

Getting to Know You

Your local health training team is holding an **open day** at Trelander & St Clement Community Hall on Tuesday 17 February, with the aim of getting to know you.

Drop in any time between 12noon and 5.30pm to meet your new health trainer in a relaxed and informal environment.

By getting to know you, we can listen to your ideas on activities and services you would like to see us deliver or support in your community.

Please come along and share your ideas.

The open day is for all residents, young and old. We look forward to seeing you there!

At the open day:

- Free tea and coffee with an area to sit and chat with friends
- Children's activities and games
- Cooking on a budget demonstrations
- Exercise demonstrations, including chair exercises
- Free, simple recipe ideas to take away
- Information on healthy eating and becoming more active
- Information on group activities such as Active Buggy's and the Be Kind to Yourself group
- Information about the other services CN4C offers
- Free Raffle Draw and Fruit Shy

Getting to Know Us

Cornwall Neighbourhoods for Change (CN4C) is a charity and a social enterprise which aims to transform the quality of life for people and communities by working with residents and partners to provide choices and opportunities for all.

The **Healthy Neighbourhoods** project provides advice and information on healthy, sustainable lifestyle changes. Our health trainers work in your local community, offering free one-to-one support, courses, group work and literature.

Contact details

Your local Health Trainer is **Ruth Thompson**:
telephone 07817 014 743
or email ruth.thompson@cn4c.org.uk

CN4C Community Health Development Worker
Caroline Gayle:
telephone 07866 536 995
or email caroline@cn4c.org.uk

CN4C's head office number is 01209 721 500, and our website is at www.cn4c.org.uk

Stick this page
on your fridge!

Exercise of the Month

Bum Clench

This is an exercise that you can perform almost anywhere, with no equipment and no time worries: just a simple solution to helping tone up those butt muscles!

Perform the exercise while seated. It can be made harder by holding a suitable weight, such as a bottle of water, across your chest to offer more resistance.

In a smooth controlled manner, gradually tense your bum cheeks aiming to raise yourself an inch or two while staying seated in the chair. Concentrate on the movement coming from your bum muscles: avoid leaning forward and pushing down on your feet in order to raise yourself.

Hold the position for 3-10 seconds, then relax your muscles and repeat. The movement is only small, basically shrinking the size of your buttocks at the side.

Repeat this movement as many times as you feel comfortable with. It's a simple but effective action.

On a budget: Recipe of the Month

Homemade beefburgers

Cost: £4 • serves 6 • 70p/serving • 10 min preparation • 15 min cooking

Ingredients

1lb/500g minced beef (lean minced beef if you can get it)
1 onion, finely chopped
1 egg, beaten
1-2 handfuls fresh bread crumbs

Optional, for taste:

1 teaspoon mixed herbs
1 heaped teaspoon mustard
Pinch of salt & pepper

Method

Mix the onion and mince in a bowl, then add the beaten egg.
Add all the remaining ingredients, gradually adding the bread until the mixture binds well.
Divide the mixture into balls and flatten. Your burger should be roughly the diameter of your bread roll.
Grill on a medium/high heat for around 10-15 minutes, turning on both sides, or bake in the oven on a high heat until the burgers are cooked through.
Serve with salad in a bun.

Food Quote

If toast always lands butter-side down, and cats always land on their feet. what happens if you strap toast on the back of a cat and drop it?

Answer: the cat bites you, then licks the butter off the toast.

For your diary

Tuesday 17 February
Getting to Know You Day
12noon-5.30pm, Trelander & St Clement Community Hall; details overleaf.

Monday 23 February
Be Kind to Yourself Group
10:00-11:30am, Trelander & St Clement Community Hall.

A FREE social group for the Over 60's. Meet new friends and come together for tea and coffee, bingo, gentle chair exercises and a good chat.

For more info...

Contact your local health trainer, **Ruth Thompson**:
telephone 07817 014 743
or email
ruth.thompson@cn4c.org.uk