

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 mood



feel good
& enjoy life



Free, friendly advice and support starts here...

www.chichesterwellbeing.org.uk | 01243 521041

Revised October 2023



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.

NHS Health Checks

The NHS Health Check programme is a national screening programme 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 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 your lifestyle and wellbeing. Just call the number below to book your **FREE** NHS Health check.



Weigh Better Life and Weight management support



When it comes to eating well and weight management we offer both group and one to one support. Our Weigh Better Life course is a **FREE** 12 week programme for adults led by a nutritionist. The programme focuses on healthy eating, and teaches 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 definitely recommend this programme, it is very different to a 'slimming club' and focuses on life changes which is what I need for long term success and health".

Weigh Better Life participant, April 2023



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 one to one support to help you motivate yourself in becoming more active, whether that is building on what you do already or perhaps trying something new. 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.



Walking with Poles

A free 12-week course to learn how to walk with poles with a qualified Nordic Walking Instructor for those who are looking to return to exercise and who are currently doing less than the recommended 150 minutes of exercise each week. The course is aimed at inactive adults looking to increase their activity levels and confidence through walking.

"The course has been very beneficial in improving my stamina, balance and also the social benefit!"

Walking with Poles participant, July 2023

Contact us on the details below to find out when the next course starts.

Stop Smoking

Quitting smoking is the single best thing you can do to improve your health. It's never too late to quit smoking as doing so will improve your health whatever your age and no matter how long you have smoked.

What's in it for you?

- Better physical health
- More money
- Better mental health - less stress and anxiety
- Benefits such as an improved sense of smell and taste, fresher breath, brighter skin
- Improved fertility and greater chances of having a healthy pregnancy and baby

Evidence shows smokers are three times more likely to succeed with support from a stop smoking service. Our Wellbeing Advisors are qualified in Smoking Cessation and offer up to 12 weeks of free one-to-one support, including the use of nicotine replacement therapies: patches, gum, lozenges or a nicotine vape starter kit with 12 weeks of e-liquids.

To book your first session or to find out more contact us on the details below.



Alcohol Reduction Support

Our Alcohol Wellbeing Service is free and confidential, designed to support you in reducing your alcohol consumption and moving towards a healthier lifestyle.

The service is offered to anyone aged 18 or over, living or working in West Sussex, who would like to explore their relationship with alcohol and cut back on their drinking. Alcohol Wellbeing Advisors offer one-to-one appointments which can be conducted by phone, video call or face-to-face.

Our advisors will listen without judgement, offer advice, information and resources to support you to take small steps to achieve your goals.

Clients who commit to six sessions to reduce their drinking report:

- Better sleep
- Improved relationships
- Increased energy
- Improved short term memory
- Better focus and concentration
- Feeling more positive in their outlook
- Saving money
- Losing Weight
- Other health benefits

Contact us to book your first session.



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.

WellBalanced programme

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

Our WellBalanced 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.

For more information or to book a place please contact our partner Everyone Health on clinical.contactcentre@nhs.net or call **0333 005 0095**.

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 all day walks.

You can see the latest walk programme and book your place at chichester.gov.uk/heartsmart or call 01243 521041

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