



IMPROVING BARNSELEY'S HEALTH BULLETIN 2, JANUARY 08

This new e-bulletin will be sent out bimonthly to all contacts from our database, who previously registered an interest in Health & Social Care and/or Drugs & Alcohol

If you do not want to receive future editions of this bulletin or are not on our mailing lists to receive this bulletin - but want to be added, then let me know

Deadline for next bulletin: Mon 17th March

If you have any news or information that you'd like to see in future bulletins: contact me by email melanie.webb@vabarnsley.org.uk by phone 01226 785564, or write to VAB, 35 Queens Road, Barnsley, S. Yorks., S71 1AN

CONTENTS

PAGE

World First for Breastfeeding Support in Barnsley	2
Baby Weaning Party	2
21 st Century Infant Feeding Training	3
Obesity Week	3
Lifestyles Club	3
Barnsley Nutrition Training	3
Other Nutrition Courses	4
Study Support Network at Barnsley libraries	5
Visibility 'The Orient Express'	5
BME and Mental Health Conference	5
Light of Life Social Club	6
Protecting Children and Vulnerable Adults - Free Workshops	6
Mind in Barnsley	6
Aiding Barnsley's Recovery Opening Day	7
Call for DAAT Carer and Service user Representatives	7
Old Moor RSPB nature reserve events	7
The Barnsley & Penistone Ramblers Walks Programme	8
Wentworth Castle Gardens Events	9
Penistone Line Partnership - Guided Walks Programme	9
6,000 Yorkshire and Humber Smokers quit since ban	10
Feel Good Event	10
Royston & Carlton Community Partnership - spare places	11
Barnsley Lunch Clubs for the over 55's	11
Cudworth Lunch Club	12

WORLD FIRST FOR BREASTFEEDING SUPPORT IN BARNSELEY

The Primary Care Trust and provider organisations in Barnsley are spearheading a world first by launching a **Breastfeeding Compact** to support new mothers. Compact is a national initiative which brings together government, local public bodies and the voluntary and community sector to improve their relationship and implement Codes of Good Practice for mutual advantage and community gain. This local Code of Conduct is an agreement between the Primary Care Trust (PCT) and organisations providing Breastfeeding Peer Support. Its aims are to enable Breastfeeding Peer Supporters to support women within Primary Care Trust premises, and to enable the PCT to refer women to Breastfeeding Peer Support organisations.

The Compact was launched at Milefield Children's Centre where 18 Peer Supporters had completed their breastfeeding training and were the first group to take advantage of this initiative. Peer supporters are mothers over the age of 18 who have breastfed their own child and feel positive about their breastfeeding experience, have received full training and are supported in their role by an organisation. They provide support - giving information and options on breastfeeding, listening to mothers concerns and questions, signposting mothers to expert sources of help and organising support groups/ drop in to support breastfeeding mothers.

As part of the new compact, Peer Supporters have specific training from health professionals and peer counsellors who are in paid employment by Voluntary Action Barnsley and BIBS Ltd. They undergo a 12 week training course in either the La Leche League Peer Counsellor Programme or the Mary Smale's enablement model.

Paul Redgrave, Director of Public Health said:

"This is an excellent achievement by the whole team. Some tremendous work has been carried out over the past couple of years through our Fit for the Future programme. This compact will allow that work to really benefit the parents and children of Barnsley, and help address our worryingly low breastfeeding rates"

Paul Barasi, Local Compact Voice Officer said:

"Well done Barnsley for having the world's first Compact made at a practical and operational level. We can now look forward to a new healthy Compact generation growing up to become the community partners of the future."

BABY WEANING PARTY

Third Tuesday of every month

**The Secret Garden Children's Centre, Lindhurst Road,
Athersley North, Barnsley**

Weaning parties bring mothers with babies together in a relaxed and friendly environment; they provide information on the first stages of weaning. Mothers learn when to wean and what foods to introduce and about foods not to introduce, they learn about health and safety with food preparation and the advantages of preparing their own baby foods. Effective and safe breast/bottle feeding is also covered. Other relevant groups and information sessions in the area are also promoted. The dental health educators go through a host of information: teeth cleaning, acid attacks, dummies, cups, drinks etc. Please phone 01226 296969 on the day to ensure that the party is running and for more information.

21ST CENTURY INFANT FEEDING TRAINING

Wednesday 20th February and Monday 31st March, 9.15am to 4.15pm
The Education Centre, BHNFT

Places are limited and will be allocated on a first come first serve basis. To find out more, contact Nicky Farnsworth 01226 433691 (ext 3691) or email: Nicola.farnsworth@barnsleypct.nhs.net.uk

OBESITY WEEK MONDAY 25TH -FRIDAY 29TH FEBRUARY

The Weight Wise Dietetic Assistants will be at the following venues and will be able to provide help and guidance on sensible weight loss.

Monday 25th February: All day at Asda Supermarket, Old Mill Lane

Tuesday 26th February: 11am-2pm at the Staff Resturant, Kendray Hospital

Wednesday 27th February: 10.30am-2pm at Gala Bingo, Pontefract Road

Thursday 28th February: 11.30am-2.30pm at Gala Bingo, New Street

Attend the above sessions or phone 01226 433928 for an informal chat about 'The Weight Wise Programme' - a 10 week weight loss programme run by trained Dietetic Assistants under the supervision of a Dietitian. The courses are available Barnsley wide and run mornings/afternoons and evenings. Referral onto this FREE programme is via your Practice Nurse or GP.

LIFESTYLES CLUB

Every Wednesday, 9:30am

**The Secret Garden Children's Centre,
Lindhurst Road, Athersley North, Barnsley**

The Lifestyles Club provides nutritional advice and information; there is an optional weigh in and optional physical activity session. No need to book, just drop in. For more information, phone 01226 296969.

BARNSELY NUTRITION TRAINING

The Community Dietetic Team deliver a range of training programmes which aim to increase knowledge and skills and provide evidence-based, consistent messages about food and nutrition. Training is free to all Barnsley NHS and BMBC employees and the Voluntary Sector but there are costs for other delegates. For more information: phone 01226 433128/433098, email clarinda.redmont@nhs.net or visit the Dietetics and Nutrition website: www.bhnft.nhs.uk/dietetics

Eatwell Training – This two hours long course is aimed at anyone who offers healthy eating advice to individuals and groups; it provides participants with practical, evidence-based information on how to promote a well-balanced and healthy diet. Upcoming training dates: **Wednesday 20th February, Monday 17th March, Wednesday 23rd April**. Training takes place at the New Street Health Centre, Barnsley. For more details, phone 01226 433128.

Ready, Steady, Lunchbox – The course is aimed at anyone involved with children's diets. Training is up to two hours long and will enable you to borrow and deliver 'Ready, Steady, Lunchbox', a fun and practical game that can be played by parents, staff and pupils to promote healthier food and drink choices in pupils lunchboxes.

Eatwell Training must have been taken prior to attending this course. Upcoming training dates: **Thursday 28th February, Wednesday 30th April**. Training takes place at the New Street Health Centre, Barnsley. For more details, phone 01226 433128.

Weaning Awareness (2 hours) – This training is for anyone who works with parents or children in the 0-5 year age group. The course provides practical information for people working in weaning. The Barnsley Food and Health Policy had a major review in 2006 and this course ensures that accurate and consistent messages are being sent out in line with the updated policy. **Eatwell Training** must have been taken prior to attending this course. The next training date is **Wednesday 27th February**. Training takes place at the New Street Health Centre, Barnsley. For more details, phone 01226 433128.

Eating Well for Under 5's (2 hours) – This course is for anyone who works with parents or children in the 0-5 year age group. It is an interactive session designed to provide participants with practical ideas and fun ways of encourage a balanced diet. The Barnsley Food and Health Policy had a major review in 2006 and this course ensures that accurate and consistent messages on nutrition are being sent out in line with the updated policy. **Eatwell Training** must have been taken prior to attending this course. The next training date is **Thursday 13th March**. Training takes place at the New Street Health Centre, Barnsley. For more details, phone 01226 433128.

OTHER NUTRITION COURSES

Level 2 Certificate in Nutrition and Health (90 hours) – Course suitable for parents, carers, catering staff and students (minimum age 14 years) and anyone else interested in improving their understanding of nutrition and healthy eating. NCFE course provided by Rotherham College of Art & Technology. Cost £25 but free if delegate on certain benefits. For more information, contact 01909 559100

LOCN accredited National Training Programme for Community Food Workers (4 days per unit) – Extensive course comprising 10 units including: Starting and developing a community food initiative, Global, national and local food and health initiatives, Food poverty, health and community development, Working in/managing a food social enterprise and Growing vegetables and herbs. Training provided by the National Open College Network. Cost £250 for Community/voluntary organizations, free for those on income-based benefits. For more information contact Kate Lucas on 0207 5119014 or email Kate@community-food-enterprise.org.uk

Multi-agency Baby Friendly Breastfeeding Training (6½ hours) – Free training for anyone supporting breastfeeding mothers and their families, delivered one day each month at either Kendray Training Unit or Barnsley Hospital Education Centre. Contact Nicola Corns 01226 433691 or email Nicola.Farnsworth@BarnsleyPCT.nhs.uk

Food and Health (10 hours) – Training for people wishing to develop their knowledge of food and nutrition, with particular reference to weight management. Training provided by PACE – Partners in Active Continuous Development. Cost £45. For more details, contact 0131 3173446 or visit www.qmuc.ac.uk/pace

Level 2 in Food Safety in Catering (1 day) – Food hygiene course leading to a qualification in 'Food Safety in Catering' (replaces Basic/Fundamental Food Hygiene course). Course is aimed at those working in a food related environment, in full or part-time employment, seeking employment or working in the voluntary sector. Cost £45. Training provided by Barnsley MBC, Regulatory Services, Food Safety Section. Contact 01226 773860 or email food@barnsley.gov.uk for training dates and more information.

Focus on Food (7 x 4 hour sessions) – this course provides an accredited qualification for employees in the care sector’s catering provision; it is ideal for those caring for elderly people. Course covers nutrition and dietary requirements for older people and altered consistency diets including moulded fortified pureed food, high fibre diets and finger food. Training costs £150 and is provided by Barnsley College and Community Dietitians. For more details, contact Barnsley College, Hospitality and Tourism Department on 01226 216326 or the Programme Enquiry Line on 01226 216171/216172.

The ‘Barnsley Nutrition Training Directory’ provides details about all current training programmes, it can be downloaded from www.barnsleyfoodnetwork.org.uk/Training/Barnsley%20Nutrition%20Training%20Directory%202006/

STUDY SUPPORT NETWORK AT BARNSELY LIBRARIES

The Study Support Network operates in 10 libraries and one community Hall across the Borough. Membership of the library and attendance at Study Support is free. All young people aged between 8 and 16 years are welcome. There is homework support, computers, art/craft sessions, board games, reading groups and accreditation schemes (First Steps/Asdan). Opening times are generally from 3:30pm and most centres are open on Saturday mornings. Contact your local library or the Study Support Office on 01226 773910 for further details.

VISIBILITY ‘THE ORIENT EXPRESS’

Mon 11th-Fri 15th February, 1pm to 3:30pm
Cooper Art Gallery, Church Street, Barnsley

Arts programme for primary school children and children with learning disabilities aged 8 to 16 years. This project from Action Space Mobile and supported by Arts Council England, BBC Children In Need and BMBC, gives children the opportunity to work together with professional artists in a living story book about ‘The Orient Express’, using art, music, movement, puppets and drama to create a story. The sessions cost £10 per week and places are limited. To book a place: email contact@actionspacemobile.org or phone Karen Shore on 01226 391112.

BME AND MENTAL HEALTH CONFERENCE

- IMPROVING REACH EVENT -

Thursday 28th February
The Orangery, Back Lane, Wakefield

This ‘Federation for Community Development Learning’ Conference is an opportunity for BME activists and practitioners and members of groups to explore how to use mainstream ideas and activities to support mental health and well-being. At the event, barriers will be identified and good practice will be shared, with the aim of producing a report with lots of practical ideas for community groups to use.

Further information and a booking form will be available soon on the Federation website, www.fcdl.org.uk Details will be emailed to members and contacts in Yorkshire and Humberside. Please email info@fcdl.org.uk if you'd like to be added to their mailing list.

LIGHT OF LIFE SOCIAL CLUB

Wednesday evenings from 7:30-10:30pm

The Sturdy Lads, Monk Bretton

This volunteer run club is open to children and adults with disabilities and parents/carers. There is wheelchair access and disabled facilities on the premises. Activities include karaoke, bingo, race nights. Cost: £2 per week for membership (includes free raffles tickets on the night). Reduced cost trips out are also organised. For more information contact Ken Scott on 01226 295498 or visit the club.

PROTECTING CHILDREN AND VULNERABLE ADULTS

-FREE WORKSHOPS-

The purpose of these workshops is to brief managers, staff and volunteers about the new statutory requirements for everyone working with children or vulnerable adults.

**Wednesday 20th February, 12:30-3:30pm (light lunch on arrival) or
Wednesday 27th February, 6-8:30pm (Sandwiches & refreshments on arrival)
Priory Campus, Pontefract Road, Lundwood, Barnsley**

For further information or to reserve your place, contact The Participation Team, Voluntary Action Barnsley: by email participationteam@vabarnsley.org.uk or by phone 01226 299590.

**Thursday 14th February, 12:30-3pm (light lunch on arrival)
Castle Park Rugby Club, Armthorpe, Doncaster**

Doncaster Volunteers Centre are organising this training course. For further information or to book your place, contact: Doncaster Volunteer Centre on 01302 343300 ext 216 or 218 or email doncastervb@doncastercvs.org.uk

MIND IN BARNSELEY

Training for Volunteers interested in working in Mental Health

Mind in Barnsley is looking for volunteers to offer support on a one-to-one basis to those suffering from mental distress. They run an in-depth twelve week training course accredited by the Open College Network for volunteers.

Anger Management Course

Mind run a ten week anger management programme for those people ready to explore and work towards resolving their problems with anger. The course runs on Tuesday afternoons from 1:30pm-3:30pm; it involves group work in a friendly environment - new groups starting three times a year.

Do you need Support?

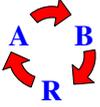
Can't face the outside world or feel that you need to increase your social skills? Would you like the support of a befriender who will not judge you or try to take control?

If you have a mental health difficulty and you would like to take positive steps towards making changes in your life then Mind can offer you support.

Employment Service

Do you want to make a return to employment, education or training but are unsure of how to go about doing this? The Mind employment service may be able to offer you information and support. It is a free, non-judgemental service open to those with a mental health problem, their relatives and carers.

If you would like more information on the above services and volunteer training opportunities then call into the reception of Mind in Barnsley, Arcadia House, 72 Market Street, Barnsley, S70 1SN or phone **01226 211188**.



AIDING BARNSLEY'S RECOVERY OPENING DAY

**The Secret Garden Children's Centre, Lindhurst Road,
Athersley North, Barnsley**

The Aiding Barnsley's Recovery (ABR) Open Day is on the **Wednesday 20th February**, between 10-12pm; they will be operational on the 3rd Wednesday of every month. ABR support substance users and their families; they offer one to ones and telephone support at all times, as well as monthly group work in a friendly atmosphere. ABR aims to provide people with the tools for a healthier future; the groups will provide advice and workshops on life skills such as nutrition, health and safety in the home, confidence building, self awareness, finances and goal setting. ABR want to put these skills in place so that when the service user is ready to detox, he/she is well prepared for a healthier future.

All ABR workers have experience as either service users or carers and understand how addiction can affect every member of the family, they also go into schools giving drug, sexual health and bullying sessions. ABR are currently supported by DAAT and Huddersfield University. ABR hopes to work along side other groups and organizations - they believe that signposting to relevant agencies is vital to service users seeking advice and help. Interested groups and organizations should attend the open day. For more information, email aidingbarnsleysrecovery@hotmail.co.uk or phone 07932341726.



CALL FOR DRUG AND ALCOHOL SERVICES CARER AND SERVICE USER REPRESENTATIVES

Barnsley Arena are looking for two service users and two carers to become Drug and Alcohol Services board Representatives.

Elections will take place in February this year and all members of Barnsley Arena will be eligible to vote. Representatives go to meetings of the DAAT board and the Joint Commissioning Group for drug and alcohol services. They speak to other service users and carers to get their views and then they take part in the meetings where decisions are made about services, how they should work, whether they are good value for money and whether they are successfully helping people.

If you are interested in becoming a representative or would like to become a member of Barnsley Arena so that you can vote on who should be a representative, please contact Tara at Barnsley Arena 770023 or email tara@barnsleyarena.com The closing date for telling us you are interested in being a rep is 15th February.

OLD MOOR RSPB NATURE RESERVE EVENTS



RSPB Old Moor is a wildlife and visitor centre which forms part of the RSPB Dearne Valley. It contains a fantastic diversity of bird life in a habitat of open water, marsh, reed beds and species rich grassland. Admission charges - adults £2.50, concessions £2, children (over five years) £1.25, family £5 (free entry for RSPB members and Barnsley MBC 'Passport to Leisure' cardholders). Guide dogs and assistance dogs only.

Opening times: Thurs 1st Nov – Thurs 31st Jan: Visitor centre open 9.30am-4pm. Gates closed 4.30pm. **Fri 1st Feb – Fri 31st Oct:** Visitor centre open 9.30am-5pm. Gates closed 5.15pm.

A varied programme of events is run at the nature reserve; booking is essential for the most popular events. General event prices: Adults £4, children £2 (RSPB and Wildlife Explorers members half price - event prices include admission to the reserve for non-RSPB members). For more information visit www.rspb.org.uk or contact the Visitor Officer, RSPB Old Moor, Old Moor Lane, Wombwell, Barnsley, South Yorkshire, S73 0YF. Telephone 01226 751593 or email old.moor@rspb.org.uk

Sun 3rd February: Guided walk around the reserve

10am-12 noon. Suitable for birdwatching beginners. Event prices: Adults £4, children £2 (RSPB and Wildlife Explorers members half price - event prices include admission to the reserve for non-RSPB members).

Wed 13th February: Wild Wednesday

11am-12 noon, 2-3pm. Simple crafts and outdoor exploration for three to five year olds and accompanying adults. Booking is essential. Cost: £1 per child.

Sun 2nd March: Guided walk around the reserve

10am-12 noon. Suitable for birdwatching beginners. Event prices: Adults £4, children £2 (RSPB and Wildlife Explorers members half price - prices include admission to the reserve for non-RSPB members).



THE BARNSELY & PENISTONE RAMBLERS WALKS PROGRAMME

The Ramblers Association is Britain's biggest walking charity; they have more than 500 walks taking place every week. Walks are mainly intended for members, but you are welcome to attend two or three walks on a try-out basis. Please contact Walk Leader for more details about boots and clothing, food and drink requirements and difficulty of the walk. Annual membership costs £27 per person; membership is free for under 16's. Various reduced rates are available, visit www.ramblers.org.uk for more information.

February Walks

Sun 3rd **Denby Dale/Hartcliffe Hill (12 miles)**, meet at Denby Dale Cenotaph car park at 9:30am. Leader D Wainwright 01484 862485

Sat 9th **Around Silkstone & Cawthorne (9 miles)**, meet Dodworth railway station at 9am. Leader B McGuinness 01226 283598

Sun 10th **Crane Moor (10 miles)**, meet Birdwell at 9:30am. Leader D Dyson 01226 749017

Sat 23rd **Bretton Park to Calder Grove (10 miles including pub stop)**, meet at Bretton Sculpture Park Visitor's Centre car park at 9:30am. Leader Neil Dransfield 01226 246211

Sun 24th **Alphin Pike (10 miles)**, meet Birdwell at 9am. Leader C Daniels 01226 385644

March Walks

Sat 1st **Goldthorpe (8.5 miles)**, meet Stairfoot – Doncaster Road at 9:15am. Leader Lawrence Hartley 01226 740045

Sat 8th **White Edge/Froggatt & Curbar (9 miles)**, meet Birdwell at 9am. Leader S Mouncey 01226 386102

Sun 9th **Golcar (12 miles)**, meet Darton car park at 9am. Leader E Brown 01142 883891

- Sat 15th** **Foolow (9 miles)**, meet Birdwell at 9am. Leader T Baldwin 01226 286839
- Sun 16th** **Emley (11 miles)**, meet Darton car park at 9am. Leader A Burkinshaw 01226 282978
- Sat 22nd** **Eyam (8 miles)**, meet Birdwell at 9am. Leader Neil Dransfield 01226 246211
- Sun 23rd** **North Yorkshire Moors (12 miles)**, meet Darton Car Park at 9am. Leader G Rawson 01226 792331

For further enquiries about other walks contact Neil Dransfield on 01226 246211 or Lawrence Hartley on 01226 740045.

WENTWORTH CASTLE GARDENS EVENTS

Wentworth Castle, Stainborough, Barnsley

- **Tuesday 19th February at 10am: [Wentworth Walk](#)**

Join the Parkland Ranger for a guided walk through the 500 acre Parkland estate at Wentworth Castle, and improve your fitness levels at the same time. On your return you will be able to enjoy a FREE bowl of home made soup & bread roll in the cafe. Cost £4.50. For more information contact 01226 776040.

- **Every Wednesday: [Soup Wednesdays at Wentworth Castle Gardens](#)**

Enjoy a winter warming walk and then a Free bowl of home made soup & bread roll, with regular garden admission. Garden admission: Adults £3.95, seniors (Age 60+) £3.25, Children (Over 5 yrs) £2.00, Children (Under 5) FREE. For more information please contact 01226 776040 or visit www.wentworthcastle.org

- **Thursday 21st February: [Walk & Talk, 10am](#)**

Informative guided walk with head gardener Steve Catchpole and illustrated talk on the plants and history of Wentworth Castle Gardens, light refreshments provided. Tickets cost £7.50 each (£8.50 on the day). For more information please contact 01226 776040 or visit www.wentworthcastle.org

- **Every Friday at 11am: [FREE Gardener's Choice Tours](#)**

Join a member of the Garden Team for a special guided tour of the gardens, highlighting developments and discussing some of the recent planting and restoration work. Tour free with regular garden admission price. Garden admission: Adults £3.95, seniors (Age 60+) £3.25, Children (Over 5 yrs) £2.00, Children (Under 5) FREE. For more information please contact 01226 776040 or visit www.wentworthcastle.org

PENISTONE LINE PARTNERSHIP GUIDED WALKS PROGRAMME

The Penistone Line Partnership is a voluntary organization which supports & promotes community involvement along the Huddersfield to Sheffield railway line. On linear walks, which start at one Penistone Line station and finish at another - it is cheaper to buy a return ticket to the more distant station, rather than purchase two single tickets. All walks are at an easy pace, accompanied children are welcome. Please have your dog on a lead. Bring along a flask and sandwiches; good footwear and waterproofs are recommended. Contact the Penistone Line Partnership for more information and to confirm dates and times. Telephone: 01226 761782, email info@penline.co.uk or write to St Johns Community Centre, Church Street, Penistone, South Yorkshire, S36 9AR.

Sat 2nd February - **Go Gadding To Cuckold's Carr (8 miles)**

Enjoy some February fresh air strolling through this very rural landscape, characterised by hedged fields and narrow wooded valleys. Start 10.15am at Silkstone Common station (Train from Barnsley at 10:01am), finish Denby Dale.

Sat 16th February - **Penistone Line Trail Part 3 (6 or 12 miles)**

Following the Penistone Line Trail linking station-to-station from Sheffield to Huddersfield. Start at 10:30am from Wombwell (train from Barnsley at 10.01am), follows a section of the Trans Pennine Trail, via historic Monk Bretton Priory, Dearne Valley Park, rich in industrial archaeology, before leaving the town along the Barnsley Canal onto Dodworth. Finish at either Barnsley or Dodworth.

Sat 1st March - **On The Up 'n' Up (10½ miles)**

A walk through wonderful scenery ascending The Upper Dearne Valley and crossing into the Holme Valley via Broadstone reservoir, Cheese Gate Nab and High Brow. Starts 9.35am at Denby Dale station (Train from Barnsley at 9:01am) and finish at Stocksmoor.

Sat 15th March - **Three Old Woods (8 miles)**

Spring is a lovely time to walk through these woods at Tom Royd, Bagger and Silkstone Falls (return in April to see the bluebells!). Starts 9.15 am at Silkstone Common station (train from Barnsley at 9:01am). Finish at Silkstone Common.

6,000 YORKSHIRE AND HUMBER SMOKERS QUIT!

The ban on smoking in public places has helped increase the numbers of successful quitters; almost 6,000 people in Yorkshire and the Humber have successfully quit smoking with the NHS since the ban was introduced in July.

On average a smoker's life is 14 years shorter than a non-smoker's; smoking puts extra strain on NHS resources. The increase in the number of people stopping smoking means fewer cases of future smoking-related heart and lung disease.

If you want to quit smoking, you are up to 4 times more likely to quit smoking for good with NHS support and Stop Smoking Medicines such as patches or gum to help manage your cravings. Anyone trying to quit should contact Barnsley's Stop Smoking Service, call their helpline on 01226 288540 or visit the Quit Charity Shop on May Day Green, Barnsley Town Centre (open Tuesday 10am-4pm, Wednesday 10am-7pm, Friday 10am-4pm and Saturday 10am-1pm).

FEEL GOOD EVENT

Monday 18th February, 11am-3pm

Royston Civic Hall , Station Road

Gail Naylor and Elaine Atkin from the Royston & Carlton Community Partnership are organising this free event for the over 50's from all areas. There will be a hairdresser and a masseuse, Nail Art and Reiki demonstrations, blood pressure checks and other health-related features; a light buffet lunch and refreshments – all free of charge!

For more information please call Gail Naylor on 07940424657 after the 8th February.

ROYSTON & CARLTON COMMUNITY PARTNERSHIP

Community Groups currently with spare places

Wednesdays 10-11am: Aerobics at Royston Civic Hall, Station Road – class mainly for the over 50's but everyone welcome, all exercises tailored for individual health and fitness levels, cost of £2 per session, all equipment provided. Just turn up on the day for a trial session.

Wednesdays: The Munch Bunch Lunch club for over 50's - A lovely afternoon, with a delicious 3 course lunch, Raffle and Bingo, speakers, demonstrations and good company. Cost £3.50. There are currently 2 spare places, booking is essential. Call Gail on 01226 700070 for details, or leave a message for callback, bookings essential, limited places. Dial-A-Ride provide transport if registered, for those who require it.

BARNSELY LUNCH CLUBS FOR THE OVER 55'S

If you would like a break from cooking, the chance to meet new friends and to enjoy a good meal, then why not join a Barnsley Lunch Club. There are a number of lunch clubs in the Barnsley Area that provide low-cost nutritious meals.

MONDAY

Barnsley	Barnsley College Restaurant		
Birdwell	Birdwell Community Centre	11.45am-1.15pm	£2.50
Cudworth	Dobren House Cemetery Road, Grimethorpe	12 noon-1pm	£3.00
Grimethorpe	Pentecostal Church Brierley Road	12 noon-1.30pm	£2.80
Silkstone	Silkstone Lodge	12 noon-2.15pm	£5.00
Wombwell	St. Michaels R.C. Church, Park Street	12 noon-2pm	£2.50

TUESDAY

Athersley	Methodist Church, Laithes Crescent	12 noon-1pm	£2.50
Athersley	Secret Garden Lunch Club, Lindhurst Road	12.30pm-3pm	£2.50
Barnsley	Baptist Church, Sheffield Road	12 noon-1pm	£2.50
Hoyland Common	Tinkers Lunch Club, HC Community Centre	12 noon-2pm	£3.60
Kendray	St. Andrews Church, Gerald Road	12 noon-2pm	£3.00
Millhouse Green	Methodist Church Hall, Manchester Road	12.30pm-1.30pm	£2.50
Penistone	Agewell Centre, Scout HQ Wentworth Road	12 noon-1.30pm	£4.25
Thurgoland & Wortley	Thurgoland Community Centre, Windrush Roper Lane	12 noon-1.30pm	£2.00
Thurnscoe	St. Hilda's Community Centre, Hanover St.	12 noon-1.30pm	£2.00

WEDNESDAY

Cawthorne	Church Lane	12 noon-1.30pm	£3.00
Gawber	Gawber Church, Church Street	12 noon-1.30pm	£3.30
Hoyland	West Bank House	12 noon-1.30pm	£2.50
Kexborough	Methodist Church, Churchfield Lane	12 noon-1.30pm	£2.50
Royston	Meadow Crescent Community Centre	12.30pm-2pm	£3.50

THURSDAY

Ardley	Christ Church, Doncaster Road	12 noon-1pm	£3.00
Barnsley	St. George's Church, York Street	11.45am-1pm	£2.50
Goldthorpe	Parish Hall, St. John & St. Mary Magdalene, Lockwood Road	1pm-2.30pm	£2.30
Mapplewell & Staincross	Mapplewell & Staincross Village Hall, Darton Lane		£3.00
Monk Bretton	Mencap Centre	11am-1.15pm	£2.50
Penistone	Pendon House, (Sheltered Accommodation)	12 noon-1pm	£2.85

FRIDAY

Bolton on Dearne	St. Andrew's Church & Community Centre, St. Andrews Square	12 noon-2pm	£2.50
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For further information on how to become a lunch club member, please write to Angela Dawson, Lunch Club Development Worker, Age Concern Barnsley, 36A Queens Road, Barnsley, S71 1AR or phone 01226 214820.

Would you be interested in becoming a volunteer, helping older people in your local community? For further information, please contact: Tamsin Lewis, Age Concern Barnsley, Volunteer Development Worker on 01226 211161.

CUDWORTH LUNCH CLUB

Mondays, 11:15am-1:15pm
Grimethorpe's Healthy Living Café

The Cudworth and West Green Community Partnership run the Lunch Club for people over the age of 60 who enjoy socializing with like-minded people whilst enjoying good food. Lunch is served at 12pm, costs £3 and consists of a hot main meal and either a hot or cold dessert. Tea/coffee is included in the cost. For a small cost, Community Transport can be arranged, if required.

Each week there is the opportunity to play prize bingo before lunch, and there are regular raffles and outings to look forward to. If you are interested in joining this friendly group, please call the Cudworth and West Green Community Partnership on 01226 718188.