

Healthy New Year special edition



Welcome to a brand new year in West Sussex!

In this special edition eNewsletter, we're sharing practical ideas to help you get going with a healthy start to 2024.

Did you know that our mental health is as important as physical health for overall wellbeing?

There's plenty of free support for both available here in West Sussex, so why not share the tips and information in our newsletter with friends and family.



Your physical health

[West Sussex Wellbeing](#) is a great place to start for making positive changes. It has plenty of information and advice for anyone over 18 who lives and/or works in West Sussex about local support on a range of issues to help keep you healthy and well.

Getting a check-up

[Book your free NHS Health Check](#) available to people aged 40 to 74.

If you're not eligible, request a Wellbeing MOT from [your local Wellbeing hub](#).

Cutting back and quitting

[Take the free DrinkCoach test](#) to see how drinking affects your health and get personalised advice about alcohol support in West Sussex.

[Book an appointment with your local Alcohol Wellbeing Advisor](#) and find more tips and support.

[Stop smoking for good with local support](#) including from trained advisors.

Losing weight and getting active

[Our online weight management support](#) is free and can help you lose weight.

[Resolve to get more active](#) to improve mental wellbeing, keep a healthy weight, and reduce the risk of heart disease and some cancers.

Staying healthy

[West Sussex Connect To Support](#) is a great place to find local information about staying safe and connected with your community, living independently, and living with a health condition or disability.

[Boost your immunity](#) this winter by booking your Covid-19 and flu vaccinations.

[Take a free 3-minute hearing test](#) from the RNID. Together with wearing hearing aids, it's one of the best ways to help reduce the risk of dementia.

[Help prevent nasty falls](#) by following these simple steps to stay steady.

West Sussex Wellbeing



Help with emotional wellbeing and mental health

Life can be tough, and we all have our ups and downs, but sometimes we might need extra support. It could be you or someone you know is struggling with loneliness, bereavement, or a relationship breakdown, addiction, debts or suicidal thoughts.

Help is at hand and there are people who care and who will listen.

[Your Mental Health West Sussex](#) and [West Sussex Wellbeing](#) have useful online resources and contact details of people you can speak with.

Domestic abuse can happen in any relationship. It can involve a single incident or a pattern of controlling, coercive, threatening, degrading or violent behaviour. If you are concerned about your own, or someone else's situation, [our domestic abuse advice page](#) has more information and links to support services.

[Every Mind Matters](#) has tips for improving your mood, sleep and dealing with stress.

[Our cost-of-living advice pages](#) include information on practical and financial help available to help you and your family manage the pressures.

Your mental health



If you need to get in touch with us about any of the services we provide for you, we are here for you.

- [Contact West Sussex County Council](#)
- [Visit our newsroom](#)
- [Have your say on local issues.](#)

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