Dear Information Ambassador,

Please find attached your weekly Wellbeing Poster, a poster for single and mingles night and finally poster for Cook and Eat Training and booking information.

Please print out the Wellbeing Poster to display on noticeboards, share with colleagues, friends and family.

Connect
Your latest Information Ambassador Newsletter now available on `My Life in Tameside & Glossop’
Find your latest IAN newsletter in 'My Life in Tameside & Glossop' Website under the 'Library' tab!! Please see link below to take you directly to the website where you will be able to see this week's copies as well as previous ones.

www.lifeintamesideandglossop.org

Take Notice
The 'My Life in Tameside & Glossop' is a website that supports the Joint Strategic Needs Assessment for Tameside & Glossop. It contains a data observatory with data sets at ward and neighbourhood level; this will help support decision making and priorities for the area. There is a library that contains key reports and documents such as ward profiles and strategies for our area. The My health pages are full of information and support to help our residents and patients maximise their health and wellbeing and to help people understand better any existing health conditions they have. The My Support pages bring together in one place the community assets that exist across Tameside & Glossop, these pages contain a wealth of local groups and activities for people to search for near to where they live.

Be Active
Autumn Meander – Sunday 26th October
Enjoy the 6 mile walk around the Medlock Valley while the greens of summer are changing to the colours of Autumn.
10.30am - 3pm @ Park Bridge Heritage Centre, The Stables, Park Bridge, Ashton under Lyne OL6 8AQ

Cook and Eat Training
An upcoming FREE nutrition update training for staff, volunteers or people who live, work or have children and family in Tameside, (other cases can be considered on an individual case basis). Please share with colleagues and anyone relevant you think would benefit from this training to promote healthy eating messages.
The Children's Nutrition Team is a fantastic and resource that we have available in Tameside who can support people in many aspects of cooking from, recipe planning, food hygiene and healthy eating on a low-income so if you feel yourself of someone you know who would benefit and is eligible for the training (staff, volunteers or people who live, work or have children and family in Tameside), from this training please do contact the Children's Nutrition Team for more information.

Please see attached poster and for the opportunity to book a place on the Level 2 Food and Nutrition Training for Children and Young People and Level 2, Cook and Eat Train the Trainer, facilitated by the Children's Nutrition Team. There are spaces available took book on- please see attached for more information.

https://www.tameside.gov.uk/healthyeatingandnutrition/cnt

Keep Learning

Health warning highlights the risks of drinking alcohol during pregnancy

Foetal Alcohol Spectrum Disorder (FASD) and FAS (Foetal Alcohol Syndrome), caused by drinking alcohol during pregnancy, can lead to your unborn child developing damage to their brain, heart, kidneys and bones, learning difficulties, facial features, and symptoms similar to autism and attention deficit disorder.

The Greater Manchester Health and Social Care Partnership is investing £1.6 million in an ambitious new trial aiming to tackle the impacts of alcohol in pregnancy and eliminate new cases of FASD.

This week, Tameside launched the Alcohol Exposed Pregnancies programme and as part of this, Oldham Theatre Workshop (OTW) is touring schools until 25 October with their production to raise awareness of the risks of drinking alcohol during pregnancy.

James Mallion, Public Health Consultant at Tameside Council said: “The Oldham Theatre Workshop has put on an excellent display showcasing examples of what alcohol consumption can do to an unborn child.

“It's based around early intervention and prevention being key and educating our young people about what is safe.

“It's vital that young people in our community understand the risks associated with drinking alcohol during pregnancy.”

The official guidelines from NHS England's Chief Medical Officer is if you are planning on having a baby or are pregnant to not to drink alcohol at all, to keep risks to your baby to a minimum. Drinking in pregnancy can lead to long-term harm to the baby, with the more you drink the greater the risk.
Partners, family members or friends can get involved and show support by pledging to go alcohol free for one trimester each. For more information visit the [http://www.drymester.org.uk/](http://www.drymester.org.uk/)

**Give**

**Over 50’s Single and Mingle**

Ambition for Ageing Tameside has been working to improve the lives of the over 50’s since 2016. As part of our work we look at ways to socially engage older individuals. One successful way has been the hosting of a meet and mingle social evening where single older people can get together. Over the past 4 years over 280 people have attended the events we have held across Tameside and there has even been one engagement!

As Ambition for Ageing is now coming to an end in March 2020 and following requests from people who attended the last event in July, we are hosting a final social evening on November 22nd at the Premier Lounge in Audenshaw.

If you would like to meet new people and enjoy a dance, please come and join us!
There is no charge for the event but you will need to book your place-details are on the flyer attached.

Please let us know if you have something that you would like us to consider for inclusion in the bulletin. If you have any comments, concerns or queries please get in touch.

To unsubscribe to the Information Ambassadors Network please email [chandan.mistry@tameside.gov.uk](mailto:chandan.mistry@tameside.gov.uk)

Have a fabulous weekend!

Kind regards.

Chandan Mistry  
Community Engagement Officer  
Joint Commissioning and Performance Management  
Adults  
Adults

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https://tinyurl.com/y5ra3ffq