

Press Release

16 June 2008

More than 1,000 people enjoy Rushcliffe Healthy Living Festival 2008

More than 1,000 people enjoyed Rushcliffe Healthy Living Festival 2008, which took place on June 15 at the country park in Ruddington.

Lots of fun family activities were laid on as well as 10km, 3-mile and family fun runs.

Vicky Bailey, general manager of Principia Partners in Health which co-ordinated the day, said: "We were really pleased with the turn-out as many people took the opportunity to find out more about all the healthy activities on offer in the Rushcliffe area and to have some fun at the same time."

Activities on offer included free sports massages, hand therapy massages, music from Nottingham Samba Band and the chance to chat with local health experts. People could find out about the Walk For Health scheme and the regular activities in the country park. The fire service was also on hand giving demonstrations and fitness tests and experts from the skin cancer charity Skcin handed out free sun cream and hats.

More than 250 runners took part in the distance races and more than 50 people had a go at the fun run.

The healthy living festival was been organised by Principia, Partners in Health, in partnership with Rushcliffe Borough Council.

Principia is a social enterprise which brings together all the family doctors, community nurses, therapists, other health practitioners and managers along with patients in Rushcliffe to decide on and deliver local health services and improve the health of the community. It is supported in doing this by Nottinghamshire County Teaching Primary Care Trust, and has been recognised by the Department of Health for its innovative approach.

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Note to editors

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