

Health and Wellbeing

A photograph of a vast field of bright yellow sunflowers stretching towards a green horizon under a clear sky. The word "August" is written in a large, white, cursive script across the center of the image.

August

Welcome to your August Health and Wellbeing Newsletter

This month, our popular Get Active and Weight Off workshops are open for booking! Join us as we explore practical ways to boost your wellbeing — from understanding your blood pressure and staying hydrated to tips for feeling happy and healthy every day.

Content:

- Book your free WOW and/or Get Active course now
- Free blood pressure checks in Swan Walk
- Understanding blood pressure workshop
- Hydration
- Menopause information evening
- Carers Support- free group & 1-1 coaching
- Happiness Awareness Month
- Eating Seasonally: Blackberry season
- Cycle to work day

Available to book: WOW and Get Active

Our next round of group courses start this September - and this year, there's even more variety than ever before!



FREE

Weight Off Workshops

Book today!

Weight Management Courses

Spaces are filling up quickly for our popular Weight off Workshops starting in September.

All groups will include private weekly weigh ins, toolbox, food diaries and weekly group workshops. Some groups will also include a gentle introduction to exercise.

We have courses running in **Billingshurst, Storrington, Southwater and Horsham!**

If you're ready to commit to making sustainable changes, we think you'll love WOW.

12-week course starting in September

[Read more](#)

Get Active Courses

New to exercise but don't know where to start?

Our **10 week Get Active courses** are a gentle introduction back into regular exercise. We have a range of beginner classes led by qualified instructors.

- [Pilates](#) – Improve balance, posture, strength, and flexibility.
- [Learn to Run](#) – Go from walking to jogging safely and gradually.
- [65+ Back to Exercise](#) – Fun, low-impact strength and aerobic workouts for older adults.
- [Legs, Bums and Tums](#) – Easy-to-follow routines to tone with Low and high impact options offered to suit your needs.
- [AquaFit](#) – An aerobics class in water, providing a supportive environment for your body.
- [Strength & Tone](#) – A combination of aerobic and strengthening exercises
- [Swim4 Health](#) – A 6 week swim only membership to The Pavilions in the Park (Horsham), Billingshurst or Steyning leisure centre.



[Read more](#)

**Friday 29
August**

**Free blood
pressure
checks and
information
stand**



Find us in the centre of Swan Walk

On **Friday 29 August** we will be offering **free blood pressure checks** in Swan Walk Shopping Centre in Horsham.

You will find us outside Superdrug between **10am and 4pm**.

As well as blood pressure checks, one of the team will be on hand to answer any questions you might have about our service. Pop along and say hello!



Worried about high blood pressure?

You're not alone—and the good news is, there's plenty you can do to take control.

Our group session, Understanding Blood Pressure, breaks down what your numbers really mean, why they might be high, and offers simple, practical steps to help lower them — often before medication is needed.

These free sessions will run next month and are open to anyone who lives or works in the district. Spaces are limited, so book early to secure your place!

12th September: 2:30-4:30pm

Book here

17th September: 5:30pm-7:30pm

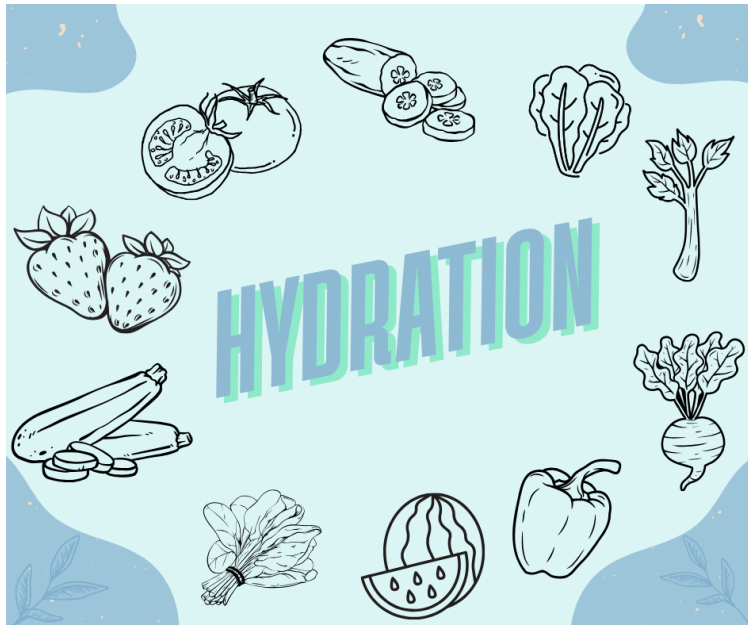
Book here

Hydration

With the summer heat upon us, it is so important that we stay hydrated. Did you know that we can stay hydrated through not only drinking enough water, but by the type of foods we eat?

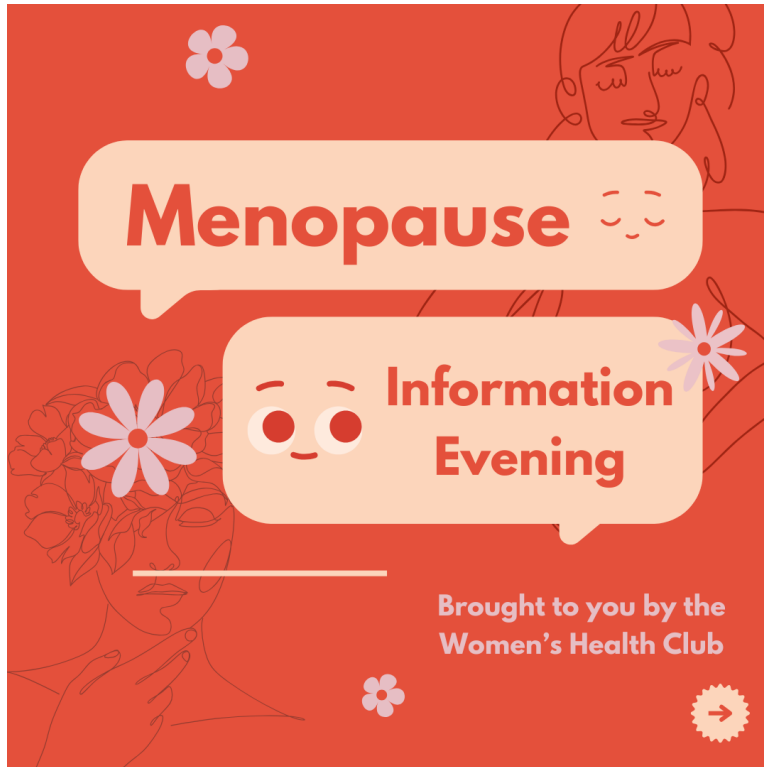
Here are some hydrating foods you can include in your diet:
Water content (approximately):

- **Cucumber** 95-97%
- **Iceberg lettuce** 95-96%
- **Celery** 95%
- **Radishes** 95%
- **Tomatoes** 95-95%
- **Courgette (Zucchini)/Summer Squash** 94-95%
- **Watermelon** 92%
- **Spinach** 91-93%
- **Strawberries** 91%



- **Bell peppers** 90-92%





Menopause Information Evening on Nutrition

Hosted by one of our Health and Wellbeing Advisors:

"How eating well can help both Peri and Menopausal symptoms".

Wednesday 13th August

6:30-7:30pm

Orchard Surgery, Lower Tanbridge Way, Horsham

All welcome

[Book your free ticket here](#)

Free Carer Coaching- Carers Support West Sussex

Being a carer, it is easy to put someone else's wellbeing over your own.

Carers Support offer free group and 1-1 coaching.

Key benefits for carers who have taken part in coaching include:

- Increased confidence in themselves and their abilities
- Greater self-worth
- Feeling more choice and control in their caring role



To register as a carer with Carers Support West Sussex and find out more about their coaching sessions, visit their website.

Happiness Awareness Month

In today's busy world, Happiness Awareness Month acts as a good reminder for us to slow down and live in the moment, celebrate life's simple joys and spread positivity to those around us.

Here are 5 simple ideas for you to try:

1. Start a gratitude journal and note down 1 or 2 positive things each day.
2. Compliment a friend or colleague or send them a nice message- it will make their day.
3. Go for a walk in nature and notice the beautiful surroundings.
4. Unplug from your phone for an hour and enjoy being present in the moment.
5. Do a random act of kindness- kindness breeds kindness



Happiness is found in the small, meaningful moments—so take time to notice and appreciate little things that matter and make you smile

[Find out more here](#)



Cycle to Work Day- 7th August

Cycle to Work Day is the UK's biggest celebration of everyday cycling. It encourages people of all ages and backgrounds to ditch the car or train and choose their bikes for the daily commute.

So why not join in and choose to cycle or walk to work! Not only would you be making a positive environmental impact, but you will be getting some great exercise in before and after your work day!

[Read more](#)



Eating Seasonally

August marks the beginning of blackberry season — a perfect time to enjoy this delicious and nutritious fruit. Blackberries are high in antioxidants, fibre, vitamins and minerals, making them a fantastic addition to a healthy diet. They're a good source of vitamin C, which supports the immune system and helps the body fight off infections.

Their natural sweetness and vibrant colour also make them a perfect superfood for a refreshing summer fruit salad.

[Blackberry Frozen Yoghurt Recipe](#)

Stay connected



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*horsham district
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