

## E-bulletin February 23<sup>rd</sup> 2009

**(1) PCT Board to meet in Crawley (2) NCVO Campaigning and Advocacy Event  
(3) Free Healthy Eating and Physical Activity Training Event (4) CsVS Training  
Programme/Calendar 09**

Dear members,

- 1 Please see the latest release from West Sussex Primary Care Trust: PCT Board to meet in Crawley. "West Sussex Primary Care Trust (PCT) Board will meet in public next Wednesday 25 February 2009..." Follow this link to [Read more...](#) Any questions or queries please call Laura Skelcey, Press and Public Relations Officer, West Sussex Primary Care Trust  
Direct line: 01903 707447  
Email: [laura.skelcey@westsussexpct.nhs.uk](mailto:laura.skelcey@westsussexpct.nhs.uk)
- 2 You may have received this information before promoting two March events which they would be grateful if you would cascade to your own networks. Both booking forms are attached and are available on the RAISE website. If you have already received the Campaigning and Advocacy Event information please note the additional workshop on Using the Internet to Campaign.
- 3 You are invited to attend a free training event, organised by Sussex Clubs for Young People and the West Sussex Primary Care Trust. The event aims to raise awareness of healthy cooking and eating as well as physical activity. Participants will also be encouraged to identify training needs which the WSPCT will consider when developing their future training programme. Please read the information below and do not hesitate to contact them with any queries.  
Make healthy choices - easy choices is a training event for people who work with young people focusing on Healthy Eating, promoting Physical Activity and Healthy Weight issues. It takes place on Wednesday 4th March 11am - 3pm at @ [The Y Centre Albion Way Horsham West Sussex RH12 1AH](#)  
This is an opportunity to take part in a free training event which promotes the benefits of healthy eating and physical activity for young people in a youth group setting. The training will be run by West Sussex Primary Care Trust; community chef; Robin Van Creveld, and members of staff from Sussex Clubs for Young People. The programme will include lunch as well as a cookery demonstration by the community chef and two workshops on:  
\* How to and why promote physical activity within your setting  
\*What is a healthy diet and how to promote good eating habits in young people  
There will also be a free pack of recipes and smoothie cards, physical activity cards and free posters for your group. To book a place please contact:  
Ann Taylor or Yael Breuer, Sussex Clubs for Young People, 20 West Street, Shoreham-by-Sea, West Sussex, BN43 5WG Telephone: 01273 462006 or email [admin@sussexcyp.org.uk](mailto:admin@sussexcyp.org.uk)

- 4 Please find attached details of training opportunities in the Crawley, East Grinstead, Horsham & Mid Sussex South CsVS areas for March and April 09. This is in advance of the release of the 2009 training programme/calendar.

Many thanks –  
Janet

Attachments:

**[Booking Form](#)**

**[Roadshow Booking Form](#)**

**[Training Programme](#)**

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