



An information and advice  
community website for  
adults and families



## Live Well York Newsletter

Welcome to the second Live Well York newsletter that gives you the opportunity to be kept up to date with new additions to the site. We know that peoples' inboxes get filled up so we are committed to sending no more than two newsletter updates per month. In addition you can opt out at any point by emailing [livewellyork@york.gov.uk](mailto:livewellyork@york.gov.uk). Also feel free to forward or let anyone know (organisation or citizen) that they can request to be added to the mailing list.

**Full Launch** (14th March 2019) – we now have the main functions of the site up and running and have received over 750 individual feedbacks with an average rating of 4.3 out of 5. We are therefore ready to take the next step to fully launch the site. The site belongs to the whole community and therefore want to provide the opportunity for groups, organisations and individuals to celebrate the full launch of Live Well York.

Some of the ways people can contribute on the day is: tweeting and re-tweeting; posting a good news story on Latest News; providing a community venue with a drop-in for people to have a look at Live Well York or displaying some flyers. A pledge on the day form will be distributed in the next couple of weeks so please do let us know in advance if you have any ideas. There will be a press release and we will try to publicise on the radio and other media as well as include a local artist to capture the day. So it is also an opportunity to raise the profile of what you do.

**Partners** – we now have two new [partners](#) on board Tees, Esk and Wear Valleys NHS Foundation Trust and Citizens Advice York. The intention from the beginning was to work collectively so having two additional key partners is great news for everyone in ensuring the site continues to develop.



**Publicity material** – we were pleased to announce the availability of publicity material in the last newsletter. We have had a second batch printed and can now be more generous in how many we give out. Partner organisations; please check that any relevant staff have a supply to give out and that they are

displayed in leaflet racks / notice boards.



**Twitter** – The number of followers are gradually growing each month. The more the site is publicised the more it can make a difference to people's lives. So please do follow and re-tweet when you can.



**Community Activities** – we are in the process of moving away from the sports and disability sports PDF booklets that are on the City of York Council website and transferring these details to Live Well York. As a result we will be adding some extra sport and fitness categories to make it easier to navigate. We expect the directory to then increase to over 550 community activities. Here are some that have been added since the last newsletter:

[Planet Food - Pay-as-you-feel cafe & food store](#)

[Optimum](#)

[York Minds & Voices \(Peer support group for people living with dementia\)](#)

**Community Events** – Here are a few examples recently posted:

[Chinese New Year](#)

[Banish the Winter Blues – Concert \(YREN\)](#)

**Service and Products Directory** – all [care homes](#) in York have now been posted, next additions will be adding home care services to the directory. If you provide a service for individual needs, with or without a cost then please [post your services](#).

**Latest News** – want to raise the profile of something that is happening in York, does it have a community focus or helps to improve people's Health & Wellbeing why not [post it here](#). Here are a few recent news items:

[Community Catalysts - Ouch Potato, it's good to talk!](#)

[MySight York - Celebrating 40 years of enabling people to live well with sight loss](#)

**Happy New Year** – finally happy new year and here's to a sustained or improved health and wellbeing to the York community. A big thank you from all the Live Well York partners for everything you have done so far to making the site such a positive experience. Keep on posting.....

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