



HEART & SOUL HEALTH & WELLBEING EVENT

Fort William

Thursday 24th October 2019
11am – 8pm

Event Programme

what's on, where and when

important info:

All Activities are FREE – no need to book just turn up. Where numbers are limited places will be allocated on a first come first served basis. Activities are suitable for all ages unless otherwise indicated – please ensure all children are accompanied by an adult as appropriate. Please wear suitable clothing.

This event is brought to you by the Lochaber Community Partnership



If you have any specific questions please contact the relevant venue or Highland Council on 01397 707232 (Ward Office)



Venue 1: Studio 2- Buzz Project + outside, High Street

11.00am – 8.00pm	Buzz Bus – outside on the parade area	Come along to the Buzz bus, chill out and have fun in our mobile music studio and activity space. Open all day to young people and adults – see what it's all about.
12.00pm – 2.00pm	Exercise Demonstrations	Join in with short bursts of various activities including Zumba, Spinning, Body Pump, Boxercise & Metafit. Come and give it a try and see what you might like!
2.00pm – 2.30pm	Music therapy group taster	Join in a fun session to help give you the feel good factor. Music and singing with Cothrom Centre, Support in Mind Scotland group.
2.30pm – 4.00pm	Alcohol and drug awareness	Interactive activities raising awareness of the dangers of alcohol and drugs misuse. Suitable for young people and adults.
4.00pm – 8.00pm	Youth Activities	Fun activities for young people including Karaoke. Suitable For young people 8 years and over.
6.00pm – 7.00pm	Tasty cooking All ages welcome	Come along and taste our fresh cooking and quiz our Highland Wholefood Chef for ideas quick healthy and affordable meals.



Venue 2: Lochaber Leisure Centre, Belford Road

11.00am – 8.00pm	Join us for Fitness Challenges throughout the day	Come along and see how fit you are and how to get fitter. We can test your strength, speed and agility. All ages welcome.
11.30am – 12.00pm	Macmillan Move More session	Gentle movement exercises for people affected by cancer. Come and have a try.
2.00pm – 5.00pm	Oral Health Van 1:1 advice and demonstrations	Young or old smile your best smile. Child Smile, Teen Smile, Caring for Smiles, Smile For Life & Open Wide – come and see brushing tips for all the family: Demos info and so much more to help you care for your whole mouth. Help with dental registration also offered.
2.00pm – 3.00pm	NHS Health Screening Programme 1:1 testing plus information on screening programmes	Come along for a free body MOT! Blood pressure, smoking cessation, ABI and Body Fat Analysis. Save a life, maybe your own by dropping by for information on Breast, Bowel and Cervical screening.
2.30pm – 3.15pm	Zumba – come and try it	Get moving and shaking with a Latin inspired dance fitness class.
4.00pm - 5.00pm	Posturite – drop in	Practical hints and tips session to help with posture, positioning and wellbeing for those working from home or using IT for leisure. Suitable for young people and adults.
5.30pm – 6.00pm	Macmillan Move More session –	Gentle movement exercises for people affected by cancer. come and try.
6.15pm – 7.00pm	Zumba – come and try	Get moving and shaking with a Latin inspired dance fitness class.
7.15pm – 8.00pm	Aquacise – come and try	Take the weight off your feet and enjoy our water based impact free exercise class.

Venue 3: Cameron Square – High Street

2.00pm – 6.00pm	Mobile Skate Park Brought to you by West Highland Wheelers and High Life Highland	Fancy a go on our mobile skate ramps? Bring your bike, skateboard or roller skates. Helmets essential. Gloves, knee and elbow pads recommended.
2.00pm – 5.00pm	Bike Kitchen Session With Lochaber Environmental Group	The Bike Kitchen will provide free health checks, quick repairs, and advice for people who bring their bikes along.



Venue 4: Plantation Community Hall

11.00am - 1.00pm	Oral Health Van 1:1 advice and demonstrations Something for all ages	Young or old smile your best smile. Child Smile, Teen Smile, Caring for Smiles, Smile For Life & Open Wide – come and see brushing tips for all the family: Demos info and so much more to help you care for your whole mouth. Help with dental registration also offered.
11.00am – 1.00pm	NHS Health Screening Programme 1:1 testing plus information on screening programmes	Come along for a free body MOT! Blood pressure, smoking cessation (support and guidance), ABI (circulation flow) and Body Fat Analysis. Save a life, maybe your own by dropping by for information on Breast, Bowel and Cervical screening.
12.00pm - 12.30pm	Yoga Taster Session For adults	Bend it, stretch it just a little bit! join us for a taster session of low intensity exercise that promotes health and wellbeing.
12.30pm - 1.00pm	LGOWIT information session	You are not going it alone. Come along and find out more about living with or supporting someone with a long term health condition.
2.00pm - 3.00pm	Posturite – Demonstration	Practical hints and tips session to help with posture, positioning and wellbeing for those working from home or using IT for leisure. Delivered by a Posturite UK expert.
3.00pm - 4.00pm	Exercise Demonstrations and Tasters	Join in with short bursts of various activities including Body Pump, Boxercise & Metafit. See what you might enjoy!
4.00pm - 5.00pm	Tasty Cooking Demonstration	Come along and see how our chef whips up quick, healthy and affordable meals. Lots of hints and tips as well as getting a sample to try. All ages welcome.
4.00pm - 8.00pm	Youth Activities Session	Fun activities for young people aged 8+. Just come along and give it a try.

Venue 5: Fort William Library, High Street

11.00am – 12.00pm	Posturite - Demonstration	Practical hints and tips session to help with posture, positioning and wellbeing for those working from home or using IT for leisure. Delivered by a Posturite UK expert.
11.00am – 12.00pm	Organised Walk	Walking for wellness. Feel the benefit of a leisurely stroll in the fresh air. Come and join us – open to all ages.
11.00am – 11.30am	Book Bug	Enjoy a story, song and rhyme session for babies, toddlers, pre-school children and their families.
1.30pm – 2.00pm	Yoga	Bend it stretch it just a little bit! Join us for a taster session of low intensity exercise promoting health & wellbeing.
2.00pm – 2.50pm	Relaxation and Motivational Workshop	Relax and feel empowered – workshop run by Support in Mind Scotland & Lochaber Hope.
3.00pm – 3.30pm	Macmillan Move More	Gentle movement exercises for people affected by cancer. Come and give it a try.
4.00pm – 5.00pm	Lego Club	Discover or rediscover the joy of Lego and build with your imagination – activity for primary school children.
6.00pm -8.00pm	ESOL Classes	English Class for speakers of other languages – come along and learn with us. This is your chance to give it a try.

Venue 6: Lochaber Citizens Advice Bureau (CAB)

5.00pm – 8.00pm	Open door at Lochaber Citizens Advice Bureau	Gain an understanding of what CAB can do to help. This is the 80 th year of the CAB service in the UK. Drop in to find out more about the assistance and guidance offered.
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Hub open 11am – 8pm

The Library will also host an **‘information hub’** during the event where you can find out more about the services, groups and activities that are available in the Lochaber area which support better health and wellbeing. There are times when specific organisations will have people at the hub to give you more information and answer any questions you may have.

11.00am – 8.00pm	Lochaber Community Partnership	Come along and talk to us. See what the Partnership is doing to support better health and equality and what actions we are taking in the Fort William, Caol and Kinlochleven areas.
11.00am – 1.00pm & 2.00pm – 4.00pm	Alzheimer Scotland	Find out more about Alzheimer’s and the support available to those affected and their families.
11.00am – 1.00pm	Lochaber Women’s Aid	Find out more about Women’s Aid and the support available.
2.00pm – 4.00pm	Care Lochaber	Care Lochaber will be at the information hub to promote the Community Car Scheme and advise people on some of the monthly Community Event Days that we run.
4.00pm – 6.00pm	Ewen’s Room	Come and see what we are doing to promote wellbeing, reduce stigma, and help local people improve their mental health.

