

## Community Connections

Our unique Community Connections is a directory of local health and wellbeing services for older people in Mid Sussex.

We have hard copies available as well as an online version which you can access via [www.community-connections.org.uk](http://www.community-connections.org.uk)

## Health and Wellbeing Network

The Health and Wellbeing Network is made up of many organisations with an interest in health and wellbeing in the widest sense.

Meetings are arranged quarterly, based on a different topic with specialist speakers across the sectors.

## How can we support you?

The Wellbeing Hub team also provides advice, guidance and support for you to make lifestyle changes such as losing weight, eating well, getting more active, reducing alcohol intake and stopping smoking.

## Our services include

- Weight off Workshops
- Wellbalanced
- Prediabetes Programme
- Wellbeing Coaches
- 1-2-1 Appointments
- Workplace Health

## Wellbeing Advisors

Our team of trained Wellbeing Advisors are available for appointments for those who want more individual support with their wellbeing.

We will work with you towards a lifestyle change that is manageable, sustainable and in line with your needs and personal goals.

Mid Sussex Wellbeing Team  
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Oaklands Road  
Haywards Heath  
West Sussex  
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[www.midsussexwellbeing.org.uk](http://www.midsussexwellbeing.org.uk)

[community-connections.org.uk](http://community-connections.org.uk)  
facebook: Mid Sussex Wellbeing



For all your health and wellbeing needs, the Mid Sussex Wellbeing Team are here to signpost you in the right direction.

We can provide you with the information to access services in and around Mid Sussex to support you and your wellbeing.

## Weight off Workshop

Our 12 week Weight off Workshops aim to support people towards a sustainable lifestyle change.

The course is delivered by our team of trained Advisors and will motivate you to make positive food choices, increase activity and consider practical ways to create and sustain healthy eating habits.

The Weight off Workshops are available across Mid Sussex.



## Prediabetes Programme

Diabetes is on the increase and prevention is becoming key. Our successful, free, half-day awareness programme is suitable for adults who are concerned about their risk of developing type 2 diabetes.

The workshop is interactive, fun and will provide you with practical ways to reduce your risk of diabetes through lifestyle change.

## Wellbalanced

Our Wellbalanced courses are designed to improve strength and stability, as well as balance and mobility.

Delivered by trained Postural Stability instructors, Wellbalanced runs over 12 weeks to ensure participants leave feeling confident in themselves and their balance.



## Wellbeing Coaches

Our Wellbeing Coaches programme offers 1-2-1 support for adults who need additional guidance to make changes to their lifestyle.

This is for individuals who may have caring responsibilities, low self-esteem or anxiety which hinders their ability to access health and wellbeing services.

The Wellbeing Coaches make the ability to change available to all.

## 1-2-1 Appointments

1-2-1 appointments are available with our Advisors to support those who want more individual guidance towards their lifestyle change.

This service is available across Mid Sussex in Burgess Hill, East Grinstead and Haywards Heath.



## Workplace Health

Mid Sussex Wellbeing Team can provide additional support to your Workplace.

Your staff can experience our unique 1-2-1 appointments with our Advisors to give your team the opportunity to discuss their wellbeing and lifestyle in a confidential environment.

Following the visit, we will provide you with a summary of outcomes, as well as individual feedback including signposting to appropriate services for your employees.