

arun Wellbeing

Small changes
make a big
difference



Find out what we can do to help you!



Working in
partnership



Arun Wellbeing is here to help, from supporting you to lose weight, get more active or stop smoking to offering advice on healthy cooking. We've got lots to offer, take a look and then get in touch. We'll help you with the small changes that will make a big difference.

Free 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, stopping smoking, getting more active and rethinking what you drink.

Advisers can also attend groups to do workshops and presentations.

For more information contact the Wellbeing team, our details are on the back page of this booklet.

Wellbeing advisers can offer a Wellbeing MOT which tells you about your:

- **Weight, BMI and level of body fat**
- **Muscle and bone mass**
- **Hydration levels**

This is a great way to help you focus on how you can make small changes for a healthier you.



arun
wellbeing

Wellbeing Active

Let's get physical!

Do you want to look good and feel great?

Ever wanted to get a little fitter? Why not sign up to a FREE eight week Wellbeing Active course in a safe and friendly environment near you? We also run courses that can help you to improve your balance and prevent falls. Wellbeing Active courses aim to support and guide you through your first steps to getting active, getting back into activity or improving your balance. We offer a variety of different courses throughout the district each term.

Eligibility criteria apply.

For more information contact the Wellbeing team, our details are on the back page of this booklet.



Wellbeing coaches

Do you lack the confidence or motivation to start getting active? Sometimes specific needs or requirements cannot be met in a group setting; a referral from one of our Wellbeing Advisers to a Wellbeing Coach might be just the answer. You will have access to FREE one-to-one support to help you gradually increase your activity levels, this can be in a variety of locations for example at home, at a local leisure centre or even in a park, with various exercise techniques and equipment to help you get engaged with exercise.

Eligibility criteria apply, referral via a Wellbeing Adviser.

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Falls prevention

Do you ever worry about your balance or that you might fall? If you have not had a fall you may be eligible to join one of our falls prevention classes designed to help you to build confidence to prevent yourself falling. The course lasts for nine weeks in total, starting with an extended workshop and information session, followed by eight weeks of tai chi exercise designed to improve balance and coordination. Most attendees will be aged 65 or over but we may accept younger people in some cases.



For more information contact the Wellbeing team, our details are on the back page of this booklet.

Wellbeing in the workplace

Our Wellbeing in the Workplace Coordinator works with local businesses to reach people in paid employment or working as a volunteer. Improving staff and volunteer health and wellbeing makes good business sense as it helps to reduce sickness absence and takes care of an organisation's key asset, its staff.

We can bring free Wellbeing MOTs directly to your workplace. We will help you interpret the overall (anonymised) results for your team and guide you with what to do next to tackle the issues that matter most to your staff.

This service is completely free and open to all workplaces in the Arun District. The service is publicly funded so there is no selling of products or services.

If you think your business could benefit from this service please contact the Wellbeing team, our details are on the back page of this booklet.



arun
Workplace
Wellbeing

01903 737865

"A very easy process with thorough and informative results."



Wellbeing Home

Don't wait until it is cold and damp to get some free and impartial advice on keeping your home warm. Our Home Energy Visitors can phone you or visit your home, install low cost energy saving measures and tell you about the best energy deals.

For more information contact the Wellbeing team, our details are on the back page of this booklet.



Family Wellbeing

If you are worried about your child, either because they are not very active or you are concerned that they are overweight, Family Wellbeing can help you. Family Wellbeing provides one to one tailor made sessions which can be held at your own home or a variety of different places convenient to you. The sessions are fun, interactive and cover the basics of nutrition, cooking, and many ideas for physical activity which can also improve your child's confidence and self-esteem.



For more information contact the Wellbeing team, our details are on the back page of this booklet.





Weight Information Sensible Eating (WISE)

Healthy eating and activity workshops

Want to manage 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: Ideas for healthy family meals, understanding food labels, getting active and making small and simple changes for a healthy lifestyle.

The workshops are fully interactive, fun and free!

For more information contact the Wellbeing team, our details are on the back page of this booklet.



Cook and Eat



Do you lack the skills or confidence to cook a meal from scratch using fresh ingredients? Cook and Eat could be just the thing for you. Over 6 weeks you will learn the basics of food hygiene, kitchen safety, healthy diet and cooking on a budget. This course is open to families and individuals.



**food
matters**
creating sustainable and fair food systems

For more information contact the Wellbeing team, our details are on the back page of this booklet.

Pre-diabetes Programme

Have you been diagnosed as Pre-diabetic?

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

Pre-diabetes Programme

type 2 Diabetes prevention support eat well take control health motivation free

Arun Wellbeing

Contact your local wellbeing hub for more information and to learn what you can do to help avoid type 2 diabetes for life

NHS Coastal West Sussex Clinical Commissioning Group

ARUN in partnership with West Sussex County Council

Our three hour course 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.

Following the course, you will be offered an opportunity for free ongoing one-to-one support with a trained Arun Wellbeing Adviser.

A Winning Plan to Lower Risks for Diabetes

Lose Weight

Get Active

Enjoy a heart-healthy life

For more information contact the Wellbeing team, our details are on the back page of this booklet.





What can we do for you?

Free One-to-One Support for a Healthier you

Come to us for a free Wellbeing MOT and a friendly chat about lifestyle changes – maybe losing weight, quitting smoking, cutting down on alcohol or improving your diet.

Warm Your Cockles!

We give free impartial energy saving advice and can help you get the best energy deals and keep warm at home. We can also arrange a free 3 month introduction to Arun Lifeline (your local Telecare provider)

Let's Have a Chat

Do you attend or run a group? Would your group benefit from a talk or workshop from us on healthy eating, keeping your home warm or the benefits of keeping fit? Then why not give us a call!



Let's Get Physical

Do you want to look good and feel great? Then why not sign up to a FREE



Wellbeing Active course near you?

Can't find what you are looking for? We can find it or set a new course up to meet need. Let us know what you are looking for.

Workplace Wellbeing

Improving staff health and wellbeing makes good business sense as it takes care of an organisation's key asset – its staff. Arun Wellbeing offer free onsite Wellbeing MOTs. So why not speak to your employer about inviting us in?



Call **01903 737862** to speak to a member of the Wellbeing Team, email: info@arunwellbeing.org.uk or visit the website on www.arunwellbeing.org.uk

**Please contact the Arun Wellbeing Team for more information on any of the projects in this booklet:
T: 01903 737862 E: info@arunwellbeing.org.uk**

Alternatively please visit our website for more information on upcoming events, groups, campaigns and current health messages.

www.arunwellbeing.org.uk



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