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Health and Wellbeing

Local information and services

Feel good for Summer

Welcome to your May Health and Wellbeing update.

It is the third and last month of the season of spring which means Summer is on its way. We've got lots of helpful tips, free courses and useful resources to help you stay fit and healthy during the summer months and beyond.

[More information](#)

Here to support you to achieve your goals

Now more than ever it's important to take the time to look after your health and wellbeing. We are a **free** service and want to let you know that we are still here to support you in achieving your goals, whether that's losing weight, getting more active, eating healthier, stopping smoking, reducing your alcohol consumption or improving your mental wellbeing.

Our Wellbeing Advisors are available to speak to you over the phone or via video call so if you want to improve your health then get in touch to see how we can help.

[Get in touch](#)

Quit4Covid

The damage that smoking causes to your lungs and immune system makes it more likely that you will have complications if you get sick and take longer to recover.

Quitting smoking is the best thing you can do to protect yourself and others and reduce the impact on NHS services.

Our Stop Smoking Advisors can offer weekly sessions over the phone where they will take you through all the stop smoking aids available to help you quit (patches, gum, inhalators, Champix etc.), help you decide on the best option for you and provide you with your choice of product* and ongoing support.



[Book an appointment](#)



Mental Health Awareness Week: 18-24 May

Each year the Mental Health Foundation campaign around a specific theme to raise awareness of topics related to mental health. The theme this year is **kindness**.

What you can do to help spread the word:

Reflect on an act of kindness by sharing your stories and pictures of kindness on social media by using #KindnessMatters and #MentalHealthAwarenessWeek



Miles for Mind

Some of our team are taking part in **Miles for Mind**, which runs through May.

Our Project and Groups Advisor Nicola had this to say:

"I have decided to run because Mind is a great charity offering help and support to people suffering with mental health problems. It's great to challenge yourself throughout the month and fundraise at the same time. I have currently raised £80

Download resources from the campaign website to use with your friends, family, school, workplace and community

Share your ideas and views on how you think we could build a kinder society that would support our mental health

[More information](#)

and am hoping to raise a little more by the end of May."

We aren't asking anyone to raise money. Our aim is to promote how important it is to talk about mental health. Mental health problems can affect anyone, at any time, and having good mental health helps us relax more, achieve more and enjoy our lives more.

[Find out more](#)

Client of the month

This month we want to celebrate the achievements of one of our clients who has made great improvements to his health.

After an Informal referral from his GP, Robert attended two 1-2-1 appointments and a telephone appointment with a Wellbeing Advisor. His goal was lose weight and feel fit and healthy.

Robert made some really positive changes to his diet and lifestyle. By swapping his sugary fruit juices to water with lime and walking 2 hours every day, Robert lost a stone in weight and reduced his fat mass by 8lb!



What did Robert have to say?

"I have really enjoyed doing the exercises and breathing in the fresh air on my walks. I love drinking my water with fruit slices, and I did not find it difficult to give up fruit juices".

If you would like to know more about the support we can offer you to help you achieve your goals then get in touch!

[Contact us](#)

Weight off Workshops

Watch this space for upcoming plans and dates...

We are currently able to offer weekly support over the phone but we are working hard to move our sessions online for those that would like to get support from a group of like-minded individuals and take advantage of our knowledgeable course leaders who will offer lots of nutritional advice to help you achieve your goals.



Get in touch to find out how you can lose weight and improve your health.

[Find out more](#)

Self Isolation Support

Adults over 70 can access a helpful isolation pack to support them during isolation. It contains a Home Environment Checklist, useful contact details and tips and hints about healthy eating for people with diabetes.

[Download the Isolation Pack](#)



Get the medical help you need

While everyone is being told to stay at home, it can be hard to know what to do if you're unwell.

For help from a GP – use your GP surgery's website, use an online service or app, or call the surgery. For urgent

medical help – use the NHS 111 online service, or call 111 if you're unable to get help online. For life-threatening emergencies, call 999 for an ambulance. **If you're advised to go to hospital, it's important to go.**

[Getting medical help from home](#)

When to call 999

*We do not provide Champix, we will send the request to your GP.

Stay connected



Parkside, Chart Way, Horsham,
West Sussex,
RH12 1RL
www.horshamdistrictwellbeing.org.uk

info@horshamdistrictwellbeing.org.uk

*horsham district
wellbeing*



**Horsham
District
Council**

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