

PANTO EDITION

Now that it's behind us, let's see what's been happening.





CINDERS

BY DRAMA LLAMAS

The Drama Llamas the Healthy Living Centre's very own drama group put on a production of Cinders which ran at Ellesmere Port Civic Hall



"You can't act alone.
Use the props, the
setting, the crew
around you, and of
course, your fellow
actors"

JON POLITO



















CHESHIRE OAKS CHRISTMAS

BY CORONATION CENTRE



“I’ve learned that you can tell a lot about a person by the way he handles these three things: a rainy day, lost luggage, and tangled Christmas tree lights.”

MAYA ANGELOU





"In bowling and in life, if a person made the spares, the strikes would take care of themselves."

STEPHEN KING

CHESHIRE OAKS BOWLING

BY CORONATION CENTRE









MAKATON SHOW

BY HLC & ALLOTMENT

Vivo had a Makaton show, Lisa & Andrew went along to watch.



“Sign language is the equal of speech, lending itself equally to the rigorous and the poetic, to philosophical analysis or to making love.”

OLIVER SACKS





"Don't wait for
perfect moment
take the moment
and make it
perfect."

ARYN KYLE



SOCIAL GATERING

BY HLC & NESTON

HLC & Neston joined forces for a pool tournament





CRAIGS BIRTHDAY BASH

BY CORONATION CENTRE

For Craig's birthday the Coronation Centre organised a trip to Chester Zoo with Craig's friends.



“The greatness of a nation can be judged by the way its animals are treated.”

MAHATMA GANDHI







HALLOWEEN

BY CORONATION CENTRE



“Tis the night — the
night of the grave’s
delight”

ARTHUR CLEVELAND COXE











DAY OUT

BY HLC

Lawrence had a day golfing followed by lunch with his Mum.



“Lunch break: the most important appointment of the day”

EVERYONE





"This season is all about feasting, and our tables are set with joy."

UNKNOWN

CHRISTMAS LUNCH OUT

BY HLC





ADAPTED CYCLES AT BRIO

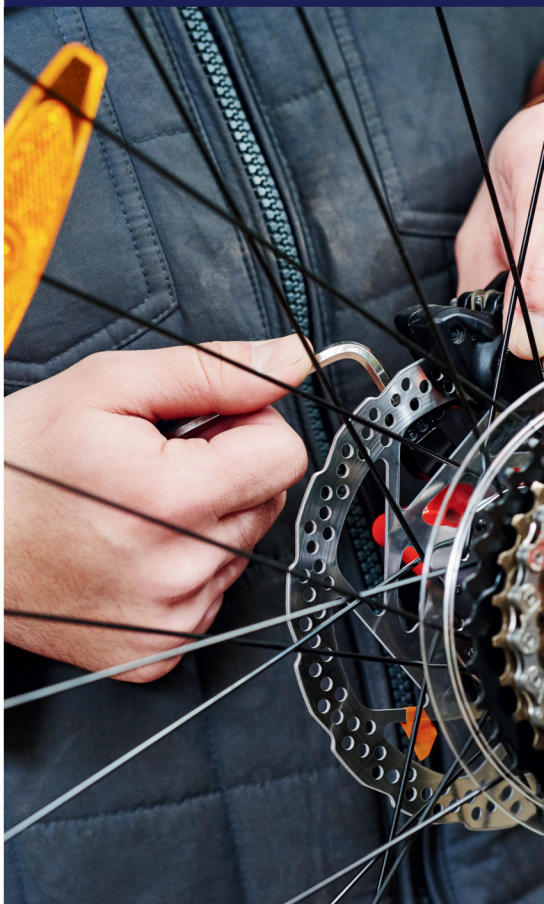
BY HLC

Brio Leisure ran an adapted cycles session on their race track.



“The hardest part is over. You showed up.”

JESS SIMS





"Count your age
by friends, not
years. Count your
life by smiles, not
tears."

JOHN LENNON

LAWRENCES BIRTHDAY

BY HLC

Lawrences birthday, excited to open Disco lights & Crocs.





CHRISTMAS MARKET

BY HLC



“Christmas! The very word brings joy to our hearts”

JOAN WINMILL BROWN





"A pair of skis are
the ultimate
transformation to
freedom"

WARREN MILLER

CHILL FACTOR

BY CORONATION CENTRE

The Coronation centre took a trip to the Chill Factor in Manchester, a great day was had by all.





MARK MAKES A WISH

BY MAKE A WISH



“Rugby is a game that’s constant. If you are not growing with it, you get left behind.”

OWEN FARRELL





"May your plate
be full, and your
heart even fuller
at Christmas"

UNKNOWN

STAFF CHRISTMAS BREAKFAST

BY HLC

The seniors laid on breakfast for HLC staff, we exchanged secret Santa presents, thanks to the Seniors for a lovely morning.





BENTS CHRISTMAS GARDEN CENTRE

BY HLC



"I always say shopping is cheaper than a psychiatrist."

TAMMY FAYE BAKKER





AUDITIONS

VIVOS GOT TALENT

BY HLC & CORONATION CENTRE

Vivo ran an in house Talent show with the different services performing dance, group singing & solos.



“Hide not your talents, they for use were made. What’s a sundial in the shades?”

BENJAMIN FRANKLIN







JOSHUA WILLIAMS PROFILE

BY HLC

I just wanted to thank you for the opportunity to visit the service. I thoroughly enjoyed the experience and found it incredibly insightful to see the impact the service has on both the service users and the wider community. It's clear how valuable the work you do is, and I really appreciated being able to observe it firsthand



Save one life,
you're a hero.
Save 100 lives,
you're a nurse"

UNKNOWN



10 self-care tips to help manage your stress levels

We all use unhelpful coping strategies sometimes, but as with any skill we can learn new, helpful coping strategies.

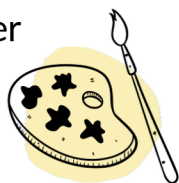
Try

Get moving! Physical and mental health are connected — so eat well and exercise to release endorphins. Find a fun activity that suits you and your schedule.



Setting aside time to have fun or indulge yourself — positive emotions can help build a buffer against stress.

Learning a new skill — whether painting, playing guitar, or a new language. New skills can boost confidence and give creative outlets to enjoy.



Sharing how you're feeling — it's OK to ask for help and support. Our **My Whole Self tools** will help you connect and have meaningful conversations.

Switching off from distractions

— make time for yourself as a regular part of your routine. Schedule a reminder if you need to.



Avoid

Overdoing it on sugar, caffeine, or alcohol — they're a quick fix which can increase stress in the long term.



Overworking and checking your emails out of hours — we all need time to unwind.

Spending too much of your free time in front of a screen — phone included. Don't feel pressured to always be 'doing' something.



Chasing perfection — it can create unrealistic expectations. Learning from mistakes is part of the journey.

Bottling up your feelings and assuming they will go away — this can make things worse in the long run.



Check out our resources at mhfaengland.org



MHFA England

