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# Health and Wellbeing

## Local information and services

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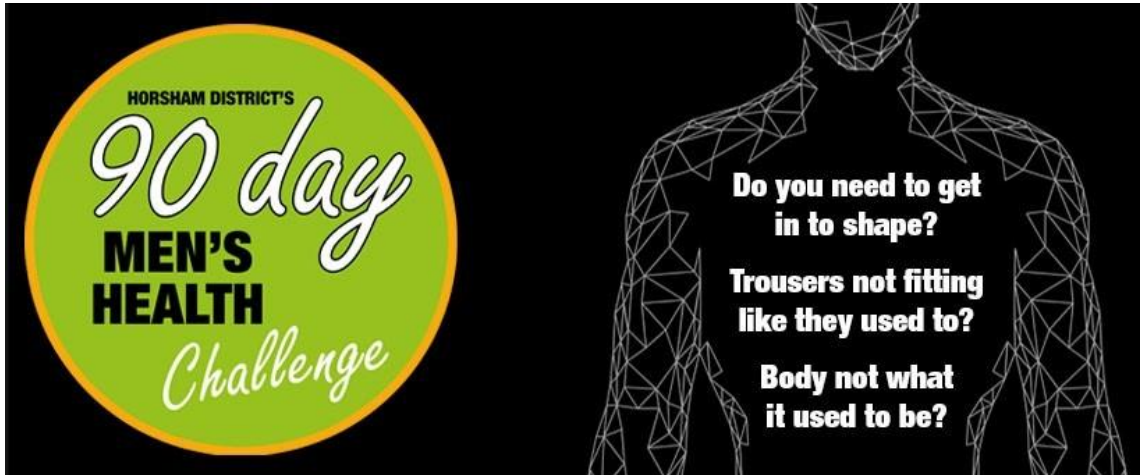
Welcome to your July Health and Wellbeing update that's jam-packed with lots of helpful tips, free courses and useful resources to help you improve your health and wellbeing.

With the warm weather we've been experiencing you are probably spending more time outdoors, so it's important to make sure you are sun aware.

The [World UV App](#), developed by the British Association of Dermatologists (BAD) and the Met Office, is a free app that gives live UV ratings anywhere in the world. Knowing the UV level in your location is a useful tool in helping you keep an eye on the sun's rays and being aware when they reach harmful levels.

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## Calling all men...



**Join our 90 day challenge to see if your team can lose the most weight and become the champions!**

Teams of between two and four men will compete to lose the most amount of weight over a 90 day period.

There will be prizes for the winning team (worth £160), runners up and weekly spot prizes!

[Sign Up now](#)

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## **New speed sessions available**

**Always on the go? Lack of time?**

**Just for you...**

We are now offering 'speed' Wellbeing MOT appointments during lunch times and evenings.

Have a quick health MOT and get information, guidance, support and help about all aspects of your health, which includes both physical and emotional wellbeing.

[Contact us to book!](#)



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**Looking to lose weight and improve your health?**



**Our NEW revised FREE 12 week weight loss course could help you to achieve your goals!**

The course involves nutritional based activities, discussions, tools, hints and tips to help you reduce your risk of developing diseases such as heart conditions, stroke, diabetes, cancers and arthritis, as well as key nutrition principles and how to prepare and plan healthy meals and snacks.

[More information](#)

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## Helping people to stay strong and steady



**Do you know someone who may benefit from attending a free strength and balance course?**

**Our next course starts in September and we have 15 places available.**

Appointments for pre-course assessments are available to book now.

[Book now](#)

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**Get Active....for free! New courses start in September**

We run a series of free activities ...

Learn to Run

Exercise to music

Swim 4 Health

Outdoor Fitness

[Enquire Now](#)



## Volunteering and its surprising benefits

“ Mulch has changed my life! ”  
Horticulture volunteer

Volunteering...  
not what you expected?

Visit [www.volunteerhorshamdistrict.co.uk](http://www.volunteerhorshamdistrict.co.uk)  
to find out more about volunteering in the  
Horsham District

@myhorsham

Horsham  
District  
Council

### Did you know that volunteering makes you happier and healthier?

It's a fact - volunteering can help reduce stress, help you find friends, connect you with your community, provide opportunities to learn new skills and even advance your career.

You might think that you don't have time to volunteer in your busy life, but, it doesn't have to be a huge amount of time or a long term commitment. In fact recent data shows that over 20 million people in the UK volunteered with a group, club or community organisation in 2017/18. (NCVO Almanac, 2019)

Why not talk to the Voluntary Sector Support team to find the right volunteering opportunity that fits in with your life. They have over 90 opportunities to choose from.



Voluntary Sector Support is a service provided by our Community Development team and exists to support a vibrant and independent voluntary sector across the Horsham district.

Doing good is good for you.

[Email us](#)

01403 215191

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## Upcoming events

### Wellbeing Drop-ins: No need to book, just turn up!

Have a [Wellbeing MOT](#) and find out how you can improve your health and wellbeing.

**Steyning Leisure Centre, 10am -1pm:** Wednesday 24 July, Wednesday 28 August

**The Octagon, Horsham 11am-2pm:** Wednesday 7 August, Wednesday 4 September

### Pre Diabetes Courses:

**Horsham:** Monday 5 August

**Henfield:** Thursday 29 August (for patients registered at Henfield Medical Centre)

### Weight Loss Courses:

**Mon 9 September 6-7.30pm, Park Barn (Horsham)**

**Tues 10 September 6-7.30pm, Park Barn (Horsham)**

**Thurs 12 September 1-2.30pm, Park Barn (Horsham)**

**Fri 13 September 10-11.30am, Park Barn (Horsham)**

### Exercise to Music Courses:

**Tues 17 September 6.30-7.30pm, St Andrew's Church Hall (Roffey)**

**Thurs 19 September 9.30-10.30am, St Andrew's Church Hall (Roffey)**

### Learn to Run Courses:

**Wed 18 September 10-11am, Horsham Park**

**Thurs 19 September 6-7pm, Horsham Park**

For a list of all events please visit our [website](#)

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## Stay connected



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