

7-11 October



Wellbeing Week

Wellbeing Week returns with another jam packed week of activities.



#BeActive



#BeMindful



#BeSocial



#BeHealthy



Birchwood Park



#WellbeingWeek



Eat Well Live Well

Every dish at the EngineRooms food market is handmade and tested by our in-house team. Each recipe on the menu is analysed by a nutritionist to provide the data allowing you to make an informed choice.

With a unique heart grading system devised by our catering partners Dine Contract Catering, it's now easier than ever to make healthy decisions daily, with reference intakes showing calories, salt, fat and sugar content for each 3, 2, 1 heart.

Did you know?

- Every one of our catering team members are trained in a professional qualification for health and nutrition.
- Sugar usage is monitored quarterly and our team have already reduced the amount of sugar used by 20% by offering better food choices, healthy impulse buys and education.
- 350kg of salt has been reduced from our supply chain after the introduction of better purchasing policies, reformulating our recipes and educating our customers.



Fats Explained

Fat sometimes gets a bad rap, but in fact, your body needs some fat from foods. It's a major source of energy and it helps to absorb certain vitamins and minerals. Fat is also essential for various bodily processes such as building healthy cells and regulating hormones.

However, all fats are not created equal.

Fats are made up of fatty acids and glycerol. Whilst all fats have a similar chemical structure: a chain of carbon atoms bonded to hydrogen atoms – they can behave very differently. As our diets generally contain different types of fat, the choices we make can be important to our health.

In the UK we tend to eat too much saturated fat. Try and increase your intake of foods higher in unsaturated fat whilst reducing your intake of foods high in saturated fat by checking the labels and making some smart swaps.

Smart Swaps

- Biscuits for nut butter and honey on rice cakes
- Cream for natural yoghurt
- Croissant for wholemeal toast and banana
- Butter for bread or toast for avocado or olive oil



Saturated Fat

Saturated fats (they are literally 'saturated' with hydrogen atoms) are typically solid at room temperature. Saturated fats can increase the amount of LDL cholesterol in your blood. LDL cholesterol is often referred to as 'bad' cholesterol as it can cause fatty material to build up in the walls of blood vessels increasing the risk of blood clots which can lead to heart attack or stroke. Conversely, HDL cholesterol, or 'good' cholesterol helps to prevent LDL cholesterol building up in the blood.

Foods high in saturated fat should therefore only be eaten in small amounts. This includes processed meats, fatty cuts of meat, cream, cheese, butter, coconut oil, palm oil, chocolate, pastries, pies, biscuits and cakes.



Unsaturated Fat

There are two types of unsaturated fat; monounsaturated and polyunsaturated. They are both typically liquid at room temperature.

Eaten in moderation, both types of unsaturated fat can help to maintain healthy cholesterol levels. Good dietary sources are oily fish, avocados, nuts and seeds and olive oil.

Polyunsaturated fats also supply us with omega-3 and omega-6 essential fatty acids. Although the best source of dietary omega-3 is oily fish, omega-3 enriched eggs, flaxseeds, walnuts and soy based foods also supply some omega-3.



Trans Fat

There are two types of trans fat, naturally occurring trans fat found at low levels in animal products and artificial trans fats found in some processed foods. These are shown on the label as hydrogenated fat and are created by adding hydrogen to unsaturated vegetable oils to make them more solid. Trans fats may also be produced when vegetable oils are heated and reheated to high temperatures.

As with saturated fat, research has shown a strong link between trans fats and heart disease, and trans fats have also been shown to increase LDL cholesterol in the blood.

Visit Ally on 7th October at the EngineRooms for advice regarding nutrition and a healthy lifestyle.



#BeMindful

MINDFULNESS WITH HOLISTIC HAVEN

Tues 8th October | 12.15-12.45pm & 12.45-1.15pm | 4th floor, 401 Faraday Street

Mindfulness and relaxation on the Park with Holistic Haven. Limited places available.

Book your place via Parklife.

Free to occupiers.

YOGA

7th & 10th October | 12.15-1pm

4th floor, 401 Faraday Street

9th October | 7-7.45am

4th floor, 401 Faraday Street

Free to occupiers during Wellbeing Week –

Book via Alive & Well, 01925 82 44 55

WORKPLACE CHAPLAIN & HAND MESSAGES

Mon 7th October | 10-2pm | EngineRooms

Wed 9th October | 10-2pm | EngineRooms

Fri 11th October | 10-2pm | EngineRooms

Our chaplain provides a friendly listening ear to people of all faiths and none. Pop in and say hello.

CHARITY BOOK SALE

Wed 9th October | 12-2pm | EngineRooms

We will be selling second hand novels and kids' books to raise money for our charities.

BACK, NECK AND SHOULDERS MASSAGE

Mon 7th October | 11-2pm | Alive & Well

Come and relieve some stress and enjoy a 10 minute back, neck and shoulders massage – no clothing is removed, and no oil used.

Benefits include reducing stress & relaxing muscles especially in the neck and lower back.

Book your place via Parklife.

Free to occupiers.

PILATES

Tues 8th October | 5.30-6.15pm

Alive & Well Studio

A mat based workout aiming to build strength, particularly around the core area, as well as flexibility. Provides a great work out for both mind and body.

RSPCA THERAPY DOGS

Tues 8th October | 12-2pm

Outside by the lake

As one of our chosen charities this year the RSPCA Warrington, Halton and St. Helens branch will be coming down to the Park to offer some "Dog Therapy".

Get yourself down to the green area by the lake for some dog petting and cuddling on your lunch hour.

WOLVES FOUNDATION POP UP

Thur 10th October | 12-2pm | EngineRooms

WARRINGTON WOLVES OFFLOAD TASTER SESSION DROP IN

Thur 10th October | 12.15-1pm,

The Warrington Wolves Foundation's award-winning Offload initiative, Offload, continues to change the lives of thousands of men struggling to make ground in their lives. Come along and experience some of the tools and tactics that professional athletes use to cope with everyday challenges whilst performing at the top level.





#BeActive

ALIVE & WELL POP UP

Mon 7th October | 11-1pm | EngineRooms

Meet the team from Alive & Well and find out how being active for as little as 10 minutes a day can transform your wellbeing.

TAI CHI

Fri 11th October | 1-1.45pm | Alive & Well Studio

Release tension and stress, get back to sleep quickly and combine mindfulness and aerobic exercise in one. Please be sure to book your space as places are limited

- Book via Parklife. Free to occupiers.

ZUMBA

Mon 7th & | 5.15-6.15pm | 4th floor, 401 Faraday Street

Wed 9th October | 5.15-6.15pm | 4th floor, 401 Faraday Street

Free to occupiers during this week. **Book via Alive & Well, 01925 824455**

SALSA

Wed 9th October | 12.45-1.30pm | Alive & Well Studio

Free to occupiers during this week. **Book via Alive & Well | 01925 82 44 55**

RUN FOR FUN: PARKLIFE PACERS

Wed 9th October | 12.15pm-1.15pm | Chadwick House

All levels of runners welcome.

WATT BIKE CHALLENGE

Wed 9th October | 12.15pm-1.15pm | Alive & Well

Can you cycle 1000m in under 1¹/₂ minutes? Try your hand at beating our Alive & Well record holder Gary (1.06 minutes) in this fun challenge!

WARRINGTON WOLVES TOUCH RUGBY LEAGUE

Thur 10th October | 1.05pm-2pm | Outside the EngineRooms

A fun introduction to the sport of Rugby League which can be played by everyone regardless of ability. Delivered by knowledgeable and experienced coaches from the Warrington Wolves, you will pick up the basics of this non-contact version of the game, learning new skills along the way.



#BeSocial

PHOTOGRAPHY WELLNESS WORKSHOP: TAKING TIME TO LOOK.

Thur 10th October | 12.15-1.15pm | Chadwick House Marketing Suite

Take some time to appreciate your surroundings, while learning a new skill. Join Hazel Hughes Photography for tips and tricks for taking better phone shots or venturing beyond auto on your DSLR. **Book via Parklife. Free to occupiers.**

GAME FOR A LAUGH

EngineRooms & Across the Park

Check out our selection of board games and challenge your mates every lunch time at The EngineRooms! Not your thing? We have a fooseball table in the 401 linkway, and table tennis outside!

PARKLIFE FRENCH CLASSES

Mon 7th October | 5.30pm | Chadwick House

Beginners and advance classes running from 5.30pm.

To find out more, contact: elisabeth.diamantidi@gmail.com

PEBBLE ART WARRINGTON

Fri 11th October | 12-2pm | 401 Café

Take some time to relax and reflect by joining the pebble art movement in Warrington. Using our paints and pens, try your hand at painting a pebble and then either take it home, or spread some positivity by hiding it for someone else to find.

Free to occupiers.



#BeHealthy

STOP SMOKING POP UP

Tues 8th October | 12-2pm | EngineRooms

Come and visit the Livewire and Warrington CCG team in the EngineRooms this lunch time for some smoking and general health advice.

HAND ON HEART CPR DROP IN

Tues 8th October | 10am & 2pm | EngineRooms

The HOH team will be offering 30 minute sessions starting from 10am onwards throughout the day, for you to learn your life saving skills. Come and see Emma and Lesley to have your free taster session in basic life support skills including CPR, learning about the heart and learning how to use a defibrillator.

MINI FIRST AID DROP IN

Mon 7th October | 10-2pm | EngineRooms

Come and join Mini First Aid and learn about the importance of baby and child first aid and how it differs to adults.

HYDRATION STATIONS

Wed 9th October | Meetings & Events Coffee Lounge and Alive & Well

Your body needs water or other fluids to work properly and to avoid dehydration.

Help yourself to a selection of naturally flavoured waters on offer this week.

ALLY'S NUTRITIONAL ADVICE

Mon 7th October | 11-1pm | EngineRooms

Come and chat with our personal trainer Ally who can give you some help with nutrition. Find out how we can provide you with a tailored work out to compliment your diet.

FREE FRUIT FRIDAY

Fri 11th October | EngineRooms

Help yourself to our bowls of fruit available throughout the day.

BLOOD PRESSURE & HEALTH CHECKS WITH LIVEWIRE & WARRINGTON CCG

Tues 8th October | 12-2pm | Alive & Well Reception

The team from Livewire Warrington will be at Alive & Well this lunch time giving free blood pressure checks and give general health and wellbeing advice.



Full details available at
birchwoodpark.co.uk/parklife



birchwoodpark.co.uk/parklife

  @birchwood_park

 Birchwood Park