

chichesterwellbeing

where small changes make a big difference



Help yourself!

i need to  
i want to  
i can

- eat well
- drink less
- get active
- stop smoking
- have more energy
- manage stress
- lose weight
- improve my mood



feel good  
& enjoy life



Free, friendly advice and support starts here...

[www.chichesterwellbeing.org.uk](http://www.chichesterwellbeing.org.uk) | 01243 521041

Revised December 2021



## Welcome

The team at Chichester Wellbeing are here to help.

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



Book a free one to one appointment, to learn how small changes make a big difference to your lifestyle.

- Eating well
- Losing weight
- Being more active
- Sleeping better
- Improving strength and balance
- Reducing alcohol
- Stopping smoking
- Improving emotional wellbeing
- Reducing stress

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

## Alcohol Support

Would you like help to cut down?

Our Alcohol Wellbeing Advisor is on hand with a personal approach to help you reduce your alcohol intake. Making small changes to alcohol consumption can make a big difference to your health and wellbeing. Alcohol can have a huge impact, not only on our physical health – with damage to our liver and disruption to our digestion and immune system – but also our mental health. Book in for a free and confidential one to one session with our Alcohol Wellbeing Advisor. They will help you create a realistic and manageable plan to reduce your drinking to low risk levels. We offer 6-8 sessions of dedicated advice tailored to you and the service is available to anyone over the age of 18. Contact us now to book your first session.

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# Weigh Better Life and Weight management support



We offer both group and one to one support when it comes to eating well and weight management. Our Weigh Better Life course is a 12 week programme for adults led by a nutritional therapist. The programme focuses on healthy eating, and educates you about food and nutrition to help you achieve sustainable weight loss. Each week our nutritionist takes a detailed look at your eating habits and lifestyle to help you lose weight and live a weigh better life.

We run sessions across Chichester District as well as virtual courses.

This course is suitable for individuals with a BMI between 25 and 40, who are looking to make long-term healthy lifestyle changes.

Our one-to-one support offers a similar level of detail, and is a good option for those who are less suited to a group setting or need more flexible scheduling.

*"I would recommend [the course] as it gave individuals the necessary support and empowerment, which I hadn't experienced before in slimming clubs .*

*Weigh Better Life participant, April 2021*



# Active for Life

**Do you currently do less than the recommend 150 minutes (2.5 hours) of exercise each week? Are you wishing to be more active, but don't know where to start?**

There are many benefits to regular exercise, including:

- Feeling more energetic
- Better sleep
- Socialising with others
- Boost your self-esteem and mood
- Less likely to feel the effects of aging
- Reduce your risk of long-term conditions such as heart disease and Type 2 Diabetes

We offer a wide-range and ever-changing selection of activities to help you get started. For those eligible we also offer one to one support in helping you motivate yourself to take up a new activity. Here are a few of the activities you could try:

- Walking groups/Beginners running club
- Walking netball, cricket and football
- Access to virtual and in-person exercise classes

To take your first steps to becoming active for life, please contact us today.



## Stop Smoking

Quitting smoking is the single best thing you can do to improve your health. Our Wellbeing Advisors are qualified as Smoking Cessation Advisors and offer up to 12 weeks of free one-to-one support, including Nicotine Replacement Therapy to help you quit smoking.

You are four times more likely to quit successfully if you have professional support rather than going it alone. Good for your health. Good for your wallet.

To book your first session contact us on the details below.

# WellBalanced programme

If you are over 65 and have experienced a fall, feel unsteady on your feet or have concerns about falling in the future, our community-based prevention initiative Wellbalanced for Wellbeing can get you back on your feet and feeling confident again.

You might think feeling unsteady on your feet is something that comes with age but it doesn't have to be that way.

Our WellBalanced for Wellbeing programme aims to help you reduce your risk of falling, identifying hazards that cause falls, how to avoid them and what you should do if you have a fall. The 24-week rolling course offers group strength and balance classes led by a Postural Stability Instructor with a second support instructor.

## 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 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.

**For more information or to book a place please contact our partner AHS on [info@wellbalancedprogramme.co.uk](mailto:info@wellbalancedprogramme.co.uk) or call 01444 657099.**



# Wellbeing Home

- Do you struggle to keep your home warm affordably?
- Could you be at risk of fuel poverty?

You can access support and find out whether you are eligible for grants or funding and receive 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 Citizens Advice on 01243 974063.**



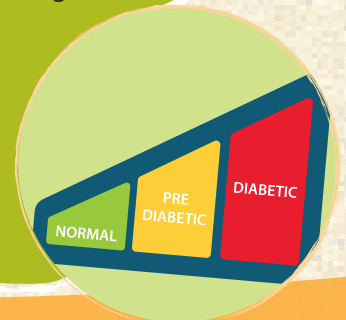
# Pre-Diabetes Programme

If you or a family member are at risk of developing Type 2 Diabetes or have been diagnosed as pre-diabetic then our Wellbeing Advisors can help either in a one to one appointment or at our Pre-Diabetes Workshop.

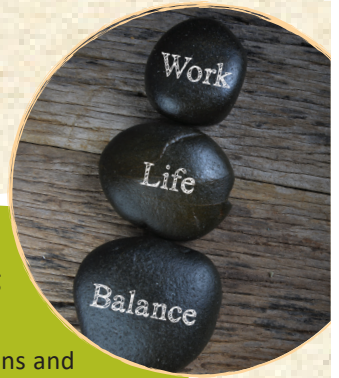
Our pre-diabetes service will provide:

- Information and advice on how you can slow or eliminate the development of Type 2 Diabetes through lifestyle changes such as improved diet, increased exercise, reducing weight, stopping smoking, reducing alcohol intake and more.
- A relaxed and friendly environment to encourage and enable you to focus on reducing the risk of developing Type 2 Diabetes in a way that works for you.

**To find out more information please contact Chichester Wellbeing.**



# Healthy Workplaces



**It has never been more important to look after staff wellbeing. It also makes good business sense by reducing staff absence and improving staff retention.**

Our Workplace Health service works with local organisations and businesses to help encourage employers and staff to make healthier lifestyles choices. 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 provide advice and guidance to help improve staff health and wellbeing in the form of talks, workshops and one to one support.

Let our Workplace Health Advisor help you to make lasting and effective changes in your workplace to improve employee health and wellbeing and as a result improve your business.

## NHS Health Checks



**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 Check in 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.**

# HeartSmart Walks



Free guided walks in the Chichester District



Walking is a great way to take exercise but sometimes it can be difficult if you:

- don't know where you can walk
- don't have anyone to walk with
- feel unsafe to walk alone

HeartSmart walks are arranged locally by trained volunteer walk leaders. We aim to show you routes, encourage you to keep your heart healthy and help you meet other people you might like to walk with – walks range from 30 minute 1 milers to half day hikes.

You can see the latest walk programme and book your place at [chichester.gov.uk/heartsmart](http://chichester.gov.uk/heartsmart) or call **01243 521041**

*chichesterwellbeing*

  
ramblers  
at the heart of walking

  
walking  
for health

  
South Downs  
National Park Authority