

Health and Wellbeing

A background image of a sunset or sunrise over a body of water, with silhouettes of trees in the foreground. The word "September" is written in a large, white, cursive script across the center of the image.

September

Welcome to your September Health and Wellbeing Newsletter

This month, we're focusing on practical ways to support your health and wellbeing through a range of workshops and events. Whether you're joining a Get Active course, attending a blood pressure talk, or exploring ways to improve your sleep, there are plenty of opportunities to get involved. We're also expanding our outreach services to make support more accessible across the district. With seasonal recipes and wellbeing campaigns throughout the month, it's a great time to take small steps towards feeling your best.

Content:

- Funded weight management and physical activity course places available
 - Access our service at a location near you
 - New outreach clinic in Storrington
 - What's on this month
 - Falls awareness month
 - The importance of sleep
 - Lifestyle factors that can raise blood pressure
 - Eating seasonally in Sussex
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Take your first steps with our Get Active courses

Our free exercise courses are designed just for people who aren't currently exercising. With friendly, supportive instructors, these sessions help you take that first step toward feeling healthier—at your own pace, in a welcoming space. No experience needed, just a willingness to give it a go!

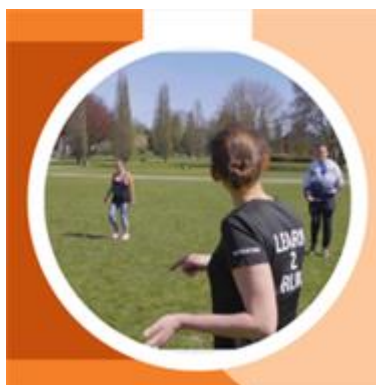


65+

A fun and friendly aerobic and strength class with the older body in mind.

A mixture of standing and seated exercises.

[More information](#)



Learn to Run

Have you ever wanted to start running but not known where to start? The course is led by qualified instructors who will help get you from walking to jogging gradually and safely.

[More information](#)



Aquafit

Exercising in water provides a supportive environment for your body, reducing your weight on impact, resulting in much less strain on your muscles and joints.

[More information](#)



Strength and Tone

Each session will involve aerobic exercise designed to get your heart rate up, strengthening exercises to



Legs, Bums and Tums

A fun, aerobic-based class.

Learn easy to follow routines, get fitter, tone and release



Pilates

Pilates is a low impact form of exercise that focuses on balance, posture, strength and flexibility. It works the

improve muscle strength and balance, and will progressively challenge you each week.

[More information](#)

stress. Low and high impact options offered to suit your needs.

[More information](#)

whole body and can also be beneficial for stress reduction, injury prevention and overall wellbeing.

[More information](#)

Supporting you to lose weight in a healthy way

Is your BMI between 25 and 40? Are you looking to manage your weight in a way that feels realistic and lasting? Our free weight management courses are here to help. Designed to support people on their journey to better health, these sessions focus on sustainable lifestyle changes, not quick fixes—offering guidance, encouragement, and practical tips every step of the way.



Men's Health Challenge

12-week programme designed to help men improve their fitness, lose weight, and boost overall wellbeing in a fun, team-based environment. The course includes weekly activity sessions at local leisure centres, friendly team competitions, and access to gym facilities. It's a great way to get active, stay motivated, and connect with others on a similar journey.



Weight Off Workshops

12-week group programmes designed to help adults build healthier habits around food, activity, sleep, and stress. Run in small, supportive groups, each session includes expert guidance, optional private weigh-ins, and personalised goal setting. For those looking to ease into exercise, WOW Plus includes gentle beginner-friendly activity sessions.

More information

More information

You said, we did...

We're always working to make our services more accessible across the district. Due to popular demand, we're pleased to announce a **new weekly outreach** clinic at **Chanctonbury Leisure Centre, Storrington, starting Tuesday 23 September**.

🕒 Clinic Hours: Every Tuesday, 1:00 PM – 4:00 PM

📍 Location: Chanctonbury Leisure Centre, Storrington

This new addition complements our existing monthly outreach clinics in Henfield, Steyning, and Billingshurst. If one of these locations is more convenient for you, just give us a call—we'll be happy to book you into the next available appointment.

Read more

Did you know?

Did you know we can also offer some of our services online or by the telephone? We want to make sure our service works for you. If you need any adjustments, we're here to help. Some of the ways we can support you include:

- Appointments that are earlier, later, or a bit longer or shorter
- Virtual or telephone appointments
- Large print or accessible documents, including Easy Read materials
- Appointments at different [locations across the Horsham District](#)
- Translation support*

**We have a limited number of of volunteer translators. While we may not have every language available, let us know your needs and we'll do our best to help.*

Read more

What's On...

Understanding Blood Pressure

Understanding Cholesterol

The talk aims to give you the knowledge and guidance to show how a few small

Are you keen to learn more about why a healthy lifestyle is important to help manage blood pressure?

Friday 12 September at 2.30pm
Wednesday 17 September at 5.30pm

**at our Horsham Wellbeing Hub in
Swan Walk**

[Book now](#)

steps can improve your cholesterol levels and your overall general health.

Monday 13 October at 5.30pm

**at our Horsham Wellbeing Hub in
Swan Walk**

[Book now](#)

Menopause Information Evening

Join experts from Orchard Surgery where the topic of discussion will be non-HRT alternatives for managing menopause symptoms

Thursday 25 September 6.30 – 8pm
Orchard Surgery, Horsham

Presented by Dr Emma Woodcock

[Book now](#)

Learn to Bowl

The sessions are aimed at anyone that is interested in learning how to bowl, with instructors on hand to help you and all equipment provided.

**Starting Monday 29 September 12 –
2pm**

Horsham District Indoor Bowls Club

[Book now](#)





Sussex Community NHS Foundation Trust

**COME AND MEET THE PREVENTION
ASSESSMENT TEAM
NHS NURSE ADVISORS FOR ADVICE ON
FALLS PREVENTION**



Horsham Wellbeing Hub,
Swan Walk



Monday 22nd September
10am- 3pm

Falls Awareness Week

The Prevention Assessment Team (PAT) will be at our Wellbeing Hub inside Swan Walk on Monday 22nd September.

The service helps people access the support they need to live independently at home and enjoy life as part of their community.

Come along and chat to NHS

Nurse Advisors about the support they offer.

Do you know your numbers?

High blood pressure is responsible for more than half of all strokes and heart attacks. High blood pressure is also a risk factor for heart disease, kidney disease and vascular dementia.

Lifestyle factors that can raise blood pressure

	Too much salt		Smoking
	Not enough exercise		Being overweight
	Too much alcohol		Not enough fruits, vegetables, wholegrains, beans, peas and lentils
	High stress levels		Too much meat
	Poor sleep		Too much sugar

Are you keen to know your numbers? Contact us to arrange a blood pressure check as a part of a NHS Health Check or Wellbeing MOT.

[NHS Health Checks](#)

The importance of sleep

Sleep is critical to health and wellbeing and as a nation we really aren't getting enough. With research telling us that a third of us sleep for just five-to-six hours a night, it's imperative that we start focusing on sleeping better. It is a basic and fundamental human requirement and is vitally important for good physical, mental and emotional health as well as crucial for memory, learning and growth.

Visit the NHS website linked below for tips on how to fall asleep faster and sleep better.

[Find out more here](#)

Back to School/Work

September often means juggling new routines—whether you're heading back to work after the summer break or managing the school run and after-school activities. It can be a hectic time, but it's also the perfect opportunity to refocus on your wellbeing.

Need quick, healthy lunch ideas for you or the kids? Looking for ways to sneak in some activity despite the busy schedule? Or just want tips on making a little 'me time' happen each day? We've got you covered!

Remember, taking care of yourself helps you take better care of everyone else too!



- **Try swapping your white bread for wholegrain or 50/50:** The higher fibre content aids digestion and helps keep you fuller for longer. It is also more nutrient-dense and can even aid with lowering cholesterol and blood sugar levels.
- **Swap your sugary drinks for infused water:** Try water infused with different combinations of fruit: strawberry & basil, lemon & lime, mint & cucumber...the list goes on!
- **Try grilled chicken pieces or chickpeas in your sandwich in place of processed meats:** Mashed chickpeas & a light mayo make a delicious vegetarian sandwich filling!! Season however you want; with diced veggies, herbs/spice
- **Just one more...** Can you add 'just one more' portion of fruit or veg to each meal? Aim for 1 at breakfast, 2 at lunch, and 3 at dinner.

Why not print off our food bingo card below, and see how many you can incorporate into your week?

[Food Bingo](#)



- Could you get off the bus one stop earlier and walk a little further?
- Take the stairs instead of the lift or escalator
- Park a little further from the entrance to work/school/the shops
- Are you able to walk around whilst speaking on the phone?
- Speed up your walking pace to get your heart rate going!
- Use 10 minutes of your lunch break for a brisk walk
- Are you able to go for a walk or do some exercise of your own at your kids' after school clubs rather than sitting and watching?
- Habit stack! Can you add a positive habit to an existing habit? i.e. calf raises or press-ups whilst the kettle is boiling

Eating well and getting in movement during your day are excellent ways to take care of yourself. Why not print off our wellbeing bingo card for some other ideas of ways that you can look after your wellbeing this month?

Wellbeing Bingo

Campaigns this month



Organ Donation Week 22 - 28 September

This is a national campaign to raise awareness about organ donation and encourage people to share their decision with loved ones. It highlights the life-saving impact of donation and aims to grow the organ donor register.

It takes just two minutes to register—and one donor can save up to nine lives.

[Read more](#)



Know Your Numbers Week 8 - 14 September



World Suicide Prevention Day 10 September

World Suicide Prevention Day aims to raise awareness about suicide prevention and mental health while breaking the stigma around suicidal thoughts.

The day encourages open, honest conversations about how we can support those who are struggling.

[Samaritans website](#)



National Fitness Day 24 September

Know Your Numbers Week aims to empower individuals with the knowledge they need to take control of their health by keeping track of their blood pressure.

Come to one of our Blood Pressure Workshops happening this month!

[Find out more](#)

Celebrating the power of staying active to support our health and wellbeing. This campaign isn't about proving who's the strongest in the gym or the fastest in the pool. Instead, it's a reminder that staying active is essential for living a healthy, fulfilling life.

[Get Active](#)

Eating Seasonally in Sussex

September is a brilliant month for local Sussex produce and is the perfect opportunity to embrace the start of Autumn with a homemade soup! Butternut squash is rich in vitamins A and C and high in antioxidants which protect our cells from oxidative stress. Try out this recipe from the British Heart Foundation:

[Butternut squash soup recipe](#)

Bonus: Soup is great for batch cooking and freezing, making it a convenient and delicious meal prep idea!

Stay connected



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*horsham district
wellbeing*



**Horsham
District
Council**

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