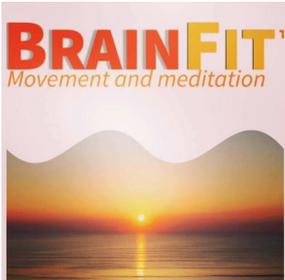




CHANGING LIVES

Changing Lives is a locally developed programme of events and activities specifically for people living with neurological conditions such as, but not exclusively, Parkinson's Disease, Multiple Sclerosis (MS), Stroke and Dementia, and is open to their carers, friends and family. The project aims to help people manage symptoms and to create a network of support for those affected.



Anyone living in Somersham and its surrounding villages such as Colne, Pidley, Broughton, Bluntisham, Woodhurst, Old Hurst and Earith are welcome to come along. Transport is provided upon request at a very small cost.



Sam demonstrating Nordic Walking and some of the stretches that can be done using the poles.



Enjoy the outdoors with the Nature Ventures

The activities will vary over the course of the project so that we reflect the demands of the community. They will include exercise sessions such as Chair Based Exercise, Nordic Walking and BrainFit (combining exercise and mindfulness). We will be making use of the beautiful Nature Reserve with outdoor Nature Ventures incorporating environmental art, outdoor cooking and looking at local wildlife. There will also be creative sessions available with singing and various forms of art such as printing, drawing and painting.

We will be running Taster Days, 12 week blocks of activities and one off events beginning in September 2017. People can self refer and sign up for these sessions by calling **01487 841359**, emailing lucy.bird@somersham-pc.gov.uk or attend one of our Taster Days.



This project reflects a priority action in Cambridgeshire as it has successfully received money through the County Council's Innovation Fund for 2 years. We are working with a range of health and social professionals and with the voluntary sector. We hope that with the support of the community we can reach out to local people.



Photo from Syrah Arnold from a workshop with people affected by Stroke.



Chair based exercise can be adapted for you and is great fun to share with a friend

We need your help to ensure we are delivering a service that you feel will help you, your friends and family. Please support this project by filling in this online survey.

<https://www.surveymonkey.co.uk/r/2C96PY9>

You can find details of the project and the full programme will be available soon here:

- **Website:** www.https://changinglivesomersham.wordpress.com/
- **Facebook:** Changing Lives
- **Phone:** 01487 841359
- **Email:** lucy.bird@somersham-pc.gov.uk

