

Links Healthy Living Centre Older Peoples Day Event 30th September 2011



The event was a great success with over 70 people attending, The Links Healthy Living Centre in Ellesmere Port was full to bursting of stalls showcasing local services and activities for older people including, including Home Improvement, CWAC Supported services, Credit Union, University of the 3rd Age (U3A), Older Peoples Network, Independent Living Centre, Stroke Association, Alzheimer's Society, Crossroads Care, Lions Club, Heartstart, Impact Ellesmere Port, Age UK and Men in Shed projects.

The Healthy Living Centre promoted its weekly activity programme, gave Heartstart demonstrations showing basic first aid skills and promoted Falls Prevention awareness, We also signed up new users to the Community Food Programme - In the Bag fruit and veg bag scheme and promoted the Healthy Cooking courses with a 'Mince 5 Ways' tasters and recipes.

The beautiful sunny afternoon gave us a great opportunity to set up tables outside the Healthy Living Centre for a tasty healthy afternoon tea of sandwiches, scones and healthy cake. All food provided had a low fat, low sugar and secret ingredient twist, with the aim of showing people how occasional treats can be made healthier whilst remaining tasty, much fun was had guessing the secret ingredients.