

Working collaboratively, Castle Rock Edinvar and West Lothian Council have developed and funded along with Scottish Government funding the 'The Armadale Shed' project.

This exciting opportunity sees the Armadale and wider community have an attractive and welcoming community asset which will benefit the older members of the community whilst offering opportunity for intergenerational work. 'The Armadale Shed' provides a place for company, activity and purpose and takes a preventative approach to tackling social isolation. The shed will be a community run and managed place for people to gather, chat and undertake hobbies. Work is underway to kit out the shed and it is envisaged it shall incorporate ideas from other sheds which include facilities for activities such as woodwork, metalwork, model making, computing, arts and

crafts, depending on the needs of the community and the users.

For further information, please contact David Hansen, Community Capacity Builder - Armadale Shed david.hansen@castlerockedinvar.co.uk or tel: 07 484 011 200, facebook.com/armadale.shed



The shed is located at 10 South Street, Armadale

The daily mile!

Lots of schools in West Lothian are working hard to keep pupils active and healthy whilst learning and having fun.

Blackridge Primary 2 pupils have been walking their daily mile and would like to share some of their feedback to encourage other schools to take part.

“ It keeps me fit and healthy!

The walk gives me a lot of exercise.

The walk makes me happy!

I like the walk because we are all together

When I am sleepy it wakes me up!

I like going for a walk because it keeps me nice and healthy and it gives me lots of energy to keep me going through the day!”

Up and coming events

☯ Run for Fun Armadale Sunday 1 May

This is the first year Together for Health will be working in Partnership with Dream Fitness on our annual Fun run.

☯ Happy Healthy Summer Camps in Armadale & Fauldhouse

Please check at the centre receptions for details on how to book!

☯ Run for Fun Fauldhouse Saturday 3 September

Working together with GRC Triathlon, The Fauldhouse Community Development Trust and Fauldhouse Partnership Centre we will be putting on our 2nd Family Fun Run event.

☯ Santa Fayres & Parade Fauldhouse & Armadale

Working together with Fauldhouse and Armadale Management Committees we will be holding Xmas fun events for all the family to attend.



TOGETHER

Dear Friends

Happy new year to all our Together for Health friends!

Christmas was a busy time for the Together for Health team and our activities were keeping lots of you moving more and eating better. This edition will give you an idea of what we have been up to and some future events for you to attend.

Firstly we would like to say a massive thank you to Shona Keenan for all her hard work with the Together For Health project, Shona has now started a new role with Fife Council.

Together for Health moving forward in 2016, is looking to take our Newsletter and timetable of events to our new online web page! We are looking to transfer to our online version in the Summer of 2016. To view our new page please go to www.westlothian.gov.uk/T4H

If you have any feedback or would like to continue to receive a paper copy of our newsletter please do not hesitate to contact us.

As always we are keen to hear from you on any of our planned activities and get new ideas or suggestions for how we can help the community Move More and Eat Better.

Best Wishes Lindsay

lindsay.macgregor@westlothian.gov.uk

FOR HEALTH

Move more. Eat better



Together for Health Youth Champions



Our 2016 champions are about to start work on their school projects in the coming months. T4H are looking forward to finding out what exciting events the youth champions have planned for their schools in 2016.

Health activities can range from fun assault courses, sports activities, healthy talent contests, fruit challenges, healthiest class competitions, fruit bingo and helping out with health weeks.

Each year the schools in the Armadale ward nominate two pupils to be their Youth Champions. Their role is to represent their school in Together for Health planning ensuring that the project remains relevant and attractive to young people

In December 2015 our former P7 champions currently in S1 received their Dynamic Youth Awards where a special celebratory afternoon of fun activities took place. Well done for all your hard work!

Friends of the Project

If you would like to be added to the project's mailing list to be kept up to date with events and activities please drop Lindsay an email at lindsay.macgregor@westlothian.gov.uk



Move More...

Run, Jump and Throw

Dream fitness is running Run Jump and Throw sessions in West Lothian for young people to get active!

➡ Tuesday: 4.45 – 5.30 Armadale Community Centre
Wednesday 4.30 - 5.15 Fauldhouse Partnership

The sessions are suitable for those that are Primary School age and will include a variety of games and sports to keep kids active and moving and to encourage team work, creativity and most importantly for kids to have lots of fun!
Please contact Dream Fitness on 07702167812 for more information.

Get walking

Fauldhouse Footers take place every Thursday and set off from Fauldhouse Community Development Trust at 10am. New members always welcome.
Contact The Hub on 01501 773 699 or Lesley@fauldhouse.org.uk



Festive Fun in Armadale & Fauldhouse

Our Christmas activities this year welcomed the first Santa Fayre in Armadale organised in partnership with the Management Committee. Due to the adverse weather in previous years we decided to have our Christmas activities in the Community Centre.

Jolly Joggers



Dream Fitness and Together for Health are delivering jogging groups in both Armadale and Fauldhouse. Jogging groups are a fun, sociable way for adults to get active or become even more active. Groups are led by a trained jog leader and geared to your ability, from beginners to intermediate level. They can offer a good starting point if you're thinking about taking up jogging or help with your motivation to keep running.

➡ Groups leave from Armadale Community Education Centre on:

- Tuesday 7.00 pm
- Wednesday 6.30 pm

➡ Groups leave from Fauldhouse Partnership centre on:

- Wednesday at 6.30 pm

Interested in becoming a jog leader?

Please contact Marie Claire on 07702167812

After a few weeks of gradually building up the time I am able to run for, last Wednesday, I was delighted to run for almost half an hour without needing to rest and I am now beginning to have the confidence to go jogging by myself in between Jolly Joggers sessions, something I would never even have considered before.

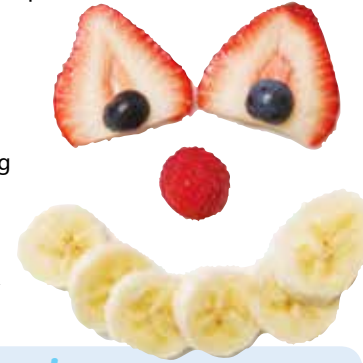
We were joined by over 200 people who enjoyed meeting Santa and his Frozen friends, being entertained by the Girls Brigade choir and having a boogie with some festive Zumba!

Fauldhouse hosted their 2nd Santa Parade where nearly 400 people took part in walking a new mile long route with Santa and his sleigh. The fantastic sleigh was provided by Whitburn Garage and was a great addition to this year's event which was organised in partnership with the Fauldhouse Community Development trust and supported by the Fauldhouse Partnership Centre Management Committee. Everyone then headed to the Partnership centre for some Christmas fun where

Eat Better...

Fruity Friday is back!

An important and tasty way you can Eat Better is by trying to eat five portions of fruit and vegetables every day. Together for Health provides free fruit to local schools in Armadale and Fauldhouse on the last Friday of the month to help to encourage young people to try something new or to encourage a healthier snack option.



Young on the run

Looking for something for the young people to get more active? Community Youth Services are running a project in partnership with Jog Scotland and Youth Scotland. They are looking for young people (S1+) across the West Calder and Fauldhouse Area to get out jogging within West Lothian and aim to complete a 5KM jog/run/walk in April.

This project will run for 10 weeks on a Tuesday night and is aimed at beginners.

For more details contact Errin on 07920727652 or errin.anderson@westlothian.gov.uk

everyone got the chance to meet Santa and try out the Together for Health Smoothie bike!

“ **The event was awesome!**

We loved Santa and his light up sleigh, it was magical.

Kids had fun! ”

If you are interested in volunteering or sharing any ideas going forward for our Christmas events, please drop us a message.

Steps 2 Success

Steps 2 Success is an exciting new programme aimed at individuals who would benefit from:

- Increased confidence
- Improved fitness levels
- An understanding of healthy nutrition
- Becoming job ready

Running on a Monday and Wednesday from 9am – 3pm in Armadale Community Centre, sessions include:

- Employability Skills
- Practical Nutritional advice
- Real Life / Real People Examples
- Personal Performance Coaching
- Alternative therapy for stress relief
- Physical Activity sessions

Previous feedback for the programme:

“ **I am more confident and my health has improved.**

This course has been phenomenal.

It's uplifting and inspirational and has given me the tools for positive thinking. It has also given me confidence to achieve my goals that I want in life. ”

For more information and to reserve a space please contact Marie Claire Donnelly on 01506 281165 or marie-claire.donnelly@westlothian.gov.uk

