



Help yourself!

i need to
i want to
i can

- eat well
- drink alcohol sensibly
- stop smoking
- have more energy
- manage stress
- lose weight
- increase physical activity



feel good
& enjoy life

Free, friendly advice and support starts here...

www.chichesterwellbeing.org.uk | 01243 521041

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Welcome

Chichester Wellbeing are here to help.

Our Wellbeing Advisors offer free, friendly advice and support to help you or your loved ones to improve your health and wellbeing.

Book in for a free one to one appointment, for guidance to help make small changes to your lifestyle, looking at:

- Eating well
- Reducing alcohol
- Losing weight
- Stopping smoking
- Being more active
- Improving emotional wellbeing

The Wellbeing Advisors can also attend community groups and talks to offer more information and advice.



Alcohol Support

Would you like help and support to cut down?

If you would like a personal approach to cutting down your weekly alcohol intake then we have a new service to offer you. Book in for a free confidential one to one session with our Specialist Alcohol Wellbeing Advisor. They will help guide you into creating a realistic and manageable plan to reduce your drinking. We offer 6-8 sessions of dedicated advice tailored to you. Our service is available to anyone over the age of 18.

Contact us now to book your first session.



Move it and Lose it Workshops

The Move it and Lose it workshop, led by our nutritional therapist, is a 12 week programme for adults. The programme focuses on healthy eating, nutrition and education about food to help you lose weight and keep it off in the long-term. These workshops cover a wide variety of topics from challenging the myths about diets, snacks and treats, exercise and how stress and lack of sleep may affect appetite and food cravings. Each week our nutritionist takes a detailed look at your eating habits and lifestyle to help you lose weight and get back on track to a healthier and happier you.



We have programmes running across the Chichester District at various times and venues at a small cost. This course is suitable for people with a BMI between 25 and 40, who are looking to make healthy lifestyle changes. If you would like to book a place or for more information please contact Chichester Wellbeing.



"It is not pushing any products. You're speaking to someone with a solid nutritional background and the groups are smaller, so you have that personal contact. It is about being focused on what we should eat to make ourselves healthy, not just how to lose weight."

Wendy, Chichester, lost over a stone in 12 weeks.



First Steps to Fitness

Do you want to lead a healthier and happier life? Do you currently do less than 2.5 hours of exercise a week?

First steps to fitness is a 12 week free support programme that can help you:

- Feel more energetic
- Socialise with others
- Boost your self-esteem
- Reduce your risk of long-term chronic conditions such as heart disease and Type 2 Diabetes

How do we do this?

With the help of our friendly team, we have a variety of options to help support you to start exercising. We can also provide the following activities for you to try:

- Walking groups
- 1-1 support in the gym
- Strength and balance classes
- Beginners running club
- Walking netball, cricket and football
- Month free gym membership at selected leisure centres.

We will help you to lead a healthier and more active lifestyle, just email firststeps@everyoneactive.com.

Family Wellbeing

The Family Wellbeing Programme is FREE for families with children aged 5-16 years old who may be over a healthy weight for their age and height.

The programme consists of tailor made one to one sessions that are dedicated to support families.

The sessions are fun, interactive and cover the basics of nutrition, cooking, and many ideas for physical activity which can also improve your child's confidence and self esteem. They can be held at your home or different places convenient to you.

For more information contact Chichester Wellbeing.



Healthy workplaces

Our Workplace Health Advisor works with local organisations and businesses to help encourage employers and staff to make healthier lifestyles choices. A proactive approach to the health and wellbeing of staff makes good business sense; some of the benefits experienced by businesses we have worked with are:

- Happier and healthier staff
- Reduced sickness absence
- Improved staff retention
- Healthier stress levels
- Enhanced employer reputation

We can bring free wellbeing MOTs, stop smoking advice and NHS health checks directly to your workplace. We will provide advice and guidance to tackle the issues that matter most to you the employer and your staff. We also offer talks and workshops within the workplace on any aspect of healthy living. There may be a small cost for some of these, which can be discussed with the workplace health advisor.

"I wanted to thank you very much, it was such a successful and informative day. All the staff who had a Wellbeing MOT were raving about it, so you did a good job"

Anne-Marie Dales, HR Manager, Directlife.

Our service is open to all workplaces within the Chichester District. For more information contact Chichester Wellbeing.



Wellbeing Home

- Worried about keeping warm in your home?
- Would you like to reduce your fuel bills?

Don't wait until it's cold and damp to get advice on keeping your home energy efficient. Our Home Energy Advisor can visit you at home to assess whether you are eligible for grants or funding, give you practical energy advice and information about keeping warm and healthy in your home. This service is for private tenants as well as home owners. **For more information contact Chichester Wellbeing.**



Pre-Diabetes Programme

If you or a family member are at risk of developing Type 2 Diabetes or have been diagnosed as pre-diabetic then this programme is for you.

This free training and awareness programme will provide:

- Information and advice on how you can slow or eliminate the development of Type 2 Diabetes.
- A relaxed and friendly environment to encourage and enable you to focus on reducing the risk of developing Type 2 Diabetes.

To find out more information and to book at place, please contact Chichester Wellbeing.



WellBalanced Workshop

Are you 65 or over and worried about falling or losing your balance?

Stumbles and falls don't have to be part of getting older. You might think feeling unsteady on your feet is something that comes with getting older, but it doesn't have to be that way.

Our WellBalanced workshop aims to teach people how to reduce their risk of falling, identifying hazards that cause falls, how to avoid them and what you should do if you have a fall. The workshop is an interactive group session that encourages discussion and lasts for around two and a half hours. At the end you'll be offered access to a range of gentle exercise programmes led by instructors qualified in falls prevention.

Why WellBalanced?

- Improve your confidence when out and about and in the home.
- It will provide you with the knowledge to reduce the risk of fall related injuries, such as sprains and broken bones.
- Maintain your independence and learn 6 simple exercises that improve your balance and are helpful in overcoming stiffness and joint pain.
- Understand the importance of exercise.
- No GP referral is needed to join WellBalanced and it is **free** to join.

"The workshop was presented in a friendly and calm manner. I have gained so much more confidence, with walking in particular, since coming on this workshop. I would recommend to others as I have found it very beneficial."

Anon Chichester resident

For more information or to book a place please contact Chichester Wellbeing



NHS HEALTH CHECK

Helping you prevent

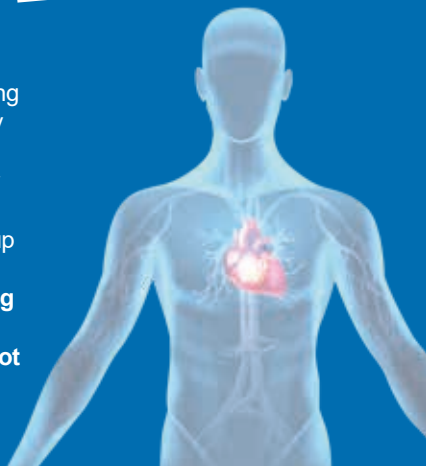
diabetes

heart disease

kidney disease

stroke & dementia

The NHS Health Check programme is a national screening scheme designed to spot the early signs of stroke, kidney disease, heart disease, and type 2 diabetes. If you are aged between 40 and 74 years, and if you do not already have heart disease, stroke, diabetes, kidney disease or high blood pressure, you will be eligible for a free check up with one of our friendly advisors. **Don't worry if you fall outside of the eligibility criteria, or have a pre-existing medical condition, as our team will be able to offer you a Wellbeing MOT instead, which is a free snapshot view of where you are in terms of your lifestyle.** Just call the number below to book your FREE NHS Health check.



Thinking of giving up smoking?

Quitting smoking is the biggest change you can do to improve your health, but many smokers who want to quit aren't sure about the best way to go about it.

The Wellbeing Advisors are qualified as Smoking Cessation Advisors and are able to offer free one to one support, including Nicotine Replacement Therapies, for people to quit smoking. You are four times more likely to be a successful quitter if you have professional support from an advisor compared to trying alone.



Smokefree
West Sussex
Partnership

T: 01243 521041

E: info@chichesterwellbeing.org.uk