



the Wirral

What's going on in the Wirral...

Take the Health Challenge

and make 2009 the year you changed your lifestyle!

NHS Wirral has introduced a new 'Health Challenge Wirral' team to help people across Wirral become healthier, with a range of services that are now free of charge. With the help of the Health Challenge Wirral team, who work from community centres across Wirral, changing one thing in 2009 could change your lifestyle forever.

Health Menu

- Lose Weight
- Eat more healthily
- Stop Smoking
- Learn to cook healthy nutritious meals
- Feel more positive
- Improve your family's health

You will receive plenty of help and support to get started. You will be provided with a free, lifestyle assessment with an NHS health trainer to see exactly what support you need.

Also free one to one sessions to help you become healthier. They are all here to help you so why not give them a call on **0151 630 8383**.

Time to Get Healthy!

Free Swimming for the Over 60's

Show your bus pass or driving licence to staff at any local authority pool and ask to be registered for free swimming.

Tai Chi Chi-Kung

Simplified form of low-impact Tai Chi-style exercises for 18-80 year olds in Rock Ferry Community Centre, 259 Old Chester Road every Monday 11.15am – 12.15pm.

Help with Stopping Smoking

For information on how to quit smoking and to arrange an appointment to talk to someone call **0151 630 8383**. Appointments can be arranged in the following locations:-

Wallasey YMCA, Manor Road, Wallasey (Tues PM)

St James Centre, Laird Street, Birkenhead (Mondays)

30 Argyle Street, Birkenhead (sessions include late evenings)



Wirral Food and Drink Festival

The Wirral Food and Drink Festival 2009 will showcase the best of all things "Home Grown", bringing together the region's finest producers, restaurants, chefs and farm shops. Taking place over the August Bank Holiday weekend at Claremont Farm (Sunday 30th and Monday 31st August) this year's events is not to be missed, with Celebrity Chef demonstrations, live entertainment and much more...

Over 70 producers will be offering an incredible range of regional produce.

Keep an eye on the Festival website:

www.wirralfoodfestival.co.uk

for details on more great events in the run up to the festival.

The event is free to all adults and children so why not go along. For any enquiries contact Andrew on:

07785 783408.

Woodhall / Royston Avenue Project, Egremont, Wallasey

Wirral Metropolitan Borough Council and Cosmopolitan Housing Association are working in partnership to develop a major flagship scheme of 36 affordable homes in the Egremont area of Wallasey.

The demolished site encompasses Woodhall and Royston Avenues, which formerly consisted of terraced housing. It is located within a Housing Market Renewal zone and the development of the scheme forms part of a wider effort to regenerate the area.



In line with the housing needs of the Borough, a varied mix of homes is being provided, comprising a selection of 2, 3 and 4 bedroom houses and 2 bedroom bungalows. All properties are for Social Rent.

Negotiations for the purchase of the site are almost complete and the scheme has Planning Approval. A building contractor will be chosen shortly. Works are anticipated to commence during the Spring, with the development programme expected to take until early 2011 to complete.

Cosmopolitan Housing Association

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Cosmopolitan Housing Association is a Charitable Industrial and Provident Society.