

# Action for Health



## “The LFC ‘Action for Health’

is a community health improvement programme delivered by Liverpool Football Club in partnership with local community agencies and supported by Liverpool Primary Care Trust, Liverpool City Council, Mersey Care and the Premier League.”

“The LFC ‘Action for Health’ Programme promotes people having real choices and control over their health and lifestyle. To find out about having control over your personal care and support visit: [http://www.liverpool.gov.uk/Health\\_and\\_social\\_care/making\\_it\\_personal/index.asp](http://www.liverpool.gov.uk/Health_and_social_care/making_it_personal/index.asp)

# Half Time Score Programme

## Liverpool FC Action for Health Programme Pitches in to End the Stigma of Mental Health on Merseyside.

With its partners, Mersey Care NHS Trust, Liverpool City Council and Age Concern, LFC's Action for Health programme is launching **Half Time Score (2)**, part of *Imagine Your Goals*, a two-year programme funded by the Premier League and Sport Relief which aims to improve social inclusion and wellbeing for people across the UK with mental health problems, as well as tackling discrimination and stigma.

The programme is in collaboration with Time to Change, and evaluated by the Institute of Psychiatry at Kings College London. Time to Change is England's most ambitious programme to end the discrimination faced by people with mental health problems, and improve the nation's wellbeing.

14 courses each of 6 week duration will be held in community venues in Liverpool and Sefton. Participants will have health checks and assistance from LFC's health trainer to become physically active and join in with others in the Lifestyle Centres throughout the city.

For more information contact Janet Coulthurst  
[Janet.Coulthurst@ageconcernliverpool.org.uk](mailto:Janet.Coulthurst@ageconcernliverpool.org.uk)



## Stanley Park Hosts School Adventure Day

School children from two Liverpool schools recently used Stanley Park as a venue for some exciting outdoor activities with the aim of encouraging healthier lifestyles.

The Alternative Curriculum Company was commissioned by the LFC 'Action for Health' programme to deliver a number of different activities within school or local settings. On Thursday 17th June they held an event in Stanley Park for just the senior schools they had worked with to date, which included Notre Dame and Alsop High.

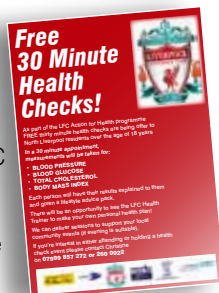
40 pupils in total took part in the day, with activities ranging from archery to paint balling, problem solving to military obstacle courses.

As part of the wider programme pupils from both schools will be given the opportunity to take part in specifically tailored workshops around healthy lifestyles during June and July. Over 600 secondary school pupils will have been engaged in this phase of the work.

This initiative is just one aspect of LFC's 'Action for Health' programme aimed at improving the health of the local communities via a number of different and exciting initiatives.

# Premier Men's Health

Following the recent success of the Dads' and Lads' sessions in North Liverpool Academy, LFC Action for Health celebrated in style with an event at Anfield. The group welcomed All Talk Productions, a comically charged performance looking at issues surrounding men's health. LFC have offered the services of their very own NHS Health Trainer and along with Healthworks offer FREE health checks to men who sign up to take part in the Men's Health Programme.



Funded through the Premier League, the Men's Health Course is aimed at reaching men aged between 18 and 35 years. The innovative approach allows participants to enjoy a laid back but informative method of learning about their health.

LFC 'Action for Health' and BNENC's HIM project are holding courses throughout the year. If you're interested in attending please call Christine on 07999 857 272 or Bob on 288 8400.

# Good Fats, Bad Fats

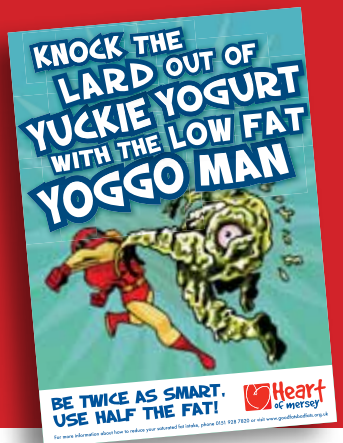
School children from two Liverpool Schools in North Liverpool will be re-introduced to characters such as yoggo man and super skim kim as part of a campaign to highlight the risks of saturated fat in diets.

Ninety-five per cent of children in England eat too much saturated fat, but most are powerless to do anything about it. They usually eat what they're given and rarely question where it comes from – much less what the food contains.

Since coronary heart disease begins in childhood, the sooner children understand some of the essential facts about healthy eating – particularly the difference between the types of fat in their food - the better their chances of growing up into healthy adults.

School children will receive flyers informing them of the benefits of switching from high fat dairy products to lower fat versions, and the use of Heart of Mersey's 'Good Fat Gang' will help to reinforce the messages.

As part of the campaign, Teachers will be sent special lesson plans containing information and resources enabling them to use the materials as part of the national curriculum.



# Health Trainer

Liverpool Football Club has its very own NHS Health Trainer, his name is Rob Kayes and with the support of PSS, who manage the Health Trainer service in Liverpool, Rob will be offering people health and lifestyle advice that can make a real difference to their lives.

As part of the LFC 'Action for Health' Programme Rob is specifically supporting the Men's Health, Over 50's and mental wellbeing initiatives. Employees of the Club can access his support as part of the LFC Healthy Stadia Project.



Mark Haig, Programme Manager LFC 'Action for Health', Rob Kayes, Health Trainer and Andrea Titterington, Regeneration Director LFC.

# Year of Health and Wellbeing



2010 is Liverpool and the City Region's Year of Health and Wellbeing. Following on from the success of the 2008 Capital of Culture year, one of the key aims of 2010 is to lay the foundations for developing new, innovative ways of linking arts, sport and culture with health as a means of improving the health and wellbeing of communities. These foundations will be built upon over the coming years as we look forward to the London Olympics and Cultural Olympiad in 2012, the Glasgow Commonwealth Games in 2014 and the potential for England to host the 2018 World Cup.

The key messages that underpin Liverpool's year of Health and Wellbeing are the 5 Ways to Wellbeing - Connect, Be Active, Take Notice, Keep Learning, Give - deriving from the New Economics Foundation's Foresight report and recognised as a legitimate way of increasing life expectancy by up to 7.5 years.

A programme for the year has been developed following a wide reaching community and stakeholder engagement where priorities were identified. This programme provides opportunities for people to learn about the 5 ways to wellbeing, but more importantly to build the 5 ways into their lives, whether that be through walking, singing, cycling, dancing, volunteering or learning – this is a programme where there is truly something for everyone.

To mark the year of health and wellbeing, Liverpool Primary Care Trust and LFC are working closely on ways of improving the health and wellbeing of communities across the City. This partnership will continue to gather pace as we enter 2011 which has been designated at the North West's year of health and wellbeing.

# Steven Gerrard's Fish Dish Recipe\*



**Serves 4 children**  
**Per portion =**  
**Energy 170kcal**  
**Protein 12g**  
**Carbohydrate 8g**  
**Fat 10g**

## Ingredients

- 2 white fish fillets
- 3tsb olive oil
- 1 lemon (juiced) or 2tbsp of lemon juice
- 2 garlic cloves peeled and chopped
- 1tsb rosemary
- 1 sprig of parsley (chopped)
- 1 sprig of thyme (chopped)
- 40g breadcrumbs

## Method

Heat oven to 180.  
 Chop garlic, mix together with parsley and thyme.  
 Place the herbs in between fish fillets.  
 Put fish in ovenproof dish.  
 Sprinkle with breadcrumbs.  
 Mix olive oil and lemon juice, 2tsps of water.  
 Pour mixture over fish and bake for 20 mins.  
 Serve with steamed green beans or other seasonal vegetables.

\*taken from 'UEFA's Eat for Goals book' 2008, World Heart Federation

