

# CHOOSE SELF CARE FOR LIFE

## Self Care Week 12-18 November 2018



There are so many amazing groups, clubs and services across the Fylde Coast.

During Self Care Week some of them are putting on special events to encourage more people to take part.

The health benefits of doing something that gets you out of your home and meeting new people; whether it's physical activity or not, will make a huge difference.

From knitting to walking football there's something for everyone so PLEASE, take the chance to try something new.

Get up, go out and give it a go!



Don't forget to show everyone that you have made the choice to help your health by posting a selfie using #selfcareselfie

Visit [www.fitterfyldecoast.nhs.uk](http://www.fitterfyldecoast.nhs.uk)  
for more information

In association with



Your one stop shop for health, social and community services information on the Fylde coast.

[www.fyidirectory.co.uk](http://www.fyidirectory.co.uk)



Monday 12 November	Tuesday 13 November	Wednesday 14 November	Thursday 15 November	Friday 16 November	Saturday 17 November	Sunday 18 November
All day Public Health Information stand Blackpool Victoria Hospital main entrance	10am-4pm Information stand Morrisons Thornton	All day Public Health Information bus St Johns Square Blackpool	All day Information bus Outside Co-op Cleveleys	All day Information stand Garstand information centre	9am Park Run Fleetwood Promenade	10am-11.30am Yoga with Jessica Lambert Park View for You Lytham
All day Public Health Information bus St Johns Square Blackpool	All day Public Health Information stand Blackpool Victoria Hospital main entrance	10am-10.30am Toddler Rhyme Time Freckleton Library Preston Old Road Freckleton	All morning Public Health Information bus Moor Park Leisure Centre Blackpool	All day Public Health Information bus St Johns Square Blackpool	2pm Health walk (accessible route) Walking Wyre, Marine Hall, Fleetwood	5pm Daisy Active Birth antenatal class Poulton United Reformed Church Hall
Throughout the day Chair based Exercise classes Blackpool Victoria Hospital Main Entrance	Throughout the day Salsa dancing classes Blackpool Victoria Hospital Main Entrance	10am-11am Couch to 5k and Park View Friendly Runners Park View for You Lytham	10am-12pm Craft, Chat and Company Layton Community House	All morning Baby Bounce and Ryhme Freckleton Library Preston Old Road Freckleton	1pm-4pm Layton treasure hunt Love Layton community group Meet at Layton community house, 5 Grenfell Avenue	
9am-10am Pilates with the Little Pilates company Park View for You Lytham	Learning about memory services and holistic therapies Blackpool Carer's Centre, Newton Drive	10am-12noon UR Potential information offering IT Skills, LGBT advice, Volunteering and training advice. St John's Square, Blackpool	10am-12noon Mindfulness taster session Central Library Queen Street Blackpool	10am-11.15am Forrest Tots Park View for You Lytham	2pm-4pm Afternoon Games - play some old favourites like dominos and scrabble Ansdell Library, Ansdell	
10am-12noon UR Potential information offering IT Skills, LGBT advice, Volunteering and training advice. St Johns Square, Blackpool	10am-12noon UR Potential information offering IT Skills, LGBT advice, Volunteering and training advice. Blackpool Victoria Hospital	11am-12pm Over 65 walking football Blackpool Football Club Blackpool Stadium	10.30am-12noon Community Craft group St Cuthbert's Church, Lytham	10am-12noon UR Potential information offering IT Skills, LGBT advice, Volunteering and training advice. St John's Square, Blackpool		
10am-4pm Information stand Aldi, Poulton	10am-12noon Mindfulness taster session Moor Park Library	1.30pm-3pm Veterans club meet Teanlowe Centre, Poulton	12noon-1pm Organ Recital, soup and sandwiches St Cuthbert's Church, Lytham	10.30am-11.30am Health walk Park View for You Lytham		
12 noon Cameo Luncheon Club - £5 for a three course meal. Booking required by calling 07517086530 St Paul's Church Hall Lake road Fairhaven	10.30am-12noon Knit and Natter social group Ansdell Library, Ansdell	2pm Health walk (moderate route) Walking Wyre, Knott End cafe	All afternoon Public Health Information bus Palatine Leisure Centre Blackpool	10.30am-12noon Knit and Natter social group Ansdell Library, Ansdell		
12.30pm-2.30pm UR Potential information offering IT Skills, LGBT advice, Volunteering and training advice. Kirkham	1pm-5pm NHS Kirkham and Wesham Neighbourhood Self Care information event United Reformed Church, Poulton Street Kirkham	1.30pm-3.30pm Singing group Harmony and Health, Hambleton Village Hall	1pm-3pm Drop in session for people concerned about memory loss Fleetwood Health and Wellbeing Centre	10.30am-1.30pm Just Reminiscing Group Fleetwood Market		
1.30pm-3.30pm Extra Time Blackpool Football Club Blackpool Stadium	1pm-2pm Baby Massage with Beau Baby Park View for You Lytham	1pm-3pm Mindfulness taster session Layton Library, Talbot Road Blackpool	1pm-2.30pm Sporting Memories group Blackpool Football Club Blackpool Stadium	12.30-2pm Sporting Memories group St Paul's Church Hall, Lake Road North, Lytham St Annes www.afcfyldefoundation.co.uk		
1pm-4pm Literature afternoon Making Space, 343 Red Bank Road	2pm Health walk (easy route) Walking Wyre, Marsh Mill Tavern	2pm-4pm Craft, Chat and Company Layton Community House	1pm-6pm Mrs Johnsons Emporium Knit and Natter 29-31 Bond Street, Blackpool	1.30pm Daisy Cruisers Glazey Days, Fleetwood	<p>Many thanks to everyone who has got involved and offered these special sessions to encourage more people to take part in activities and groups across the Fylde Coast.</p> <p>There may be more offers added so check <a href="http://www.fitterfyldecoast.nhs.uk">www.fitterfyldecoast.nhs.uk</a> for more information.</p>	
2pm-4pm Sew Time Ansdell Library, Ansdell	1.30pm-3.30pm Singing group Harmony and Health, Marine Hall Fleetwood		1pm-3pm Chill out group relaxation Layton Community House	2pm-4pm Learn My Way Free six week computer course for beginners (please book) Freckleton Library FReckleton		
4.15pm-5.15pm Walking Football Blackpool Football Club, Blackpool Stadium	2pm-3.30pm Scrabble group Freckleton Library Preston Old Road Freckleton		1.30pm-2pm Dementia Friends information session St Cuthbert's Church, Lytham		<div style="text-align: center;">  <p>For even more choice of thousands of health, social, community and childcare services on the Fylde Coast visit</p> <p><b><a href="http://www.fyidirectory.co.uk">www.fyidirectory.co.uk</a></b></p> <p><b>or call 0800 092 2332</b></p> <p><b>9am-4pm</b></p> </div>	
	2pm-4pm Good sleeping practice Making Space, 343 Red Bank Road		2pm-4pm Over Wyre Social and Activity Club Saint Oswalds Parish Hall, Preesall			
	2pm-5pm Reiki taster sessions William Segar Hodgson Pavilion, Kirkham		4.15pm-5.15pm Over 50s walking football Blackpool Football Club Blackpool Stadium			
			7pm-9pm Seriously Hooked Up - Crochet, knitting and Yarn Social Park View for You			

	Activity based
	Mindfulness and mental health
	Social and friendship
	Young children

Offer: Reduced rate (£3) for a GGY Flex and Zen class with Go Get You. Register and book at [www.gogetyou.org](http://www.gogetyou.org) using code SCW18