



Find out what we can do to help you



Working in
partnership



@ArunWellbeing



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www.arunwellbeing.org.uk

Arun Wellbeing is funded by West Sussex Public Health to help individuals work towards reducing the risks of developing cardiovascular disease, some preventable cancers, strokes and type two diabetes. We can support you to lose weight, to eat healthily and to get more active, as well as offering advice on stopping smoking and reducing alcohol. We have lots to offer – take a look and then get in touch! We can help you make the changes that will make a difference. Our contact details and places to find further information are on the back of this leaflet. Currently due to the COVID Pandemic our services are being delivered online in groups or via telephone on a one-to-one basis – whichever suits you!

One-to-one support for a healthier you

Wellbeing Advisers can support you to take the first steps towards a healthier lifestyle. The Advisers offer a free, confidential and friendly service where you are able to discuss what matters to you and how you want to change.

This could include support to start losing weight, to get more active, to rethink your alcohol consumption, or advice on stopping smoking.

Advisers can also attend groups to do workshops and presentations. Charges may apply.



Wellbeing Advisers are currently offering support and information around healthy lifestyle changes, such as healthy eating, on a 1-2-1 basis via telephone or using video call.

Health checks

! Currently Unavailable - Our NHS checks are suspended until further notice. We hope to resume these in the near future.

Aged 40-74? Find out about our FREE NHS Health Checks.

Even though you might be feeling great, if you are over 40 you may be at risk of heart disease, stroke, kidney disease and diabetes.

A FREE NHS Health Check can help you reduce these risks and make sure that you stay healthy. We will check:

- Blood pressure
- Cholesterol (small finger prick test)
- BMI (weight and height)
- A brief chat about life style choices and family history

Contact us to find out more.



Alcohol reduction support

Is drinking sneaking up on you?

Drinking alcohol is a commonly accepted lifestyle choice but can have a devastating impact on individuals and families if it gets out of control.

If you think your drinking is getting out of hand our Wellbeing Alcohol Reduction Adviser can help. They can give clear support to help you plan how to decrease your drinking to a safer level or even quit drinking if you wish. Take the first step and contact us!



Stop smoking

Thinking of quitting? Stopping smoking is the best thing you can do to improve your health, but many smokers who want to quit aren't sure about the best way to go about it. You are four times more likely to be a successful quitter if you have professional support from an adviser, compared to trying alone. Our Advisers offer

- 6 – 12 support sessions to help plan how you will quit
- Set a quit date
- Nicotine Replacement Therapies (NRT)



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Wellbeing

Wellbeing Active

Let's get physical!

Do you want to improve your fitness and feel great?

Why not sign up for a ten week Wellbeing Active course where a qualified instructor will support you to increase your fitness and confidence to exercise, in a safe and friendly environment? We offer a variety of different courses across the Arun district to help you take your first steps to getting active or back into exercise. New courses are advertised in spring, summer and autumn. Eligibility and health criteria apply.

For those with more complex needs, we can also advise on specialist one-to-one support via the local leisure provider.



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Wellbalanced for Wellbeing

If you are feeling less steady on your feet or maybe finding it harder to rise from a chair or use the stairs ... A Wellbalanced course may be suitable for you.

As we get older, everyday tasks such as walking outside alone can become more challenging.

Our qualified and experienced wellbeing instructors lead on this strength & exercise programme to keep you strong and steady and prevent a fall.

The Wellbalanced Programme is delivered by AHS Wellbeing on behalf of Arun Wellbeing.



wellbalanced
for
wellbeing

Wellbeing in the Workplace

Arun Wellbeing can support your workplace around a variety of Wellbeing topics including smoking, alcohol, healthy eating, weight management, exercise and stress. We can also talk about wider issues such as sleep and rest, menopause, heart disease/stroke and cholesterol and pre-diabetes.

Talks can be bespoke to your staffing needs and time frames.

We also offer a "My Wellbeing Check" for staff – one-to-one support of up to 30 minutes with a Wellbeing Adviser, using a mix of motivation interviewing and CBT techniques to set achievable goals to improve wellbeing.



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Wellbeing
in the
Workplace

Wellbeing Home

The service supports people who are in fuel poverty, and those with health conditions affected by cold homes. Our main focus is on people living in their own home or in privately-rented accommodation.

We can support you to improve the warmth of your home and reduce energy bills, provide information on tariff-switching and eligibility for grants, and advice on low-cost installable measures.

We can provide phone advice or, where necessary, visit your home.



Family Wellbeing

If you are concerned about your child's weight and would like support to help them lead a healthy lifestyle then Family Wellbeing are able to support you. Sessions are 1-1 and tailor made to you and your family. The sessions cover the basics of nutrition, simple and

easy cooking sessions and building confidence through physical activity. Sessions can be held at your own home, a community building, or be virtual via video calls. All the sessions are fun and interactive and you will be supported every step of the way.



WISE

Weight Information & Sensible Eating

Want to reduce your weight and eat more healthily, but not sure where to start? We could be just what you're looking for.

Together we'll look at: healthy eating, understanding food labels, getting active and making small and simple changes for a healthy lifestyle. The twelve-week course is fully interactive, fun and includes a weekly weigh-in.



Pre-diabetes Programme

Have you been diagnosed as Pre-diabetic?

This may be unexpected and worrying for you. We can help through the pre-diabetes programme.

Our workshops will cover:

- An explanation of what 'pre-diabetes' is
- Information about the causes and complications of Type 2 diabetes
- Ideas and discussion about what you can do to reduce your risks of developing Type 2 diabetes
- Help and support to set your own goals for the future.



Visit our website: www.arunwellbeing.org.uk

You can self-refer to our services via secure E-forms on our website.

Join us on social media:



@ArunWellbeing



@ArunWellbeing



Find us on
Facebook



Call us: 01903 737862 (general enquiries)

For individual services please see contact details below:

Wellbeing Advisers

1-2-1 support for lifestyle changes

Alcohol reduction support

Helping you decrease or quit drinking

Health checks

Reduce cardiovascular risks and make sure that you stay healthy

Stop smoking

Professional support from an advisor

For more information please contact the Wellbeing Team on 01903 737862

WISE

Weight management programme

For more information please contact the Wellbeing Team on 01903 737862

Pre-diabetes Programme

Information and support for those diagnosed as pre-diabetic

For more information please contact the Wellbeing Team on 01903 737862

Family Wellbeing

Weight management for families with an overweight child

For more information please contact Caroline from START on 07712 290606 or email caroline@123start.co.uk

Wellbeing Workplace

Helping to make workplaces better

For more information please contact the Workplace Co-ordinator on 01903 737862

Wellbeing Active

Activity classes for the less confident

For more information please contact the Activities Co-ordinator on 01903 737862

Wellbalanced for Wellbeing

A strength & exercise programme to prevent falls

For more information please contact 01444 657099 or email info@wellbalancedprogramme.co.uk

Wellbeing Home

Information and help to keep your home warm

For more information please contact the Home Energy Visitors on 01903 737862