





CCG Creative Communities Group

CCG Creative Communities Group Volunteer







**LEARNING THROUGH CREATIVITY**

**CREATIVITY  
WORKS  
PRESTON**



taking care of your health.

# 4th Annual Health Mela 2015

A Community Health Fair

Saturday 12th Sept 2015 11am-4pm

Academy@Worden,  
Westfield Drive, Leyland PR2 1QX

**Everyone welcome**

Entrance, Parking and Health Checks are FREE!

Health and Wellbeing related exhibits

Chief guest: Professor Caroline MacEwen  
President of the Royal College of Ophthalmologists

### Make the most of these opportunities

- Complete health checks including blood pressure, BMI
- Blood sugar & cholesterol testing
- Personal & confidential health counselling
- Frailty Assessment for older people (Falls Prevention, Mobility, Nutrition and Pharmacy)
- Practical demonstrations of healthy living for all
- Health Checks for children (Height, Weight and BMI)
- Specialist eyes & vision assessments.
- Oral, dental & hearing health advice
- Create your own smoothie on the smoothie bike
- Complementary medicine - Reiki taster session
- Advice on children mental health & wellbeing
- Fun & games for children, colouring competition

FREE  
EYE, ORAL,  
DENTAL, HEARING  
CHECKS

ENJOY  
EDUCATE  
EMPOWER

WATCH OUR  
HEALTHY  
EATING  
DEMONSTRATION  
IDEAS



**READING THE WORLD WRITERS PERFORM**

**LIFE  
TWO PALLETS  
ABOVE THE FROST**

**Writers from Clayton Brook and from the recovery, LGBT, service user and ex-offender communities will perform a sampling of work written over a 16-week period. The evening represents the collective efforts of Reading the World participants and lead facilitator, volunteer and student co-facilitators, and dance and theatrical practitioners.**



### **“Making a difference by being there”**

Intact provides support, advice and a signposting service, as well as a drop in service. A venue for community meetings, education and learning, and a range of facilities for recreation and leisure for residents of all ages. Intacts primary purpose is to serve the Ingol and Tanterton neighbourhoods and we are now able to offer more services and activities to more people in the City of Preston and surrounding areas.



# “A Better Tomorrow”

Russell Hogarth Nicky Parr  
Ally Stableford Nigel Farnworth

Twitter @RussHogarth  
#RussTalks

24 hour  
emotional  
support

08457 909091

WITH SAMARITANS

LANCASTER  
UNIVERSITY



# Creative Communities Group 'Towards a better Tomorrow'



@RussHogarth

#TowardsABetterTomorrow

[Rhogarth1@uclan.ac.uk](mailto:Rhogarth1@uclan.ac.uk)