

Everyone is getting healthier at the Worthing Foyer

The Worthing Foyer is buzzing with talk of running groups, smoothies and shiatsu!

On the morning of Thursday 11 February Luke Cameron, resident at the Foyer, led a ten strong group of residents and staff on the first expedition of the Foyer Running Group.

The group was comprised of eight residents: Luke, Amy Perry, Adam Wolfe, Tim Austin, Rupert Gaston, Kelly Best, Jordan Moore, Matt Tricker as well as Majella and Catherine of the staff team.

Luke, who is preparing for assessment tests to join the Para troop Regiment, planned the course, which was a brisk walk followed by some stretches to warm up, then a gentle jog along 2 miles of Worthing sea front. Luke - a man with a very high level of fitness - was a brilliant coach to those of us who are less than combat ready! He supported and encouraged everyone along the way and gave excellent advice and tips on techniques to help breathing and performance.

A little party of supporters saw us off and met us at the half way point to shout encouragement, (and some might say to laugh at our bedraggled condition!)

When we got back to the Foyer staff and residents had prepared a reward of a light breakfast, and Majella produced a serving of her famous mixed berry smoothie.

Over breakfast talk was about how everyone had managed the run, who was booked for shiatsu in the afternoon, and whether there were second helpings of smoothie available!

Staff at the Foyer are thrilled at the level of engagement and enjoyment in Health Initiative activities. It is not only the health and wellbeing of participants which is improved through these events, but the sense of community in the Foyer which builds with every new health project experience that happens.

Catherine Brennan
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