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## **CRUISE INTO A HEALTHIER STATE OF MIND ON THE BIG BOAT**

The Big Boat, Stockport's floating Healthy Living Centre on Water, is holding themed afternoons on board with the emphasis on relaxation and wellbeing.

Run by the Big Life Centres charity, the 70ft canal boat is moored at Lord Vernon's Wharf in Higher Poynton and was commissioned to be built by Stockport Council as an alternative venue to deliver health and wellbeing services.

Big Life Centres' Health and Wellbeing Manager Jennifer Horton said: "The Big Boat is unique in that it uses the tranquillity of the countryside and canal life as a setting to address health and wellbeing needs.

"The link between the great outdoors and improvement in mental health is now proven, and the Big Boat will provide people with access to a range of self help, alternative and creative therapies, personal development and complementary therapies."

**Feel Good Friday** on the Macclesfield Canal include a head massage and tea and coffee, and will be held on Friday 27 August, Friday 24 September, Friday 31 October and Friday 26 November from 1 to 3pm, tickets £5.

**Afternoon Cream Tea Sundays**, tea and cake aboard the Big Boat. Taking place from 1 to 3pm on Sunday 29 August, Sunday 26 September, Sunday 29 October, and Sunday 28 November tickets £3 adults, £2 children.

These events are being held while the boat is static.

For all bookings telephone Jennifer Horton on 07722 873 957. The Big Boat is also available for private hire, visit [www.bigboatwellbeing.com](http://www.bigboatwellbeing.com)

**Editors Notes:** Big Life Centres also runs Stockport Wellbeing Centre based in Stockport Town Centre, plus other Healthy Living Centres around the North of England. It is a registered charity (no.1062333) and part of The Big Life group of social businesses and charities working across the North of England to improve lives.

**For press information please contact Dawn Bunnell, Communications Officer on 0161 227 0205 or email [dawn.bunnell@thebiglifecompany.com](mailto:dawn.bunnell@thebiglifecompany.com)**