



**Friday Network**

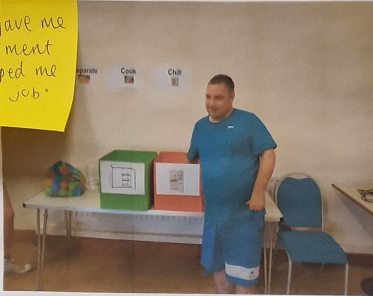
**Annual Report**

**April 2022 – March 2023**

# Staying Healthy and Keeping Safe Course

## How to store and prepare food safely:

"This gave me empowerment and helped me with my job."



## Learning about healthy eating and food groups:

"It helped me with my weight."



## Looking at how much sugar is in various drinks and snacks:

"We found out how much sugar there is in food." "You could become overweight."



## When to use different health services:

"It keeps your knowledge up."



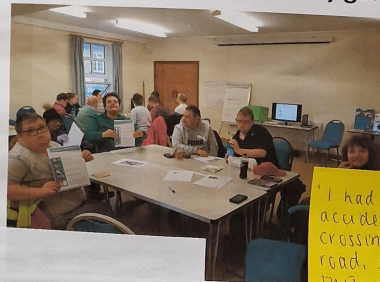
## How to protect our homes against crime:

"Helps to keep us safe."



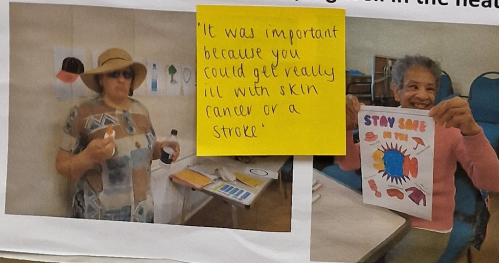
## Writing own easy read road safety guides:

"I had an accident crossing the road, so I know this is important."



## Keeping Safe Course – keeping well in the heat:

"It was important because you could get really ill with skin cancer or a stroke."





# Guest Speakers

PCSO Paula – how to keep safe in town:

"This helped me find out about alarms, and I use them now"



Shape Up for Life talk:

"I am havin' help with my weight so I need to know about this"



Blue Lamp Trust - keeping safe online:

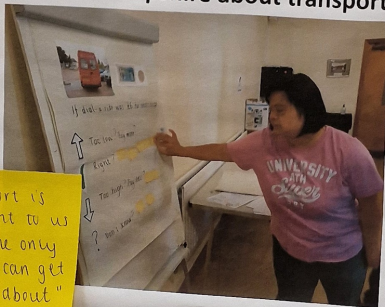
"People could steal your money or identity"



## Have your say

Feedback to Hampshire about transport ideas:

"Transport is important to us as it's the only way we can get out and about"



Feedback to Partnership group:

"It's important to have your say"





# Men and Womens Group

Women's group – talking about mental health:



"I like talking about some things with just the women"

Men's group discuss relationships:



"This was helpful"

Men's group – health checks:



"It's very important that we know about personal care"

What else Friday Network have said:-

"It has helped me be more confident"

"About knowing my rights and knowing what is available"  
"I like to see my friends and meet people"

"I just like being with everyone"

"Its a safe place to talk about things that are worrying us and staff help us with things"

"I like the parties"