

Your Wellbeing Matters

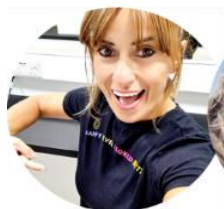
February 2025 – Newsletter

Here for your
WELLBEING

Hello Castle Point Community!

Welcome to our February edition of **Your Wellbeing Matters** newsletter. In this edition, we'll share practical tips, community resources, and ways to make this year our healthiest and happiest yet. Let's start!

Meet Castle Point Wellbeing Team:



Laura Caporossi
Wellbeing Ambassador Lead



Michelle Evans
Wellbeing Ambassador



Holly Edwards
Physical Activity Coordinator



Kelly Nicholls
Community Activator Apprentice

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We are really excited to introduce you to the new Castle Point Wellbeing Team, a dedicated team driven by one goal: enhancing the quality of life and social connection of our local community!

Our newly formed team will be delivering the Castle Point Wellbeing Referral Campaign and will be driven by one goal: enhancing the quality of life and social connection of our local community.

Our job is also to ensure everyone living in Castle Points is aware of the great work and services provided by partners and local charities.

If you see us in around Benfleet, Canvey Island, Thundersley or Hadleigh, please come and say Hi!



castlepointleisure.co.uk

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Discover our **6 Week Wellbeing Program**.

FREE sessions, accessible to everyone, designed to support your wellbeing and sense of connection.

Start Your Journey To Better Health

With Castle Point's 6 Week Wellbeing Program

Discover our NEW 6 Week Wellbeing Program for people living in Castle Point, looking to achieve a healthier and more connected lifestyle.

Sessions are FREE

- Improve Physical Mobility
- Alleviate Social Isolation
- Enhance Positive Mental Health
- Become More Active and Happier
- Build Meaningful Connections
- Reminisce, Replay & Reconnect

Zero Commitment + NO MEMBERSHIP REQUIRED

Sessions are **FREE** and will run at **Waterside Farm Leisure Centre in Canvey**, and **Runnymede Leisure Centre in Benfleet**, starting from Monday 17 February.

Here are some of the sessions* that are offered in the programme:

Low Impact	All Welcome!	Junior Sessions
Senior participants or those with mobility issues.	Suitable for all levels of fitness.	For toddlers and children.
Chair Yoga	1-1 Introduction to Exercise	Story Time & Play with Magic Molly
Walk & Dance Fit	Calm Flow	Little Sprogs
Sit & Move	Social Badminton	Kids Punchercise
Sporting Memories	Adult Water Confidence	
Menopause Workout	Adult Punchercise	
	Strollercise	

*Please note, these sessions may change depending on availability, and places will be booked on a first come, first served basis.

There are no obligations to commit to regular participation, or to subscribe to a membership. It is simply a chance to explore, enjoy and improve your wellbeing!

Learn more about Castle Point's 6 Week Wellbeing Program, our monthly newsletter, community partners and other wellbeing initiatives by emailing us, or scanning this code.

wellbeing@castlepoint.gov.uk

castlepointleisure.co.uk

castlepointleisure

The Wellbeing Program offers everyone living in Castle Point FREE unique and bespoke initiatives, aimed to promote social connection, physical mobility, positive mental health and better health! Email us at wellbeing@castlepoint.gov.uk to get booked in.

You can access the full timetable on the [Castle Point Active Community Wellbeing](#) webpage.

Don't miss out and spread the word!

Health & Wellbeing: February Intentions & Feel Good Tips

It can be a challenge to get motivated in the winter months, but we can make small changes by getting a little more active, eating wholesome foods, and keeping hydrated. Here are some Feel Good tips...

Take a Mindful Walk: Wrap up warm and get out in the fresh air. Pay attention to your surroundings, the sounds, smells, and sights. We have some lovely places in Castle Point to go for a nice stroll, even for a few minutes a day, these little changes can make such a difference. Ask a friend or neighbour to join you and make the commitment to do it.



Unplug For an Hour: Disconnect from technology, your phone and computer, and spend time doing something you enjoy. A digital “detox” can help us be more productive and have deeper relationships with family and friends.



Breathe Deeply: Take a few moments each day to focus on your breath, inhale, slowly and deeply, hold for a few seconds then exhale slowly. Deep breathing daily can help lower blood pressure and reduce levels of stress hormones.



Feel motivated: Did you know that Dopamine is a very important hormone that gives us those feelings of pleasure, satisfaction and motivation? It also controls memory, mood, sleep, learning, concentration, and movement. We can increase your dopamine levels by exercising, meditation, playing with a pet, walking in nature or reading a book, listening to music, etc. When we set out intentions to look after our health and wellbeing, we will increase our dopamine levels and feel to be more motivated, happier and energetic. Let's do this today!



Health & Wellbeing: February Campaigns & Events

National Heart Month – 01 to 28 February 2025

National Heart Month takes place throughout February, raising awareness about heart health and encouraging proactive steps to reduce the risk of heart diseases. This month is dedicated to educating people about the importance of maintaining a healthy heart and the lifestyle choices that can support heart health.

Time To Talk Day – 6 February 2025

Around 1 in 4 people will experience a mental health problem this year yet the shame and silence can be as bad as the mental health problem itself.

[Time to Talk Day](#) is the nation's biggest mental health conversation. This annual event encourages everyone to get comfortable and start talking about mental health. Talking openly and honestly can reduce stigma, empower us to seek help when we need it, and pave the way towards better mental health for all.

A small conversation about mental health has the power to make a big difference. Our attitude to mental health could change someone's life. Check out Time To Talk for more information about mental health.

Emotional Health Day – 24th February 2025

At a time when everyone's emotional health feels more crucial than ever, here are some simple ways to mark the day:

- ✓ Take a moment to notice how you are today.
- ✓ Ask yourself "What does Self Care look like for me?" What sorts of things can help you feeling distressed and calm. Make a list of your top 3!

Community Highlights: Local Resources & Free Services

CISCA House (Canvey)

Drop in day centre for people over the age of 55. Breakfast and lunch available Monday to Friday. There are plenty of activities during the week or you can just sit and have a chat. Pop along any time, no membership or joining fee. To find out more please ring 01268 680985.



Bar'N'Bus (Canvey)

Every Thursday 4.00pm-6.00pm

This charity provides community-based youth support programmes and services for young people aged 10-19. Location: The White Bungalow Rear of Waterside Leisure Centre, Canvey Island SS8 9RA



ATF – Achieve Thrive Flourish

FREE Sessions for Young Adults and Parents & Child
[ATF](#) works with communities and young people at risk of exclusion to provide a safe environment, increased opportunities, and enhanced wellbeing. They run FREE Childrens and Girls Football Sessions every Mondays; and FREE Parent and Child Sessions every Wednesday at Waterside Leisure Centre, Canvey Island. For more information visit: [What's on – Achieve Thrive Flourish](#)



Run Canvey

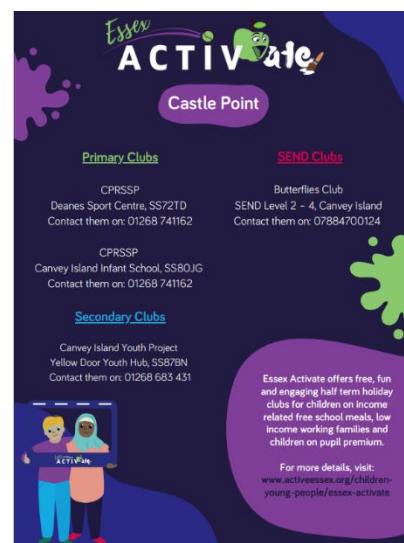
NEW local running group based on Canvey, for anyone interested in getting fit, socialising and joining a group of like-minded people to help each other stay motivated, grow and achieve their goals... by running together. Weekly meeting locations will be announced. No pressure, just a bit of fun to help stay motivated step by step.

February half term clubs with Essex Activate GO LIVE!

From the 17th – 21st February

Our half term programme welcomes school aged children (4-16yrs) who are eligible for benefits based free school meals or from 'low income' working families, to book onto our activity clubs and enjoy physical activity, enrichment sessions and food education. Paid spaces are also available but can be limited!

You can find clubs here: [Essex Activate | Active Essex](#)



CAVS – Volunteering Opportunities

You can help make a difference in your community!

You can become part of a great team of volunteers and put some of your spare time to very good use for the benefit of our community who needs help.

Befriending, Telephone Befriending, Family Mentoring, Ways to Wellness and Social Prescribing are all vital community services delivered by CAVS that are underpinned by wonderful volunteers. You can be one! Why not set yourself a new challenge in 2025 and join CAVS Volunteers Team?

For more information:

☎ 01268 214 000

✉ volunteering@cavsorg.uk

🔍 www.cavsorg.uk/volunteering/

Local Food Banks

There are multiple areas in Castle Point where you can find food banks. Here are two great Food Banks in our local neighbourhood:



Salvation Army Hadleigh Temple 148 London Road Hadleigh, Benfleet, SS7 2PF. Open 9am - 12:30pm every day.

St Nicholas Church, Canvey: 208 Long Road, Canvey Island, SS8 0JR
Open 7 days a week.

Your Voice Matters: We Would Love to Hear from You!

Do you need more support from your local community groups? Share your stories and let us know what you think about the services delivered in the community. Tell us know what you would like to see more in terms of wellbeing opportunities and initiatives that can bring people together.



Email us at wellbeing@castlepoint.gov.uk to share your voice.

We hope you have enjoyed our February Newsletter.

Take it one day at a time and remember that your wellbeing is a journey.

Warm Regards,
Castle Point Wellbeing Team
Here For Your Wellbeing

wellbeing@castlepoint.gov.uk