

# horizon

Fitness and Wellbeing Centre



## Wellman Course 'Argo' is Launched

HORIZON is pleased to announce the launch of the Horizon Wellman course – named “Argo” (*more about that on the back*).

We have been planning this course over many months and after much hard work are now able to offer the opportunity for men to relax, share experiences and generally have a few hours for themselves once a week.

To begin with it will be an eight-week programme aimed exclusively at men.

Each week we will look at an issue that is important to every man. We will also provide opportunities to learn new skills, pursue interests and maybe even find some answers to such questions as “what’s it all about?”

It’s about supporting and encouraging each other and making friends.

Mark Shanahan is very pleased to have got this off the ground as he knows there is a very real need to provide men from Great Yarmouth with a facility where they can relax and feel that they are not the only one experiencing the difficulties of everyday life.

The Course will run at the Horizon Training Centre, 11 Hall Quay, Great Yarmouth. Tel: 01493 717 767



*For men of all ages who are having difficulties accessing support networks for a number of reasons and would fall through the gaps in the system, or are looking for something different to help with their mental health and general wellbeing.*



Week	Activity	Discussion
1	Introduction	What is mental and physical wellbeing?
2	Financial Matters	Budgeting and money management
3	Communication/ Dealing with Conflict	Problem solving in relationships
4	Fit & Healthy or Where’s my Six Pack?	Men’s health problems and maintaining a good diet
5	Basic DIY around the Home	Tackling the basics
6	Support, Help & Advice	Helping ourselves; support networks in the community
7	Hobbies & Pastimes	How to relax and cope with stress – time to chill out
8	Personal Review of the Course	Have things changed? Ambitions

The programme covers a wide range of activities aimed at the challenges men face on a daily basis. It will concentrate on issues relating to men's health and wellbeing. It aims to encourage participants to work together looking for different coping strategies. None of the sessions are compulsory and participants can attend the entire eight-week programme or just “drop in” to whatever session they wish. A typical session will be two and half hours in two parts with a short break.



**NEXT  
GEN** fitness



**MAFC**

ULTIMATE MIXED MARITAL ARTS



### USE OF THE HORIZON FITNESS & WELLBEING CENTRE

Work on your physical fitness in our fully equipped gym with circuit machines, punch bags and Training Ring.

- Looking for something that is social, relaxing and enjoyable?
- Fancy learning a new skill or starting a new hobby? Perhaps you want to pick up again something you used to do and enjoy.
- Or maybe you would like to get fit and lose a few pounds.

### USE OF THE HORIZON CENTRE

Take part in arts, craft or just socialise with others in The Hub.

Other facilities such as classrooms, tech room, workshops and art room are also available.

### MOVING FORWARD

Participants can continue attending one of the clubs or groups that operate as part of the Horizon Community Hub such as MAFC or Next Gen Fitness. If a specific activity is successful another group or club may be introduced for that specific activity.

### Why Argo?

We wanted a name for the course, something that had meaning and was a bit catchy, without sounding too cheesy.

Whether it is cheesy is a matter of opinion and perhaps it is, but we are happy with it.

You may well know that the Argo was the ship that took Jason, the mythological hero, and his crew in search of the Golden Fleece. They were then called the Argonauts and loads of films have been made about them and their incredible adventures.

Well, we are not anticipating any epic sea voyages – not just yet!



## What does it cost?

We are very pleased to announce that the Lottery Community Fund is sponsoring this programme and without their help we would not be able to provide it **free of charge**.

Horizon has been trying to raise funds to launch this programme for over a year and without the Community Fund we wouldn't be where we are today.

We are confident that 'Argo' will grow and become a permanent feature of Horizon. We can see many good things coming from this new venture and we have plans for much more.

*Even if it's just the chance for coffee and a chat about matters and issues that interest you or about things that concern you ...*

*... get in touch and sign up.*



Not yet decided if it's for you? Call us on  
**01493 717 767**

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11 Hall Quay  
Great Yarmouth  
NR30 1HP

Or email us at  
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