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Horsham District Wellbeing

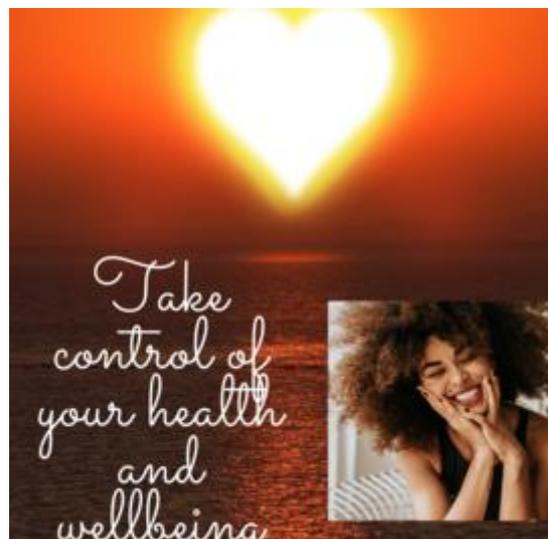
August 2020

Reach your goals this Summer

This month, why not set yourself some positive targets, whether it's improving your eating habits, getting more active or quitting smoking? All our advisers are ready and waiting to help you achieve your goals!

Find out more about how we can help you take control of your health and wellbeing.

[Find out more](#)





Weight Off Workshops

Are you fed up of dieting and not seeing results? Do you lose weight only for it to go back on again?

Ditch the diets this summer and join our FREE Virtual Weight Off Workshops!

They focus on weight loss, physical and emotional wellbeing, and making sustainable lifestyle improvements. Let us help you reach your goals!

We have new dates for August!

Saturday 8th at 10am

Wednesday 12th at 7pm

Spaces are limited so register your interest now

[WOW Virtual Courses](#)



Alcohol Support Service

We have a **brand new Alcohol Support Service** and our Alcohol adviser is ready to help you!

We offer a confidential non-judgemental service with no group work involved and no added pressure to stop drinking completely unless you want to.

A series of one-to-one sessions are available to support people who may be drinking at increasing risk or higher risk levels. This might have been identified by a health professional or you may recognise that you are drinking at a problematic level and either want to cut down or stop drinking altogether to enjoy a healthier

lifestyle. Get in touch to find out how we can help.

[Contact us](#)

We Are Undefeatable!

"We Are Undefeatable" is a national campaign that aims to support the 15 million people who live with one or more long-term health conditions in England to become more active.

We know getting active is different for everyone and can be tough when you have a long-term health condition. Being active is about finding out what works for you.

The Campaign aims to help those with conditions such as **Diabetes, Cancer, Arthritis and Parkinson's** build physical activity into their lives.

If you want to know more and feel inspired, visit their [website](#)

We also offer a number of courses to help adults (18+) get active. Courses include Learn to Run, Exercise to Music, Outdoor Fitness, Swim4Health and Strong and Steady.



[Find out More](#)



Your health matters

There has never been a better time to kick start your health. [Better Health NHS](#) has a range of tools and support to help. You can download their FREE weight loss plan to help you create healthier eating habits, be more active and start losing weight.

We also offer a range of free services to help you with your weight loss goals including one to one sessions with an advisor and group courses.

[Find out more](#)

Wellbeing Package

Session 1	Emotional Wellbeing and Emotional Eating (Managing stress and anxiety, emotional eating and sleep issues)		
Session 2	Advice on Healthy Eating and Nutrition		
Session 3	Physical Activity		

Our brand new Wellbeing package offers three sessions aimed at helping you achieve a healthier lifestyle. To book an appointment contact us today!

[Get in touch](#)

EMPLOYEE HEALTH AND WELLBEING

SMALL STEPS TO STAY HEALTHY IN A TIME OF UNCERTAINTY



Health in the workplace

A healthy workforce is important for business resilience during these uncertain times. Our FREE online talk gives employees the opportunity to learn about Horsham Wellbeing services. We also talk about the simple steps that we can all take to keep ourselves healthy.

Find out more about how compassion can benefit your workplace and what we can do

to support you.

Workplace Support

Compassionate leadership in the workplace has never been more relevant, so what steps can my organisation take to becoming a more compassionate workplace? Follow this toolkit from the National Forum for Health and Wellbeing at Work.

Toolkit

Thank you for continuing to support us!

We've had some great feedback and testimonials from our clients since the introduction of our telephone and video calls. Here's one from a Weight Off Workshop client....

“

I am so pleased with my progress, by the end of the course I had lost over a stone and have never felt like giving up even if some weeks have been harder than others. I don't feel bad enough to give up like you do when on a restrictive diet - I just think right I'll get back to it tomorrow and I generally do... I could do with losing a lot more but don't now feel it's impossible and feel I am more positive about my future general health and fitness.

”



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TO STAY SAFE

To find out how to stay safe
when shopping,
go to [gov.uk/coronavirus](https://www.gov.uk/coronavirus)



NHS

Stay connected



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**Horsham
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Council**