

News in Brief

Reduce stress to stay mentally healthy

And breathe.....

Staying healthy is not just about keeping your body in shape—your soul is important too.

A number of courses are provided by Blackpool Council's Adult and Family Learning Team that aim to lead to a feeling of wellbeing.

In today's busy world, stress can take its toll on people and their relationships. However, help is at hand through a range of different sessions across the town.

These include holistic courses at the Palatine Library and Learning Centre and the City Learning Centre, which touch on a series of different subjects from reflexology and aromatherapy through to basic stress management.

For further information on the range of courses available, please contact the Adult and Family Learning Team on 01253 476527.

Family 'Footy' Tickets To Be Won

With only days to go until WOMEN'S EURO 2005 kicks off, *Your Blackpool* has managed to secure not one but THREE sets of family tickets for the Blackpool games.



The tournament kicks off at Blackpool's Bloomfield Road on Sunday June 5, with Sweden taking on Denmark, in the first of three Group A games taking place on the Seaside's home turf. Other games include Sweden and Finland on Wednesday June 8, and Finland and Denmark on Saturday June 11.

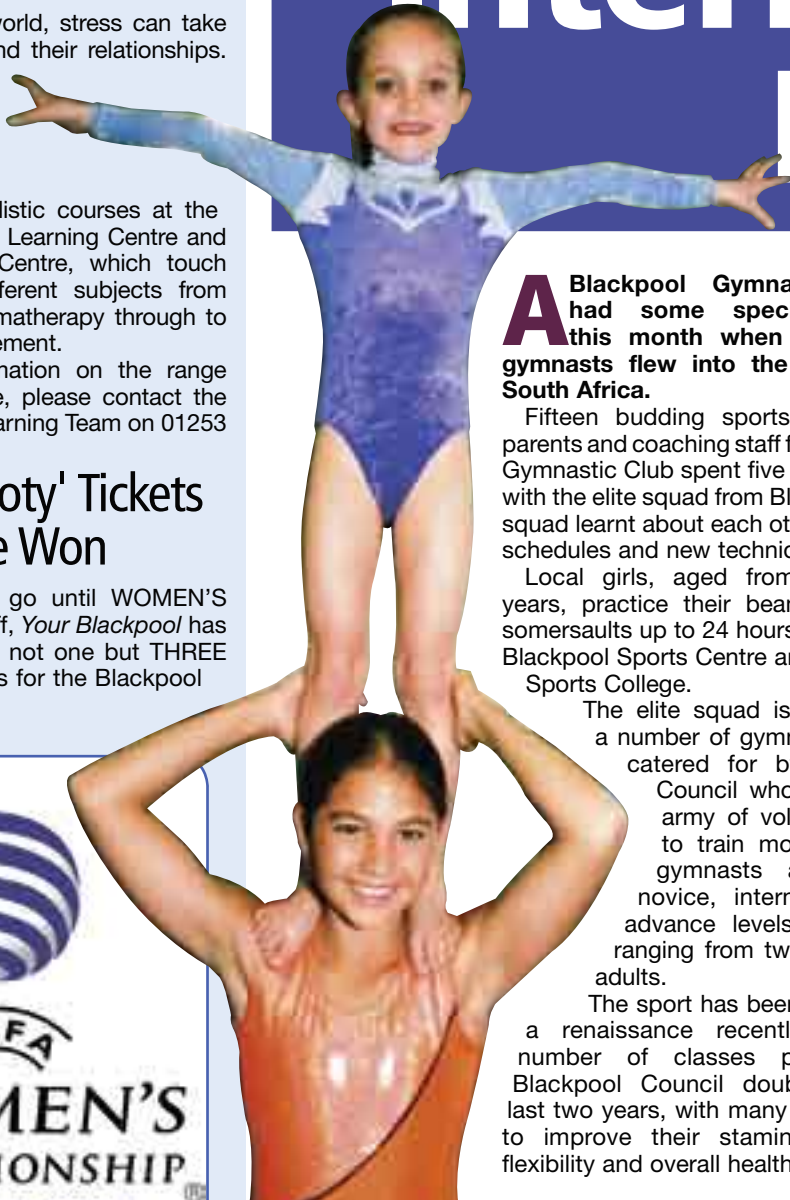
To win a chance of a set of family tickets just complete the missing word from the famous football movie below, and send it with your name, address and daytime telephone number on a postcard to: Public Relations Office, P.O.Box 77, Corporation Street, Blackpool FY1 1AD. Or email: jenny.bollington@blackpool.gov.uk Closing date 3 June 2005

● **Bend It Like**?

- A. Beckham
- B. Brazil
- C. Bananas

Tickets for all the games at Bloomfield Road are on sale now, priced £5 for adults and £2.50 for concessions. Visit the Blackpool ticket office or call the hotline on 0870 443 1953. Special group discounts apply. For more details visit www.TheFA.com/Euro2005

Local Gymnasts get International Lift



A Blackpool Gymnastics Club had some special visitors this month when a team of gymnasts flew into the town from South Africa.

Fifteen budding sports stars, plus parents and coaching staff from Alberton Gymnastic Club spent five days training with the elite squad from Blackpool. The squad learnt about each other's training schedules and new techniques.

Local girls, aged from six to 13 years, practice their beam work and somersaults up to 24 hours per week at Blackpool Sports Centre and Collegiate Sports College.

The elite squad is just one of a number of gymnastics clubs catered for by Blackpool Council whose staff and army of volunteers help to train more than 500 gymnasts a week at novice, intermediate and advance levels, with ages ranging from two through to adults.

The sport has been undergoing a renaissance recently with the number of classes provided by Blackpool Council doubling in the last two years, with many people keen to improve their stamina, strength, flexibility and overall health.



It's smiles all around for talented young gymnasts

For more information on Gymnastics hobby please contact Janet on 01253 and how to take up this popular 478470.

Gardening is Healthy, with a little help from the Friends



Gardening is a great form of exercise

Gardening is a good way to stay fit and healthy and you could help restore some of Blackpool's fine old parks at the same time.

Blackpool Council is looking for volunteers to give their time and expertise to help with some of the smaller gardening and restoration duties in the town's parks and recreation areas.

Jobs to be done include working on the trellises, repairing benches and general gardening.

Helpers are not just thrown in at the deep end, but go through an induction and training programme depending on their skills base and experience.

At Stanley Park, in particular, volunteers will be helping the Friends of Stanley Park Group who are actively involved in implementing the improvements that are being made through the Living Spaces Fund and Heritage Lottery grant.

In many respects this is a ground-breaking initiative linking Blackpool's parks with local people. Volunteers get valuable training and the health benefits of exercise in the fresh air and in return Blackpool gets nicer parks.

For further information, contact the Parks Department on 01253 478428.