



Health bosses look to kick Burton Albion fans into shape this season

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By Lucy Grosvenor



BREWERS fans are among those set to benefit from Burton Albion Community Trust's mini health roadshows this summer.

Burton Albion Community Trust is teaming up with Age UK, East Staffordshire Citizens Advice Bureau and Burton's Queen's Hospital to host mini health roadshows this summer.

The Employee Wellbeing campaign works with businesses and services to make people aware of the help available to them.

John Widdowson, health and inclusion manager at Burton Albion Community Trust (BACT), said: "A healthy community is a happy community.

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"We care about the community and we want to inspire local people and we believe the key to this is with education."

There will be mini health roadshows popping up around East Staffordshire, which will be run on business parks in the coming weeks.

Mr Widdowson said: "This is open for all genders and all ages; we just want to be giving back to our supporters."

The launch of the campaign took place at Burton Albion's Pirelli Stadium last week.

Mr Widdowson added: "It was primarily an information sharing event so that businesses could find out more about the local services available through partners such as the NHS and ourselves.

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"If people know where they need to get help for all manner of things it should make people more willing to then seek help."

The trust promoted the exercise sessions it offers in the community and explained how employers could help their workforce get more active and improve their levels of health and wellbeing. Staff from Queen's Hospital attended and offered free health checks and gave advice on issues around obesity and cancer.

Queen's consultant surgeon Jyoti Shah delivered a keynote speech at the event.

She said: "It was wonderful to meet the campaign partners and I am meeting with the team at Burton Albion again shortly to discuss plans to stage a larger men's health event open to the general public."