

Healthy New Year special edition



Welcome to your Healthy New Year 2025

The New Year is a great time to make positive changes in your life.

So, are you ready to make 2025 your healthiest year yet?

In this special edition newsletter we've got lots of tips on how you can improve your health and wellbeing, and links to a wide range of free information and advice.

Even one small change can make a big difference.

Please feel free to share with friends and family.

Happy New Year!



> **[Be active as often as you can](#)**, to improve mental wellbeing, keep a healthy weight, and reduce the risk of heart disease and some cancers.

> **Check out all the weight management services** available in West Sussex by visiting the [West Sussex Wellbeing website](#). Gro Health is a free digital weight management programme for people who live or work in West Sussex. Visit the [Gro Health website](#) to check your eligibility and sign up.

> **Quit smoking** — we are here to support you! Quitting smoking is much more successful when you get the right support and with professional help you're three times more likely to quit for good. Visit [Smokefree West Sussex](#) or call 0330 222 7980 to get free support from trained advisors to help you quit smoking for good. Support is available face-to-face, over the phone or by downloading the new [Smokefree app](#).



> **Call the shots on alcohol**, feel in control and take the [free DrinkCoach test](#) to work out how risky your drinking is and to get personalised advice on your drinking. Visit [our campaign page](#) for information on alcohol support in West Sussex.

> **Mental health and wellbeing:** are you worried about yours or a loved one's mental health? We all have our ups and downs, and sometimes we might need some extra support. [Your Mental Health West Sussex](#) and [West Sussex Wellbeing](#) have helpful online resources including contact details of people you can speak with. [How Are You Really Feeling?](#) also has information on local help for your mental health and tips for looking after your mental wellbeing.



> **Boost your immunity** by booking your Covid-19 and flu vaccinations, if you are eligible. If you are vaccinated and catch flu or Covid-19, you are likely to have milder symptoms and recover faster, cutting your risk of being hospitalised. You can arrange an appointment directly with a local service or attend a [walk-in session](#).

> **Visit West Sussex Wellbeing** and learn how you can make small changes to improve your health and wellbeing. There's free advice and support available for anyone over 18 who lives or works in West Sussex on lots of topics including wellbeing at work, falls prevention, gambling, carers support, and more!



> **Check your hearing:** If you are aged 40 or over, it is worth checking your hearing. It is easy to check your hearing on the Royal National Institute for Deaf People's (RNID's) website. All you need is a laptop or smartphone, a quiet spot to sit in and the RNID website will do the rest. [Take the free hearing check](#).

> **Check eligibility and [book a free NHS Health Check](#)** if you're aged 40 to 74 and find out whether you're at higher risk of getting certain health problems, such as heart disease or diabetes, and how to reduce your risk.

> **Seek help if you are experiencing domestic abuse:** 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 information and links to support services.



Help Us Help You

The NHS is asking everyone living in Sussex to 'Help Us Help You' as demand on health services increases through the winter months.

If you have loved ones in hospital, help them to leave hospital when they are clinically safe to do so. Every day spent in hospital when they don't need to be there makes their recovery longer. It's ok for them to ask 'when am I going home?'

Find out how you can make the right choices on which health services to contact this winter from [NHS Sussex](#) and take a look at our [Keeping Safe this Winter tips](#) on staying safe, well and warm.

Help Us Help You

Received this eNewsletter from a friend? [Sign up here.](#)

We'd like to hear from you about whether you found the information in this eNewsletter helpful. Email your feedback to communications@westsussex.gov.uk.



STOPPING SMOKING

**IT'S WELL
WORTH IT**

Smokefree
West Sussex
west sussex wellbeing

westsussexwellbeing.org.uk/smokefree
