

# Health & Beauty

## Felixstowe Health & Wellbeing Fair



Felixstowe Jobcentre celebrated being open for 40 years by organising a huge Health & Wellbeing Fair at their local leisure centre which 50 organisations, all with a focus to support and improve physical and mental wellbeing, attended.

Suffolk MIND brought their dragon! He teaches children how to breathe through anxiety. The Co-Op brought their GERT suit which allows you to experience how it feels to physically age 30 years. Specsavers offered eyesight and hearing tests and Onelife Suffolk conducted health checks.

There was so much to do for children including beach hut colouring, stone painting, duck fishing and Play-Doh table. We even completed a static bike challenge to see how many calories we could burn during the event. Even our SEO Gary Clasby joined in and together we managed 2311.

*The Mayor opened the event and was so impressed he stayed for two hours and we were live on the radio during the event.*

Twelve of our customers volunteered to work at the event as work experience. They were amazing. One journal entry recorded: "Could you possibly pass on my thanks and gratitude to Anne and Lucy for the opportunity to volunteer at the Health & Wellbeing Fair today. It was an absolute pleasure to assist and, as I mentioned to Lucy, they can be tremendously proud of what was achieved. It helped so many people in so many different ways. Myself included. Again a huge thank you."



Six of our Princes Trust attendees worked the event as part of their community project. We have been invited to attend their presentations next week when they complete the programme. On top of all this, we raised £200 for our local charity, Basic Life, and 25 local business donated raffle prizes.

### Feedback from participating organisations

"Congratulations to you on the success of the event, and I hope it does become an annual event, and would be happy to support you however I can"

"Your event provided us with a great opportunity to network with the many support services out there available locally to people in Felixstowe and surrounding areas."

"I thought it was an absolutely fabulous event and so good to have the focus on H&WB rather than training or employment as is often the case. We all know that improved MH can lead to an increase in motivation for some people who are out of work as well as an improved lifestyle so I'm sure many of the jobseekers will benefit greatly from today."

"It was so good to see the community spirit and network with local providers. I would be very happy if this was rolled out across Suffolk as good practice."

"I myself made some great contacts that I will now be able to signpost my participants to."

## Felixstowe Walkers

Part of the Felixstowe Society



### Walks in September and October

**Thursday 12 September: Felixstowe Ferry**  
2.5 mile Grade 2 walk along the sea wall, meet at 10.30am outside St Nicholas Church.

**Wednesday 25 September: The Grove**  
1-2 mile Grade 2 walk with The Health Walking Group, meet at 10.45am at The Grove Surgery.

**Tuesday 8 October: Waldringfield**  
2.5 mile Grade 3 walk along the River Deben and the adjoining countryside. Meet at 11am in the car park behind the Maybush Public House.

**Monday 21 October: Fair Trade Walk**  
2.5 mile Grade 2 walk in the town followed by Fairtrade refreshments. Meet at 10.30am in Trinity Methodist Church.

Please note that the distances quoted are the maximum and we can accommodate shorter walks where required.

Walks are graded from 1 to 4, with 1 being the easiest.

The Felixstowe Walkers are part of The Felixstowe Society and regular walkers will be expected to become members of the society. Annual membership is £7, or £10 for two adults at the same address. For further details send a SAE to Hilary Eaton, 102c, Queens Road, Felixstowe IP11 7PG. Copies of the programme can be obtained from the library or requested by emailing: [felixstowewalkers@hotmail.co.uk](mailto:felixstowewalkers@hotmail.co.uk)

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