

## Media release

12 September 2008

### Eat well, be well...

This is the message that Wilton Estate TRA is sending residents on their estate. The TRA has successfully set up a series of Healthy Eating Workshops, thanks to funding from the Tenants Levy Special Projects grant.

The workshops are run by a qualified nutritionist who offers healthy eating advice and tips about boosting your energy.

#### Upcoming workshops include:

- Wednesday 1 October 2008: Healthy eating on a budget
- Wednesday 5 November 2008: Food and mood
- Wednesday 3 December 2008: Healthy eating during the winter months

**Venue: Community Hall, Wilton Estate, E8 1BD**

**Time: 10 – 12pm**

All are welcome. For more information, contact Resident Participation Officer, [Mariorosa Frasca](mailto:Mariorosa.Frasca@hackneyhomes.org.uk) or phone 020 8356 6133.

**ENDS**

**Press queries to Susan Walsh on 0208 356 3528 or email [susan.walsh@hackneyhomes.org.uk](mailto:susan.walsh@hackneyhomes.org.uk)**

#### Notes to Editors

- **Hackney Homes** is an Arms Length Management Organisation (ALMO) launched in April 2006 to manage the Council's social housing stock. Hackney Homes is led by a board which includes residents, councillors and independent representatives and is responsible for managing 22,000 tenanted properties and 8,000 leasehold properties in the borough. For further information visit [www.hackneyhomes.org.uk](http://www.hackneyhomes.org.uk)
- Tenants' and Residents' Associations (TRAs) are set up and run by residents living in Hackney Homes properties. They work to improve the social, physical and environmental conditions in their area. TRA Committee members are elected by residents in the local area.