



An information and advice  
community website for  
adults and families



## Live Well York Newsletter

Welcome to the first 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.

**Publicity material** – we are delighted to inform you that we now have printed flyers, postcards and business cards. If you have



anywhere you can display them or need a handy pile to give out when having those conversations about what's available across York's communities just send us a request (initially no more than 50). Feel free to send feedback about the publicity materials, we deliberately did a small printing run in case we want to make improvements.



**Tweet** – For those that haven't spotted it yet, we now have a twitter account [@LiveWellYork](https://twitter.com/LiveWellYork). Please do follow us, like and retweet to raise the profile of health and wellbeing in York. Also if we have just posted something on the site and want us to tweet about it please just ask.

**Community Activities** – the directory is still growing, we have over 460 postings, have we missed anything? Here are a few of the latest:

[Renes Revellers – Line dancing York](#)

[The Conservation Volunteers](#)





**Community Events** – the calendar is now live with over 70 entries last month. A few examples in January for you:

[Westfield Winter Warmer](#)

[Clarence Garden Park plant up – call for volunteers](#)

**Service and Products Directory** – this is one of our latest developments for individual services for citizens of York. We will be having a big push to populating this so please do [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](#).

[Go to website](#)



## Contact us:

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