

# Working for your good health

Some of the things we have done through the New Deal programme





**Carbon Monoxide detectors**  
Helping you keep safe at home



**Community Kitchen**  
Making healthy eating a treat that we can all afford



**Youthwise**  
Helped young people learn about the risks of drugs and alcohol



**Heartbeat**  
Worked to tackle high rates of heart disease among ethnic minority groups

**Hat-Trick**  
Young people keeping fit – and learning through football

**Elswick Rights**  
Helping residents claim the benefits they're entitled to

**Kids & Us**  
Provided support and services to take the strain off families

**Independence project**  
Provided equipment to help older people live safely at home

**Search Project**  
Helped older people raise their income by claiming what they're entitled to

**WEYES (West End Youth Enquiry Service)**  
Helping young people learn to keep healthy

**Self Care for Minor Ailments**  
Offered access to free over-the-counter medicines – freeing up GPs' time to help patients

**SCADA**  
Supported families affected by drugs and alcohol

**Foundation Project**  
Helped young mums learn skills and confidence



**Activities for Health**  
Provided healthy living activities for people of all ages

# Your good health!

It takes more than just a few years for the impact of health initiatives to show up in statistics – but there are some things we can measure:



**Hundreds involved in healthier lifestyles**  
(through projects we have supported)



**78% in good health**  
(Ipsos MORI opinion poll 2008)



**Pensioners' incomes raised by £500,000**  
(through the Search Project)



**Active youth**  
Over 3,500 young people have taken part in the Hat-Trick Project



**Less people smoking**  
36% of residents smoke – down from 42%  
(Ipsos MORI opinion poll 2008)

To find out more about our work, contact us on 0191 277 2888.