

# HEALTHY NEIGHBOURS NEWSLETTER



August 2024, Issue 4

Welcome to the latest issue of our Healthy Neighbours Newsletter! We're thrilled to share updates from our community-based project, active in six neighbourhoods across Liverpool, St Helens, and Warrington.

As the charitable arm of Torus Group, the North West's largest affordable housing provider, Torus Foundation benefits from the reinvested profits to create real social impact. Back in 2022, Torus funded a pilot of the Healthy Neighbours project to help improve health and wellbeing, commissioning four local organisations to deliver the work:

First Person Project, St Helens Wellbeing, Longford Neighbourhood Services Centre (The Roy Humphreys Centre), and Friends of St Elphin's Park. Their expertise and community engagement have been invaluable.

The pilot's success impressed the National Lottery Community Fund, which awarded nearly £500,000 in April 2023 to help even more people benefit from the project.

Find out more about Healthy Neighbours, our key achievements, and see how you can get involved as a volunteer or participant with free activities near you!

**"I really enjoy coming to the groups. You meet some good characters. It gets us out and about!"**

## PROJECT ACHIEVEMENTS BETWEEN APRIL 2023 – APRIL 2024



**197**  
volunteers recruited, trained and mentored



**10,010**  
volunteering hours completed



**7408**  
contacts made to engage and promote



**650**  
referrals of support made outside of the project



**2845**  
households meaningfully engaged

## Do I live in a Healthy Neighbours area?

Local organisations have been working with communities across these key areas:

- Liverpool - Daneville Estate and Granby Toxteth Triangle
- St Helens - Parr and Four Acre
- Warrington - Grasmere and Greenwood Estate, and St Katherines Way / St Elphin's Estate

## What is meant by Health and Wellbeing?

Health and Wellbeing is a combination of your physical, mental, emotional and social wellbeing. Wellbeing is strongly linked to happiness and life satisfaction – so, how you feel about yourself and your life.

## How can the project benefit me?

The free activities are enjoyed by people of all ages. They provide a chance for you to meet other people from your local area in a relaxed and friendly atmosphere.

Whether you want to try something different, meet new people or improve your confidence, there's a variety of sessions to choose from – so, why not give them a go.

## Can I become a volunteer?

We would love to hear from you if you are interested in volunteering. Please contact your local organisation from the list highlighted further in the newsletter, who will let you know how to get involved. Volunteers have so far helped to lead on nature walks, prepared the craft sessions, shared their musical talents and more.

## How long will the project last?

The Healthy Neighbours project plans to continue with activities until at least April 2025.

## What if I want to get involved, but none of the local sessions take my interest?

The project is led by the needs of the community. If you have an idea of the type of activity you would like to see on offer or have a passion or skill, and would like to volunteer, please get in touch. You can find the contact details in the newsletter of the local organisations in your area.



# Get involved with Healthy Neighbours



## Liverpool Area

First Person Project delivers the Healthy Neighbours Programme in the Granby / Toxteth area and Daneville / Abingdon Estate in Liverpool.

Check out the sessions on offer for these areas. Please get in touch with First Person Project if you would like details about the sessions, to become a volunteer or take part in the free activities.

call: 0151 345 1212  
email: [info@firstpersonprojectcic.co.uk](mailto:info@firstpersonprojectcic.co.uk)  
web: [www.firstpersonprojectcic.co.uk](http://www.firstpersonprojectcic.co.uk)  
x (twitter): @FirstPersonCIC

Activities are available in both locations:

- Granby / Toxteth - Roberta Corby House, 6 Lodge Lane, L8 0QH
- Daneville / Abingdon - The Community Flat, 18 Abingdon Grove, L4 9UY

**"We're working together with people from all backgrounds and ages, to create health and happiness opportunities from the inside out."**

Weekly sessions	What's involved?
Women's Mental Health Group	Enjoy a free cuppa and chat, and the chance to get creative.
Men's Mental Health Group	Meet new people or catch up with some familiar faces.
FundaMentally Healthy Sessions	A chance to help others as well as yourself. Come along and learn about mental health, community building and suicide prevention, while gaining a Mental Health First Aid Level 2 Qualification.
Peer Mentoring Sessions	Learn how to effectively develop a supportive mentoring relationship with someone, and to support members of your community with their goals, strengths, and mental health.

Many of the participants attending the Men's Group have self-referred. One particular gentleman has been attending both the Men's group and the mental health education sessions, in Liverpool for almost a year. Now a volunteer, he takes a lot of pride in welcoming new people and sharing his experience with humour and kindness, becoming a firm part of the wider First Person Project family.



## St Helens Area

St Helens Wellbeing delivers the Healthy Neighbours Programme for Torus Foundation in Four Acre and Parr in St Helens.

Check out the sessions on offer for these areas. Please get in touch with St Helens Wellbeing for details about the sessions, if you would like to become a volunteer or take part in the free activities:

call: 01744 371 111

email: [chcpsthelens@nhs.net](mailto:chcpsthelens@nhs.net)

web: [www.sthelenswellbeing.org.uk](http://www.sthelenswellbeing.org.uk)

x (twitter): @sthelenswellbeing



**"This group has been a godsend.**

**It's just lovely because everyone's friendly and nice to talk to."**

## Four Acre

Weekly sessions	What's involved?	Where?
Craft Session	Enjoy a variety of crafts and a chance to chat with others over a cuppa.	Chester Lane Library, WA9 4DE
Wellbeing Walking Group	A local walk with a trained walk leader. A fun way to keep active and keep your mind occupied through walking and talking.	Chester Lane Library, WA9 4DE
Wellbeing Walking Group	A local walk with a trained walk leader. A fun way to keep active and keep your mind occupied through walking and talking.	Sherdley Park, car park at Elton Head Road, WA9 5DE
Time 4 Me	Enjoy quizzes, Boogie Bingo, indoor bowls and more, in a relaxed and friendly atmosphere.	St Michaels Church, WA9 4RA

## Parr

Weekly sessions	What's involved?	Where?
Wellbeing Walking Group	A local walk with a trained walk leader. A fun way to keep active and keep your mind occupied through walking and talking.	Havannah Lane, WA9 2JU meet at the green gates to the Flash
Women's Group	Enjoy a variety of crafts, while enjoying a chat with others over a cuppa.	St Phillips Church Parr, WA9 2NQ
Men's Group	A relaxed session with quizzes, indoor bowls and light exercise.	St Phillips Church Parr, WA9 2NQ
Men's Group	A relaxed session with quizzes, indoor bowls and light exercise.	St Peters Church, WA9 2DZ
Time 4 Me	<p>Enjoy quizzes, Boogie Bingo, indoor bowls and more, in a relaxed and friendly atmosphere.</p> <p>Please note once a month, Time 4 Me also provides an evening session.</p>	St Phillips Church Parr, WA9 2NQ

"I like the company. It's good for my mental health and wellbeing, and we all get on really well – it's a great laugh!"

Themes and activities across all areas include:

**BLOOD**  
**CANCER AWARENESS** **PRESSURE CHECKS** **ARMCHAIR EXERCISES**  
**FUEL POVERTY** **WOMEN AND MEN'S GROUPS**  
**SEXUAL HEALTH** **REDUCING ISOLATION** **ESTATE LITTER PICKS**  
**ARTS AND CRAFTS** **HOLIDAY ACTIVITIES** **FOOD PROGRAMMES**  
**HEALTHY LIFESTYLES** **MENTAL HEALTH** **WALKING GROUPS**  
**GARDENING GROUPS**



## Warrington Area

Friends of St Elphin's Park delivers the Healthy Neighbours Programme for Torus Foundation across St Katherines/ St Elphin's Estate.



Check out the sessions on offer for the area above. Please get in touch with Friends of St Elphin's Park for details about the sessions, if you would like to become a volunteer or take part in the activities:

call: 07554 279 912  
 email: jeanflaherty54@icloud.com  
 facebook: thefriendsofstelphinspark  
 x (twitter): @sthelenswellbeing



**"I love volunteering and my little boy also gets involved!"**

## St Katherines / St Elphin's Estate

Weekly sessions	What's involved?	Where?
St Elphin's Garden Team	Interested in gardening or would like to learn? Join other volunteers to help maintain the park and surrounding area. Receive full training including safe use of equipment.	St Elphin's Park WA1 3GF
The Pavilion Tea Rooms	Located on St Elphin's Park, volunteers are on hand to welcome you with a friendly chat while you enjoy your cuppa.	St Elphin's Park WA1 3GF
My Time Coffee Morning	Join the relaxed and friendly group, while enjoying a chat over a cuppa. A range of activities and information is also available.	St Elphin's Community Centre, WA1 2EG
Breakfast Club	A fantastic opportunity for the children to have a healthy breakfast before they start their school day.	St Elphin's Community Centre, WA1 2EG
Repair Café	Bring along your items to be fixed for free. Bicycles, small electrical items and clothing welcome. Check with the team if you're unsure about an item.  Please note sessions are held once a month.	St Elphin's Community Centre, WA1 2EG

**"Coming to the breakfast clubs, is our favourite morning as it takes away all the stress!"**

The Roy Humphreys Centre (Longford Neighbourhood Services Centre) delivers the Healthy Neighbours Programme on the Grasmere and Greenwood Estate.

Check out the sessions on offer for the area above. Please get in touch with The Roy Humphreys Centre for details about the sessions, if you would like to become a volunteer or take part in the free activities:

call or text: 07547 672 307  
 email: therhcentre@gmail.com  
 facebook: Healthy Neighbours Project - Orford  
 x (twitter): @healthyneighb



**"The group has made a lot of difference. I've met a lot of new friends. I look forward to going every week. I'm feeling more positive and confident."**

## Grasmere and Greenwood Estate

Weekly sessions	What's involved?	Where?
Coffee and Crafts	A relaxed and friendly group with a range of activities including crafts and quizzes. Alternatively, just come and have a chat and a cuppa.	Greenwood Community Centre WA2 0DU
Wellbeing Walking Group	A local walk with a trained walk leader. A fun way to keep active and keep your mind occupied through walking and talking.	Meet at Radley Common Community Centre WA2 0JY

Check out our video highlighting the impact being made across Torus communities so far. Thanks to our key community partners, volunteers and of course community members!  
[www.youtube.com/watch?v=PMeVnyjMayk](http://www.youtube.com/watch?v=PMeVnyjMayk)

If you would like more information on the Healthy Neighbours project in general, please contact Vikki Jones, Healthy Neighbours Programme Manager at Torus Foundation:

call or text: 07740 075744  
 email: vikki.jones@torusfoundation.org.uk



# Unlock your potential with Torus Foundation

As a Torus customer, you have access to a wide range of free support and opportunities focusing on:



## Jobs and Training

Help to find work, build skills or change careers to get that dream role



## Health and Wellbeing

Connecting you to your community while helping you work towards improving your physical health and emotional wellbeing



## Help with Money and Benefits

Don't struggle alone, access free support covering energy bills, welfare benefits, debt and budgeting



## Young people

Working with our FireFit Youth and Community Hub and other local organisations across Torus communities to provide a safe and engaging environment for children and young people to thrive

The wider Torus community can also benefit from some of the projects and support available from Torus Foundation, so don't hesitate to get in touch:



**0300 123 5809 (option 2)**  
**info@torusfoundation.org.uk**  
**www.torusfoundation.org.uk**

Scan here for

more details

