

24 February 2010

SELKIRK PROMOTES HEALTHY LIFESTYLE

A community event to promote the health and wellbeing of the people of Selkirk has been organised to mark British Heart Foundation Awareness Day on Friday (26 February).

The event is being organized by Selkirk's Lifestyle Adviser Pauline Cuthbert and Health Improvement specialist, Healthy Living Network (HLN), Nichola Sewell.

Participating in this event, which will be held at Connections, is a diverse range of health promoters including Borders Sport & Leisure, Tai Chi, Pilates, Paths to Health, Philiphaugh Community Centre, The Studio on the Green, Healing Rooms, Impact and One Stop Shop. Healthy food recipes will also be demonstrated.

Lifestyle Advice and Support Service (LASS) is based in Selkirk's Medical Centre and provides support throughout the Borders. It encourages and supports positive behaviour, change in diet, alcohol consumption, physical activity, smoking habits and emotional wellbeing.

Patients attend appointments to sustain motivation, reduce risk to their health and signposted to access a range of community services suited to their needs.

A patient with LASS a few months said; "I have found it helpful to talk and learn what is healthy to eat. I now attend the gym regularly, something I would have never considered. Not only have I lost weight but I feel much better in myself."

Borders Healthy Living Network is a community-based health improvement programme working in Selkirk, Walkerburn, Eyemouth, Langlee and Burnfoot. It works in partnership to develop programmes in response to community need, including physical activity, parenting, food, and health and volunteering.

For more information on LASS contact Pauline Cuthbert, Lifestyle Advisor on 01896 824 520

The Healthy Living Network is based at the Argus Centre in Selkirk. For more details or to register your interest contact Nichola Sewell, Health Improvement Specialist HLN and Inequalities on 01896 824500

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For further information, contact Public Involvement & Communications NHS Borders, telephone 01896 825589