

The New Chester Healthy Living Centre

Lydia Orford
Healthy Living Centre Co-ordinator



History of Chester HLC

- Funding received from NHS Western Cheshire for development of a Chester Based Healthy Living Centre
- Plas Dinas in Blacon was identified as a suitable venue
- A project steering group was set up to discuss the feasibility of setting up the HLC



History of Chester HLC

- Chester HLC will provide a focus for healthy living services / information to complement and reinforce other venues and services
- The Chester HLC will be a 'hub and spoke' facility recognising the strong base of existing activity within Chester

What will the HLC Consist of ?

- Reception area with health library
- Three multi use rooms
- Teaching Kitchen
- Office space for PCT Weight Management and Smoking Cessation Teams

Reception area with health library

- Reception area to provide a meet and greet service and telephone / email answering service
- Leaflets on local services / groups / organisations
- Leaflets on health and wellbeing
- Health magazines, newsletters etc

Three multi use rooms

- Three rooms within the HLC that can be used for a variety of services / activities
- Weekly timetable of events
- Rooms can be used on an ad hoc basis by organisations / groups / services

Three multi use rooms

- Two of the rooms will be used by Well Blacon for two days a week to offer Holistic Therapy services
 - Reiki,
 - Reflexology,
 - Indian Head Massage etc

Teaching Kitchen

- Purpose built teaching kitchen to deliver cookery classes



Teaching kitchen
at Links HLC,
Ellesmere Port

What Happens at EP HLC ?

- Cookery Classes
- Healthy Eating Sessions
- In The Bag Fruit & Veg bag schemes
- Bulge Busters
- Holistic Therapies
- Exercise sessions
 - Belly Dancing, Tai Chi, Otago, Guided Walks, Salsa, Pilates, Diddi Dance
- Baby Massage
- Baby Café
- Stop smoking clinics
- Bowel Cancer Screening
- Cancer Information sessions
- Prostate Cancer Support Group
- Tete a Tete support group
- Meditation group



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What do you want to see happening at Chester HLC ?



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Contact Details

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