

# Halewood's Health Guide



## Children 0-5

Activity	Organisation	Contact No	Venue	Time/Day	Cost	Duration of Project	Duration of Project	Impact
Busy Bees (physical activity for the under 4s)	NHS Knowsley Community Health Development Team Clare Rose	443 2162	Nursery settings	various	Free	Ongoing	Nursery Staff	Physical activity
Baby Club	NHS Knowsley Health Visiting Team	486 4011	The Halewood Centre	Monday 1:30pm-3:00	Free	Ongoing	New Parents	Baby Development
Baby Drop-in	Children's Centre	443 2192	Cherry Tree Children's Centre	Fridays 2.30-3.30pm	Free	Ongoing	Families	Baby Development
Little Explorers	Children's Centre	443 2192	Oak Tree Children's Centre	Tuesday 10-11 am	Free	Ongoing	Families	Baby Development
Baby Massage	Children's Centre	443 2192	Oak Tree Children's Centre	Monday's 10-12.30 pm	Free	Ongoing	Families	Baby Development
Stay & Play	Children's Centre	443 2192	Cherry Tree Children's Centre	Wednesday 1 -3pm	Free	Ongoing	Families	Child/family development
Sing & Rhyme	Children's Centre	443 2193	Cherry Tree Children's Centre	Monday 1.30-2.30pm	Free	Ongoing	Families	Language Development
Stay & Play	Children's Centre	443 2193	Oak Tree Children's Centre	Thursday 10 -12pm	Free	Ongoing	Families	Child/family development
The Idea of It	Children's Centre	443 2193	Cherry Tree Children's Centre	Friday 9.15- 10.45 am	Free	Ongoing	Families	Families involved in service planning
Parent Pointers	NHS Knowsley	486 4011	Oak Tree Children's Centre	Tuesday's 1 -3pm	Free	Bi Weekly	Families	Child/family development
Words & Pictures	Children's Centre	443 2191	Halewood Library	Wednesday 10.30-11.30	Free	Ongoing	Families	Language Development
Active Tots	Children's Centre	443 2191	Cherry Tree Children's Centre	Tuesday 1.30-2.30pm	Free	Ongoing	0-4years	Physical activity
Messy Play	Children's Centre	443 2191	Cherry Tree Children's Centre	Friday 1.30-2.30pm	Free	Ongoing	0-4 years	Child development
Antenatal Clinic	Health/PCT	443 2191	Oak Tree Children's Centre	Monday 9.30-11 & Thursdays 11.30-1pm	Free	Ongoing	Pregnant Women	Maternal health
Early Days	Health/PCT	486 4011	The Halewood Centre	Monday 3 – 3.45pm	Free	Ongoing	Babies (0-6 months)	Baby Development
School Health Drop In	NHS Knowsley	443 2191	Oak Tree Children's Centre	Wednesday 9.00 -10am	Free	Ongoing	Children	Health Development
Development Assessments	NHS Knowsley	443 2191	Oak Tree Children's Centre	Wednesday 9.30 -12pm	Free/invite only	Every two weeks	Babies	Health Development
Parent Talk	Children's Centre	443 2193	Oak Tree Children's Centre	Every 6 weeks	Free	Ongoing	Families that speak English as an additional language	Families involved in service planning
Baby Yoga	Children's Centre	443 2192	Oak Tree Children's Centre	Thursday 10.30-12pm	Free	Ongoing	Babies up to 10months with parent/carer	Physical Activity
Yoga for Pregnancy	Children's Centre	443 2192	Oak Tree Children's Centre	Friday 1.15-2.45pm	Free	Ongoing	Pregnant women	Physical Activity
Weaning Cookery	NHS Knowsley Community Cooks and Children's Centres	285 6013	Oak Tree and Cherry Tree Children's Centre	Various	Free	Ongoing	Parents of babies under 6 months	Healthy eating and cookery skills
Early Years Cookery	NHS Knowsley Community Cooks and Children's Centres	285 6013	Oak Tree and Cherry Tree Children's Centre	Various	Free	Ongoing	Parents of children of under 5s	Healthy eating and cookery skills

## Children & Young People

Activity	Organisation	Contact No	Venue	Time/Day	Cost	Duration of Project	Duration of Project	Impact
'H' Factor	NHS Knowsley Community Health Development Team Clare Rose	443 2162	Schools	Various	Free	Ongoing	Yr 6 pupils	Healthy Lifestyles
Family Futures	NHS Knowsley Dietetics Department	290 43335	Various	Various	Free	10 week program	5-15 year olds and their families	Weight management
Extended School Cookery	NHS Knowsley Community Cooks Team	443 2162	Various	Various	Free	Ongoing	6-19	Healthy eating and cookery skills
Butterflies Counselling	Listening Ear	488 6648	St Nicholas Centre	Thursdays and Fridays 4-8	Free	Ongoing	7-16 year olds who are experiencing bereavement or other family loss	Emotional Health
Women's Back to Sport Exercise Classes	KMBC Sports Development-Peter Green	443 2120	Halewood Leisure Centre	Wednesday 10.15am-12	£1.50 or free to Gold/Silver Card members	Ongoing	Women 16+	Physical Activity
Swimming Lessons	KMBC swim team	443 2123	Halewood Leisure Centre	Saturday 8:30-11:00	Please phone to check	Ongoing	Children	Physical activity
Rookie Lifeguard Award Scheme	KMBC Sports Development-Peter Green	443 2120	Halewood Leisure Centre	Monday-Friday 10am-12	£15	School Holiday Times	8-13	Physical Activity +Leadership Training
Water Polo	KMBC Sports Development-Peter Green	443 2120	Halewood Leisure Centre	Friday	50p	Ongoing	8-16	Physical activity
Hi5	NHS Knowsley Community Health Development Team Clare Rose	443 2162	Schools	Various	Free	Ongoing	Yr 5 pupils	Healthy Lifestyles
Young Persons Stop Smoking Service	NHS Knowsley School Health Team	426 0611	Halewood Centre For Learning	Drop in times: Monday 1pm-2pm Wednesday 1pm-2pm Appointment only Wednesday 9:30am-2:30pm	Free	School terms	11-19	Smoking Cessation
THINK (Teenage Health in Knowsley)	NHS Knowsley	486 4011	The Halewood Centre	Drop in 3pm-6 Monday	Free	Ongoing	Up to 19	Sexual Health

## Adults

Activity	Organisation	Contact No	Venue	Time/Day	Cost	Duration of Project	Duration of Project	Impact
Halewood Community Health Forum	NHS Knowsley Community Health Development Team Clare Rose	443 2162	St Mary's Care Centre	1st Friday of month 1:30pm	Free	Ongoing	Any	Health information, consultation and service updates
Measure Up	NHS Knowsley Community Health Development Team	285 6016	Various	Various	Free	Ongoing	Adults	Weight Management
Measure Up Cookery	NHS Knowsley Community Cooks Team	285 6013	Various	Various	Free	Ongoing	Adults referred form Measure Up course	Weight Management
Changes Weight Management	NHS Knowsley Dietetics Department	290 4335/4336	Halewood Centre	Various	Free	Ongoing	Adults with BMI 30+ or BMI 27+ with co-morbidities	Weight management
Exercise Classes	KMBC	443 2124	Halewood Leisure Centre	Various		Ongoing	Adults	Physical Activity
Gym Sessions	KMBC	443 2124	Halewood Leisure Centre		Please call to check	Ongoing	Adults	Physical Activity
Women's Back to Sport Exercise Classes	KMBC Sports Development-Peter Green	443 2120	Halewood Leisure Centre	Wednesday 10.15am-12	£1.50 or free to Gold/Silver Card members	Ongoing	Women 16+	Physical Activity
Activity for Life (exercise on referral)	KMBC	443 2133	Halewood Leisure Centre	Various	Free	Ongoing	Adults	Physical Activity
Lifestyle Advisor Service	NHS Knowsley	0800 073 1202	Halewood Centre	Appointment System	Free	Ongoing	Adults	Healthy Lifestyles
Slimming World	Commercial company	487 8402	W I Building Baileys Lane	Thursdays 9:30am and 6:00pm	£4.50 per week + £10 to join	Ongoing	Adults	Weight Management
Slimming World	Commercial company	07771684096	Arncliffe Centre	Wednesday 6:30pm	£4.50 per week + £10 to join	Ongoing	Adults	Weight Management
Weight Watches	Commercial company		Hollies Hall	Monday 6:30pm	£5.50 per week + £9 to join	Ongoing	Adults	Weight Management
Contraception and Sexual Advice Service	NHS Knowsley	486-4011	The Halewood Centre	Monday 9:30am-2pm Wednesday 4pm-7 Friday 9:30pm-11:30	Free	Ongoing	Adults	Sexual health
Weight Watches	Commercial company		St Marks Church Club	Tuesday 6:30	£5.50 per week + £9 to join	Ongoing	Adults	Weight Management
Health Check	NHS Knowsley	0800 073 0578	Halewood Library (The Halewood Centre)	Monday 9:30am-4:30pm	Free	Ongoing	Adults aged 40-74 who do not have CVD)	Heart Health

## Adults

Activity	Organisation	Contact No	Venue	Time/Day	Cost	Duration of Project	Duration of Project	Impact
Preventing CVD Cookery	NHS Knowsley Community Cooks Team	285 6013	Community Cooks Kitchen New Hutte Neighbourhood Centre	Various	Free	Ongoing	Referral from CVD health check only	Healthy eating and cooking skills
Support Group	Halewood Stroke Club	486 1213	St Marys Care Centre	2nd and 4th Thursday of the month please phone for times of meetings	Please call for details	Ongoing	Adults and family members effected by stroke	Advice and support
Dance Group	Halewood Roses Line Dancing Group	475 5360	Halewood Labour Club	Thursdays 6-8pm	£2 per session	Ongoing	Adults	Physical Activity
Dance Group	Happy Feet (ball room dancing)	443 2180	New Hutte Neighbourhood Centre	Thursday 10am-12	Cost of subs	Ongoing	Adults	Physical Activity
Sexual Health Service	NHS Knowsley	486 4011	The Halewood Centre	Monday 9:30-2:00 Wednesday 4-7 Friday 9:30-11:30	Free	Ongoing	Adults	Sexual Health Service includes
Legs, bums, tums class	NHS Knowsley Community Health Development Team	443 2162	Hollies Hall	Wednesday 11-12	Free	Ongoing	Adults	Physical Activity
Pilates	NHS Knowsley Community Health Development Team	443 2162	New Hutte neighbourhood Centre	Wednesday 1-2	Free	Ongoing	Adults	Physical Activity
Smoking cessation Group	Fagends	0800 195 2131	Halewood One stop Shop The Halewood	Tuesday 9:30am	Free	Ongoing	Adults	Smoking cessation
Smoking cessation Group	Fagends	0800 195 2131	Arncliffe Centre	Friday 1:00pm	Free	Ongoing	Adults	Smoking cessation
Smoking cessation	Smoking cessation	Smoking cessation	Oak Tree Children's Centre	Friday 1:30pm	Free	Ongoing	Adults	Smoking cessation

## Older People

Activity	Organisation	Contact No	Venue	Time/Day	Cost	Duration of Project	Duration of Project	Impact
55+ Service	IKAN Team Marie Shelly	443 2162	Client's home	Appointment system	Free	Ongoing	55+ years	Varied
Support group	Health in Halewood	280 5058	St Mary's Care Centre	2nd Monday of month 2:30pm	Free	Ongoing	Adults	Varied
Knowsley Falls Prevention Service	NHS Knowsley	443 2870	Client's home	Appointment system	Free	Ongoing	60+ at risk of falling	Falls prevention
Support group	Chronic Pain Support Group	280 5058	St Mary's Care Centre	2nd Friday of month 2:30pm	Free	Ongoing	People with chronic pain	Pain management
Chair Exercise Class	IKAN Team and Halewood Falls Prevention Group Marie Shelly	443 2162	New Hutte Neighbourhood Centre	Tues 11-1	Free	Ongoing	55+	Physical Activity
Older Peoples Fun Olympics	KMBC Sports Development-Michelle Gilmurray	443 5894	Arncliffe Centre	Friday 2-4pm	TBC	Ongoing	50+	Physical activity
Adult education group	University of the 3rd Age	475 5870	Hilton Grace	Tuesdays 1:30-3:30. Last Friday of month 1-4	Please call for details	Ongoing	50+	Varied

## All ages

Activity	Organisation	Contact No	Venue	Time/Day	Cost	Duration of Project	Duration of Project	Impact
Step into Health Walk	NHS Knowsley Community Health Development Team	443 2162	The Halewood Centre	Thursday 12:30	Free	Ongoing	All ages	Physical Activity
Community Health Development Team	NHS Knowsley Clare Rose	443 2162	Various	Various	Free	Ongoing	All ages	All lifestyle topics
Pedal Away Knowsley	Kelly McKeown	443 2148	Halewood Country Park	Various year round events	TBC	Ongoing	All ages	Physical activity
Healthy Cookery for community Groups	NHS Knowsley Community Cooks Team	285 6013	Various	Ongoing	Cost to be negotiated	Ongoing	All ages	Healthy eating and cooking skills
NHS Walk in Centre Halewood	NHS Knowsley	486 4011	The Halewood Centre	8-8 every day	Free	Ongoing	All ages	Treatment for minor injury and illness
Cancer Information Point	NHS Knowsley Cancer Information and Support Service	07824597907	Halewood One Stop Shop (The Halewood Centre)	Monday 10am-3pm	Free	Ongoing	All ages	Cancer advice, information and support
Book Prescription Scheme	NHS Knowsley and Knowsley Library Service	486 4442	Halewood Library (The Halewood Centre)	Mon and Fri 9:15am-7pm Tue and Wed 9:15am-5pm Thurs closed Sat 10am-1pm and 2pm-4pm Sun Closed	Free	Ongoing	All ages with prescription from GP	Emotional Health
Halewood Walking Group	KMBC Halewood Parks Ranger	488 6151	Halewood Park Environment Centre	Tuesday beginners and intermediate 3-4 miles and Thursday advanced 6-8 miles Please phone for start times as this will vary depending on the start point of walks	Small donation for refreshments	Ongoing	All ages	Physical Activity
Veggie Van		290 0193	Car park of The Halewood Centre (home delivery available)	Tuesday 10:00 am -12:00 Thursday 10:30-12:00	Cost of purchases	Ongoing	All ages	Fruit and vegetable intake

All information correct at time of going to print please call a group / service to check details

if you would like to know more about improving your lifestyle in Halewood or you know of a group or service who would like to feature in future editions of Halewood's Health Guide please contact Clare Rose Community Health Development Officer for Halewood 443 2162 or email [clare.rose@knowsley.nhs.uk](mailto:clare.rose@knowsley.nhs.uk)

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