



Healthy Living Project



STAY WELL STAY SAFE



WHO CAN JOIN THE PROJECT?

ANYONE!

Our clients come from various points in life, such as the elderly, those suffering from addictions, the homeless, those with financial struggles, the disabled community, and many more. We try to cater for everyone with additional needs. All of these activities are free of charge,

UPCOMING ACTIVITIES

NEW AND EXCITING!

From April, we are now offering a Yoga Class! This class will be running every other Tuesday with a professionally trained instructor with experience on all disabilities. Come along and relax your mind, body and soul.

TOP 5 HEALTHY RECIPES OF THE MONTH

BUDGET FRIENDLY!

- Loaded Curry Burger - 376 Kcal per serving.
- Fish finger pie - 490 Kcal per serving.
- Enchilada Sliders - 341 Kcal per serving.
- Tomato and caramelized Onion Tarts - 220 Kcal per serving.
- Cauliflower Steaks - 275 Kcal per serving.



PARTICIPANT OF THE MONTH

Teresa Starkey is known at the ILA and is a beloved part of the agency before the project started. Once the project started, she was a vital part and would always love to help. She has been given lots of opportunity and has always taken it and has proved to many people that she is able to do anything no matter what. Thank you for all of your hard work this month.

FEEDBACK:

My daughter, Jessica, joined the ILA in November 2023 following a recommendation from Jessica's Social Worker. The reason for the recommendation was a discussion concerning Jessica not really mixing with her peer group in any of the activities that she did in her spare time. Her main social activity had been with a group that works with a majority of much younger girls, of whom Jessica wasn't necessarily relating to having had an initial telephone discussion with Debbie followed by a face-to-face meeting at Jessica's family home, Jessica signed on with the ILA as a participant initially to attend the social evening 'Meet Street' on a Tuesday night (other activities take place during the daytime when Jessica's college work precludes her from participating). Jessica is a naturally reticent person and can take some time to build trust and feel comfortable in new surroundings. Thanks to Debbie and her team, Jessica quickly felt accepted and was able to participate in the social evenings, meet with a range of people of different ages and needs and it has become a staple of Jessica's week, something she looks forward to and has found friends akin to herself and her learning difficulties. To find an environment where Jessica can be herself among others and not feel on guard or worry about how she is perceived has been a real blessing. For two hours every Tuesday evening Jessica is extremely happy, probably the best she has been since coming out of covid lockdown a few years ago, it has, and continues to be, a pleasure to deal with Debbie and her team in all of their dealings with Jessica.

MEET THE MANAGER:

DEBBIE ROBINSON

The job advert came out, I knew it was meant for me. I done the job as I believed it was for a good purpose and that it would be very fun. I've worked in the care sector for over 30 years. I worked my way up to manager and I believe that this has always been my purpose. I hope to achieve and identify that there is a need for the project to be continued in the near future. I would like the project to continue as I would like people to become healthier. It can also help the ILA identify people that are vulnerable and need help. My favorite group would be the evening and supper group as it gets all of the participants together. Many people are able to develop their social skills and people are able to gain advice and can also be in a place where they feel comfortable. Some new groups that are coming out are: Yoga, a pub lunch where people try food from all over the world, a tour of London where we see all of the famous landmarks, a West Ham football match, a Willy Wonka chocolate event and a theatre.

Contact Information - Debbierobinson@independentlivingagency.org or 02085936677.

FUN FACTS

- ✓ Laughing is good for the heart and can increase blood flow by 20 percent.
- ✓ Having good relationships and social support can help you live longer and happier.

Thank you all for reading and supporting our Health Living Project. Stay tuned for next month's newsletter.