've got this!

Find out more information on : [Stop smoking | London Borough of Barking and Dagenham \(lbbd.gov.uk\)](https://lbbd.gov.uk)

To register onto the programme click here: [Stop Smoking Registration Form](#)

You can book a free consultation by scanning the QR code:





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Chair Based Exercises at Thames Community Hub

"When I stopped coming because of my health, I found that I had more difficulties to do my everyday activities. I am happy to be back!" Patricia

If you have difficulty standing or walking, it doesn't mean exercising and keeping physically fit is out of the question. Chair Based exercises are perfect activity if you cannot engage in physical activities such as walking or cycling. You can use these exercises if you have trouble getting up and about, or even if you just want a change of activity on days you can't get outdoors. Also, our classes allow you to connect with other residents within your area.



If you are looking to improve your healthy through healthy lifestyle changes, you can by simply turning up to our chair based exercised classes at **Thames Community Hub every Monday 12:30PM – 1:30PM.**

Eat Well, Live Well, Feel Good (ELF): Keeping physically healthy

"I love coming here! I come here every week. June and Dean are amazing!"



Everyone can achieve a healthy lifestyle! For adults with a learning disability who live in Barking and Dagenham, Eat Well, Live Well and Feel Great (ELF) aims to increase physical health and wellbeing through physical activity and healthy eating sessions.

At the Green Lane Christian Fellowship Church, we had many of our residents engage in a range of physical activities including dancing, Chair based exercises and kite activities. A lot of residents engaged with activities and enjoyed it! These activities have not just allowed them to maintain a healthy lifestyles but it helps them to get to know other residents and enjoy the social aspect.

Healthy Lifestyles run a number activities across the borough for residents with learning disabilities. Scan the QR code for more information.



You can get more information about Eat Well, Live Well and Feel Great (ELF) by scanning the QR code:



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MEET OUR HENRY FACILITATORS

The HENRY programme is a free 8-week session, an evidence-based programme which supports families with children aged 0-12 years to develop a healthier lifestyle for the whole family. It supports physical and emotional well-being, and covers nutrition, physical activity, portion sizes, screen time, self-care, exploring feelings, and managing challenging behaviour.

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:



The HENRY, healthy families right from the start (0-5 years) and HENRY, healthy families growing up (5-12 years) programmes are delivered by qualified HENRY Facilitators. Here is your chance to get to know them!



NICOLA

About me:

I have worked for LBBDD for over 18 years working with the under 5's and have spent over 8 years specialising in Play and Communication. I enjoy working with young children and their families, supporting them with their development and needs, and trying to make a positive impact on their lives.

I deliver advice sessions for families who have concerns regarding their child's play and communication skills. Supporting families through parenting workshops including toilet training, sleep, starting solids, fussy eating. I am a qualified baby massage instructor. as well as a trained HENRY facilitator.



NATALIE

About me:

I have worked in the Healthy lifestyles industry for over 15 years.

I am a trained HENRY facilitator and I co-ordinate a number of projects these include HENRY Schools out. Get active holiday programme and the ELF Project. I have a keen interest in sport, competing in Athletics and Basketball in my younger years. This has given me the passion to support our community to engage in activities that will help them lead a healthier lifestyle.



NIKKI

About me:

I started working for LBBDD in 2012. I have a passion for supporting families and children's learning. I've previously worked in preschools for over 5 years. I'm level 3 qualified in child studies. In 2020 I qualified in baby massage, and in 2021 I trained in HENRY.

I currently work as part of the healthy lifestyles team. I deliver children Centre services for 0-5 years, baby massage courses, and I help facilitated HENRY programmes in local schools and community for both 0-5years and 5-12 years.



EMMA

About me:

I have been working in Barking and Dagenham for over 18 years now. I deliver advice sessions for families who have concerns regarding their child's play and communication skills.

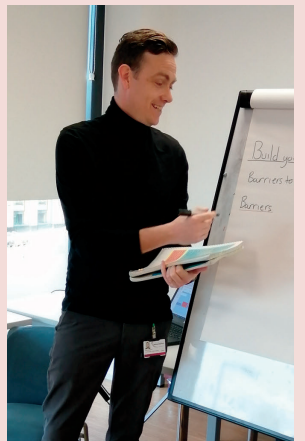
Supporting families through parenting workshops including toilet training, sleep, starting solids, fussy eating. I am a qualified baby massage instructor. as well as a trained HENRY facilitator.



SEUN

About me:

I started off as a Community Health Champion Volunteer as I wanted to help to contribute to solving the problem of childhood obesity in Barking and Dagenham. I joined the team as a facilitator 3 years ago. I have always had a passion for children's health and wellbeing and I am a trained facilitator for the HENRY programme.



SIMON

About me:

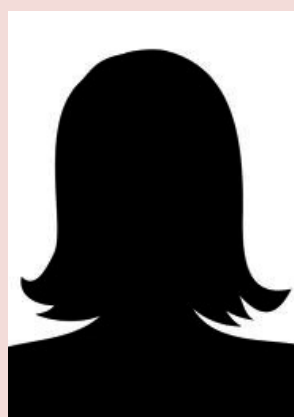
I enjoy being a part of people's journey to change, being able connect and relate to the community. I am trained to facilitate, Lean Living, for adults who want to achieve a healthy weight. HENRY 0-5 HENRY growing up 5- 12 Both face to face and online



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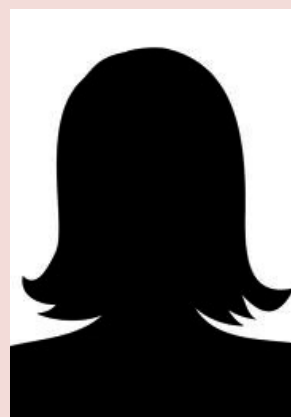
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JOHANN

About me:

I have 30+ years post qualification experience of working with children 0-5 years and families. S: My current role includes running face to face play sessions these include Stay and Play 0-5 years and Babbling Babes 0-18 months which focus on identifying children with play and communication difficulties and referring them to the necessary agencies such as speech and language therapy. I co-run with my colleague a targeted group called Look, Listen and Play which is a small, 4-week group for children that have difficulty with their attention, listening and play skills. I run a monthly Play and Communication advice session with individual appointments which are for parents/carers that have concerns about their child's play and communication skills. I deliver parent/carer workshops online that cover a variety of topics such as starting solids, sleep, and play and language workshop etc. I'm qualified and teach and deliver Baby Massage which helps with bonding and attachment.



SUSAN

About me:

I have been working as a Play and Communication worker for over 13 years. Prior to this I trained and worked as a Nursery Nurse. Specialties: My role is focused on early intervention, identifying and supporting children who may be behind in their development. I do this through a range of play sessions, parenting programs including HENRY, Speech and language advice sessions. I am also trained in Baby massage. Makaton, and PECS (picture exchange communication) I am also a Volunteer Mentor, supporting volunteers in my groups, helping them to gain skills and confidence that may help them gain paid work. I have also recently started delivering Volunteer training, giving volunteers an overview and knowledge they may find helpful to support our groups or start their own. I really enjoy seeing children and adults develop in their skills and confidence

Upcoming Event

LBBB RUN4LIFE CHARITY EVENT 5 & 10K

The LBBB Run4Life is back!

You can raise money for charity if you want to or just run for yourself. The LBBB Run4Life 5 & 10K Charity Event is taking place on the 2nd April 2023!

If you want to join the LBBB Run4Life Charity event, or you know any residents who would like to take part, Please register today at : <http://runforlife.org.uk>



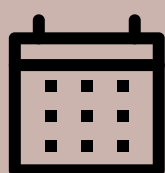
LBBB RUN4LIFE CHARITY EVENT 5 & 10K

Time: 8AM
Date: SUNDAY 2ND APRIL, 2023
Venue: CU LONDON, RAINHAM ROAD NORTH, DAGENHAM, RM10 7BN

REGISTER ONLINE NOW WWW.RUNFORLIFE.ORG.UK
020 8517 5827

OUR SPONSORS

Power House Community Enterprise, CU London, WISE & COE, Barking & Dagenham, Barking & Dagenham College, LEADERS ALL READERS



What's in for you next month?

- May:** Introducing Young at Heart Facilitators
- May:** Introducing LEAN Living Facilitators
- May:** New Me: Residents stories of their healthy lifestyles journey.
- May:** Highlight of the Month: Young at Heart Programme