



Health Forum
Services

Welcome to the Health Forum Services Brochure.

Here at Health Forum Services we aim to offer a holistic approach to our programmes offering health and well being in the workplace, schools and community settings.

Whilst physical health and safety remains paramount in the debate on health at work, the emphasis has also shifted to take in the psychosocial aspects of our life at work. Businesses are increasingly linking wellbeing at work with innovation, productivity, creativity, quality and reliability. At Health Forum Services we recognize that having healthy, fit and motivated employees are the key to a well run business. Poor health in the workplace can affect the individual's ability to perform and in the long term can affect the business productivity and effectiveness.

Our aim for schools is to support and help the children and young people to grow healthily, safely and responsibly to become active people in the community they live in. Our extended schools programmes are designed to provide a range of opportunities to be physically active and to help the pupils understand how this can help them to be healthier and become part of their everyday life.

From the brochure you will see we offer a wide range of programmes based on health and well being for both adults, children and families. From health checks to nutrition and alcohol workshops we have something for everyone in the hope that they lead a healthier lifestyle.

There is a wide range of set programmes or you can design your own bespoke package. In each programme we will ensure our qualified staff will endeavour to meet the needs of the staff, employees or children so that the desired outcome is achieved.

At Health Forum Services we are here to support you in your endeavours to help your business become more health aware. We hope you find a package that helps you do just this.

Sincerely

Clare Cooper

Social Economy & Health Development Officer





HEALTH FORUM SERVICES

Mini M.O.T

for 60 people



- Weight
- Height
- Blood Pressure
- BMI
- Body Fat %
- Advice / Signposting

Cost:

£520

Full M.O.T

60 people

- Weight
- Height
- Blood Pressure
- BMI
- Body Fat %
- Blood Sugar & Cholesterol Levels
- Advice / Signposting

Cost:

£1,120

Full M.O.T & Pharmacist Information

60 people



- Weight
- Height
- Blood Pressure
- BMI
- Body Fat %
- Blood Sugar & Cholesterol Levels
- Ask The Pharmacist
- Lung Function Test
- Advice / Signposting

Cost:

£1,300



HEALTH FORUM SERVICES

Health Fair

60 people

- Weight
- Height
- Blood Pressure
- BMI
- Body Fat %
- Blood Sugar & Cholesterol Levels
- Ask The Pharmacist
- Lung Function Test
- Taster Therapies; Indian head & shoulder massage
- Information stalls from the Pink Ladies/Panthers, Drink Think, Nutrition, Cooking demonstration, Counselling, Carbon monoxide testing, Exercise demos, Skin screening.
- Advice / Signposting

Cost:

£2,020



Design your own

60 people

Choose from any of the above services to create your own health package.

Cost:

Based on choices.

Participants for all health checks must be 16+ years.

Physical Activity Programmes - £180 - £240

Physical activity programmes ranging from 6-8 weeks. These sessions will show the importance of physical activity to achieve that healthy lifestyle. The classes will be designed around the abilities of the participants and will help improve their fitness levels and lose any unwanted weight.

Each session will last 1 hour, this can include:

- Circuits
- Bums & Tums
- Kettlebells
- Boxing
- Yoga
- Walking or running sessions

Weigh-in sessions are also available



Stress Management Programme - £250

- 6 week programme
- 2 hours stress management workshop
- 4 weeks yoga 1 hour session
- 1 week therapies;
Indian head, shoulder massage



Nutrition and Cooking Workshops 6 Week - £595 (cook it)

Interactive 6 week workshop to show the importance of a healthy balanced diet and the impact this will have on your health. Cooking workshops will allow them to work together to make healthier alternatives to breakfast, lunch and dinner. From this workshop they will learn about;

- Health on a plate
- Find out about fiber
- Fabulous fruit and veg
- Counting on calcium
- Protein providers
- A little bit of what you fancy



Alcohol Awareness Workshops - £50

Alcohol & Your Family



Subjects covered within the workshop is the impact alcohol can have on the individual and their family. It is interactive and includes a practical demonstration of the family conversation tool which helps parents and children talk about alcohol in a positive way, to learn about alcohol and each others thoughts and feelings on it. Alcohol awareness quiz, hidden harm and alcohol pregnancy are also covered within the workshop.

Alcohol & Health



Practical health information on the impact alcohol has on your physical & mental well being includes information on recommended alcohol units and a practical demonstration on pouring drinks at home.

Alcohol & Older People



This workshop includes information on the benefits of drinking less, the physical & psychological impact caused by drinking excessively. It covers the reasons why older people drink excessively and gives advice on how to cut back.

Alcohol Awareness Workshops

Alcohol & Calories



This workshop covers the recommended alcohol units and explores the empty calories in alcohol. There is a practical visual demonstration of alcohol and its equivalent in calories. An interactive awareness quiz is included as part of the workshop.

Alcohol & Physical Activity



This workshop is interactive and includes information on the impact alcohol has on the body. It will explain and show what damage is done to the body if exercising and drinking are mixed. Designed for people who are training.

Each workshop can be adapted to suit the needs of the target groups and last between 1 and 2 hrs.

Cost may vary depending on travel.

Have
Fun



Get
Fit



EXTENDED SCHOOLS PROGRAMMES

PROGRAMME	COSTS
SPORTS FUNDAYS	Negotiable on facilitators Req'd
A range of activities for Schools Sports Day. Price determined by level of programmes required. Activities include Bouncy castles/Dance/athletics/sports games.	
HEALTH MOT's	£300 for 2 hours (approx 50-60 ppl)
<i>NB- Costs can be reduced if lower numbers are expected.</i> One off health events held in the school for parents/ grandparents/ carers of students. Programme will check weight, body fat analysis, blood sugar and blood pressure measurements and advice on healthy eating. In addition taster sessions on complementary therapies will be offered (ie) Reflexology, Massage, etc.)	
FAMILY HEALTH PROGRAMMES	£180
4 week programme for parent/carer and child. Programme is aimed at bonding relationships through shared enjoyment. Programme offers: Parent/Child Healthy eating night; 2 x Family games night/Parachute, Family Zumba or other exercise	
SPORTS FOR ALL PARENT PROGRAMMES	£155
6 week physical activity programmes aimed at adults. Participants will also avail of a mini health MOT. Physical activity programmes offered include: Zumba; Circuit Training; BoxFit; Mix it up training, Martial Arts.	
COOKING AND GROW YOUR OWN PROGRAMMES	from £300
6 wk Healthy Eating programme aimed at parents/carers or older students £595 6 wk Food for Thought cooking and nutrition for younger students £415 6 wk Gardening/Grow your Own programme £300 inc materials (price may vary depending on numbers)	
HEALTH IN YOUR HOME PROGRAMMES	£800
12 week extensive programme aimed at physical activity mental health and cooking/nutrition skills for parents/carers. 4 Weeks Personal Development 4 Weeks Healthy Eating Programme 4 Weeks Physical Activity - Activity to be decided by participants	
SPORTS PROGRAMMES FOR YOUNG PEOPLE	£150 per 6 week programme
6 week programmes aimed at increasing physical activity and play. Examples of the programmes we offer include: Hip Hop/Dance; Kid Art/ Arts & Crafts; Football; Gaelic; Athletics; Playground Games, Martial Arts (Others can be provided on request).	



Have
Fun

Get
Fit

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Group Work Sessions ranging from 6-12 weeks

Tackling issues such as;

- Bullying
- Anger Management
- Self esteem
- Confidence
- Suicide

Life Choices Programme - £500

This 10 week programme for young people covers topics such as healthy relationships, self esteem & confidence building and drugs & alcohol. The young people experience what it is like to care for a baby for 24 hours with our realistic baby simulator dolls and also gain skills and knowledge with everyday First Aid, Cook It, physical activity and team building exercises. The course is catered to individual groups and covers the below topics;

1	Introduction to Programme Contract
2	Physical Activity
3	STI's and Sexual Health
4	Goals for Life
5	Media Awareness
6	First Aid & Cooking/Aware Defeat Depression
7	Over the Counter Medicines & Foetal Alcohol Syndrome
8	Baby Preparation & DVD
9	Baby Week
10	Focus Group





HEALTH FORUM SERVICES



For further information on our packages or to discuss creating your own you can contact us via;

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