

Boost your wellbeing!

Adur & Worthing Wellbeing Services Guide



Adur & Worthing Wellbeing offers free, one-to-one support to help you make the changes you want to improve your health.

Find out about the services available to you.

01903 221450

info.wellbeing@adur-worthing.gov.uk

www.adur-worthingwellbeing.org.uk

Funded by Public Health West Sussex

"NO ONE WAS TELLING ME I COULDN'T SMOKE, BUT BY WORKING THROUGH THE TRIGGERS AND PLANNING HOW TO DEAL WITH THEM, I NO LONGER WANTED TO SMOKE."

Malcolm, Worthing - supported to quit smoking

*adur & worthing
wellbeing*



Wellbeing
at Work,
Cedar Garage,
Worthing

Assess your wellbeing

A Wellbeing Advisor will work with you to identify small changes that you can make to help you achieve your personal health goals.

These free assessments, which are available to anyone aged 18+, will give you an instant picture of your physical health, including your weight, Body Mass Index (BMI), blood pressure and overall wellbeing.

Get an NHS Health Check

Are you between 40 and 74 years old? Book in for a free NHS Health Check with one of our Wellbeing Advisors to assess your risk of developing heart disease, stroke, diabetes or kidney disease.



If you are outside the age range and concerned about your health, you should contact your GP.

Manage your weight

Worried about your weight? Sign up for a 12-week small group course to help you achieve your weight loss goals.

The course covers a range of healthy eating topics, including food labelling, portion sizes and healthy recipes, to help you change eating habits and behaviours.

Quit smoking

Giving up smoking is the best thing you can do to improve your health. To help you quit for good we offer up to 12 free one-to-one sessions with a trained Wellbeing Advisor.

Nicotine replacement therapy is included if required.

Rethink your drinking

Drinking more than you used to? Sign up for free, confidential, one-to-one support with a Wellbeing Advisor to help you get your drinking back on track.

Prevent falls

If you're feeling a bit unsteady on your feet, our strength and balance courses could be just the thing to boost your confidence and get your balance back.

Our courses* are run by qualified Postural Stability and Falls Prevention Instructors.

* There may be small fee for the Falls Prevention classes

Prevent diabetes and cardiovascular diseases

Could you be at risk? Would you like to find out more?

Free face to face or virtual group workshops plus a one-to-one session with a Wellbeing Advisor available.





Stay well at work

Are you a local employer? We offer free, confidential support to local businesses to help improve the health and wellbeing of employees.

Our tailored support includes topic based talks and workshops, promotional materials and workplace campaigns, as well as one-to-one support for employees.



Get more physically active

Would you like to be more active, but not sure where to start? Our team can help find the right activity for you.

You could try one of our **Get Active** taster courses. Designed to help you build physical activity into your life, we've got a range of sessions available, from Running for Beginners to Yoga - with lots in between.

GET IN TOUCH

Find out more about services available for you
Visit: www.adur-worthing.westsussexwellbeing.org.uk
Email: info.wellbeing@adur-worthing.gov.uk
Telephone: 01903 221450

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