

Please see below and attached regarding some great opportunities happening across our neighbourhood this month. Feel free to share amongst your networks.

If you have any questions regarding the events, please follow up with the key contacts provided below.

Life Rooms Family Summer Support Event

When: Friday 19th July, 11am – 2.30pm

Where: The Life Rooms, Walton

Key contact: Bernadette McGrath Bernadette.McGrath@merseycare.nhs.uk

What: Family friendly event, providing the following:

- Information on support services available to families over the summer holidays.
- Stalls showcasing free activities and healthy meal programmes available to families over the summer holidays.
- A range of community organisations who provide services to help families lead happier and healthier lives (e.g., Feeding Liverpool, Community Shop, EitC, Rice Lane Farm, Rice Lane Farm and many more).
- Free refreshments and activity taster sessions.

EitC Heart Health Event

When: Wednesday 17th and Thursday 18th July, 10am – 2pm

Where: Goodison Park

Lead contact: Lucy McLean lucy.mclean@evertonfc.com

What: The pathway for this event has been designed by Consultant Cardiologist Dr Rajiv Sankaranarayanan.

- People can just turn up on the day – no appointment required.
- People over the age of 40 complete a questionnaire consisting of the BEAT acronym (breathlessness, exhaustion, ankle swelling, time for ProBNP)
- People then receive a blood pressure check and a 6 lead ECG using the AliveKor devices to look at heart rhythm
- If required, people will receive a BNP test depending on results. If BNP is elevated, we will do an AI ECHO on the day.
- If further respiratory investigations are required, they will then be booked into Everton in the Communities Breathlessness Hub

Everyone who attends the screening is entered into a raffle to win; x2 stadium tour tickets, or x2 tickets for the first home game or a new shirt for the 24/25 season.

EitC Starting Well Summer Timetable:

When: Tuesday and Wednesdays throughout the summer holidays

Where: The Peoples Place & Peoples Hub, Spellow Lane, L4 4DF

Key contact: Andrew Cousins andrew.cousins@evertonfc.com

What: See attached a range of free activities for parents with early years children (aged 0-4 years). Activities include:

- Sing and Sign
- Pop cats
- Soft Play
- Bloom Toddler
- Mobile Zoo
- Stay and Play
- Active Infants

Regards.

Declan Sammin PREVENT Engagement Officer

Liverpool City Council | Liverpool | L3 1AH

M: 07394559105 Email: declan.sammin@liverpool.gov.uk