

John Fullbrook

From: Steyning Parish Council - Clerk
To: John Fullbrook
Subject: FW: Wellbeing service (HDC)

Dear Sirs,

I'm emailing because as a service we would like to make sure our outreach to the district is effective especially in light of petrol prices!

I am looking at ways to promote the Wellbeing service (which is a free service to over 18's who either live or work in West Sussex) and let people know we are able to see them for 1:1 appointments in their area rather than have to travel up to Horsham Wellbeing shop in the town centre.

At the moment we can see people in Steyning L/C as we have a room designated to the Wellbeing team and I am looking at Storrington L/C also however this needs to be promoted.

I wondered if it would be worth coming down one day in the week to your centre to do some promotion?

If this is something you would consider and is possible are there any days or times you would suggest and do you have any rooms available to hold appointments? We would be able to offer MOT's, Stop smoking, Alcohol and Weight/nutrition 1:1's but obviously it needs to be in a safe and sometimes confidential location? I have attached a Service guide for your information.

Thanks for your time and please feel free to contact me anytime.

Kind regards,

Sam Wright
Wellbeing Advisor



Horsham District Council, Parkside, Chart Way, Horsham, West Sussex RH12 1RL

Telephone: 01403 215100 (calls may be recorded) www.horsham.gov.uk Chief Executive: Jane Eaton

Workplace Health

We can offer support to workplaces in the Horsham District to improve the health and wellbeing of employees.

Workplaces can opt for:

- Individual staff Wellbeing MOTs with tailored one to one support and advice to encourage staff to make healthier lifestyle choices
- Healthy eating talks or presentations on any aspect of healthy living
- Information stands to support wellbeing days and events.



Wellbeing Checks

NHS Health Checks

If you are aged 40-74 you may be eligible for an NHS Health Check. The check is designed to tell you whether you're at higher risk of developing certain health problems.

Our trained advisors will ask you some questions about your lifestyle and family history, measure your height and weight, take your blood pressure and do finger-prick cholesterol test. They will talk you through the results and give you advice to help you lower your risk.



Wellbeing MOT (Body Composition Analysis)

If you're not eligible for an NHS Health Check you may be suitable for a Wellbeing MOT. We use body composition scales to find out your fat %, muscle mass, visceral fat, hydration (and more!) to see if your results are within healthy ranges.

You will have the chance to talk through your results, confidentially, with a Wellbeing Advisor and decide on any steps you might want to take to help improve your health and lifestyle.

Wellbeing Advisors

One to one appointments are available with our Wellbeing Advisors who can offer information, advice and support across a range of lifestyle areas:

- Losing weight
- Healthy eating and hydration
- Getting active
- Emotional wellbeing
- Prediabetes
- Wellbeing MOT
- Stopping smoking
- NHS Health Check

Drop-In Sessions

There is no need to book an appointment at our drop-in clinics - just come in and see one of our Wellbeing Advisors for a free 20-minute session to discuss your health and wellbeing. You can also opt to have a Wellbeing MOT.

The Octagon
Chart Way, Horsham
(First Wednesday of the month 11am - 2pm)

Steyning Leisure Centre
Horsham Road, Steyning
(Last Wednesday of the month 10am - 1pm)

Henfield Medical Centre
Deer Park, Henfield
(Second Tuesday of the month 3.30pm - 5.30pm)

Services Guide

Free advice and courses to help you improve your health and wellbeing.



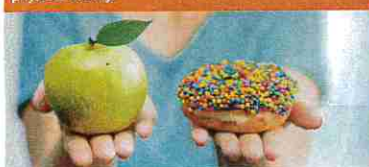
Twitter: @horshamhealth
Facebook: Horsham District Wellbeing
Tel: 01403 216111
Email: info@horshamdistrictwellbeing.org.uk
www.horshamdistrictwellbeing.org.uk



Prediabetes

These group workshops are ideal if you are at risk of developing Type 2 Diabetes (overweight, inactive, family history) or if you've been diagnosed as prediabetic.

Find out what you can do to reduce your risk and set small manageable goals around diet and physical activity.



Get Active

Free courses to encourage you to become more active.

Exercise to Music

A fun, aerobic-based Exercise to Music class. Learn easy to follow routines, get fitter, tone and release stress. Low and high impact options offered to suit your needs.

Learn to Run

A step by step course for beginners aiming to help you go from walking to jogging over a 10 week period. Improve your fitness, confidence and ability within a fun and supportive group.

Swimming/Aqua

The aquatic route to fitness and wellbeing. Go swimming and attend aqua classes. A great option if you're looking for low impact activity.

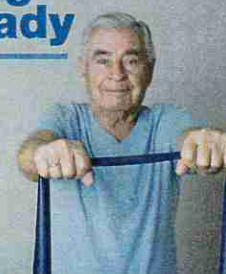
Outdoor Military Fitness

Try five sessions of a fun outdoor class suitable for men and women. Sessions include a varied mix of circuit training, relays and partner exercises.



Strong & Steady

Free courses and workshops for the over 65's to improve strength, balance, mobility and independence.



Workshop

Friendly and practical group session designed to build confidence, improve knowledge and encourage you to do simple exercises at home that can help prevent falls.

For people who wobble, trip or stumble and those concerned about falling.

Local venues throughout the year.

Beginner Course

A confidence building, low impact eight week course that focuses on strength, balance, co-ordination and flexibility.

For those who want to be stronger, steadier and more active.

Regular courses throughout the year at The Bridge, Broadbridge Heath.

Alcohol Support

Is alcohol starting to sneak up on you?

Do you drink most days or every day?

Do you need alcohol to unwind, socialise, or sleep?

We offer up to six free, confidential one to one appointments with a trained advisor to support you to reduce your drinking and achieve a healthier lifestyle.

Understand your drinking more, set achievable goals and improve your mental and physical wellbeing.



Smoking

Quitting smoking is the best thing you can do to improve your health. We offer one to one appointments with a trained wellbeing advisor to help empower you to quit smoking.

You will receive information and advice on both Nicotine Replacement Therapy and Champix. An advisor will give support and advice on the best option for you.

Weight Off Workshops

Do you feel you are overweight?

Have you been putting on the pounds recently?

Are you ready to create healthier habits?

Over 12 weeks our workshops focus on weight loss, physical and emotional wellbeing along with advice and tips for sustainable lifestyle improvements. Our WOW Plus sessions also offer a gentle introduction to exercise.

Workshops run on a variety of days and at different times (day and evening) across the District.

