

MID SUSSEX WELLBEING

The Mid Sussex Wellbeing Team is here for all your health and wellbeing needs.

Our Wellbeing services are aimed at anyone over 18 years of age.

The Team can provide you with information, advice, and support to access services in and around Mid Sussex to improve your wellbeing.



FIND US ONLINE:

midsussex.westsussexwellbeing.org.uk
community-connections.org.uk

CONTACT US

Mid Sussex Wellbeing Team

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YOUR HEALTH & WELLBEING

FREE information,
support and advice for
adults in Mid Sussex



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WORKPLACE HEALTH

We provide Wellbeing support to Mid Sussex businesses in their workplace.

Wellbeing MOTs offer employees a confidential 30-minute appointment with a Wellbeing Advisor, and use of body composition scales. The employer receives an anonymised report with findings and recommendations following the MOTs.

Workplaces can also organise a healthy lifestyle talk, in person or online. We cover a variety of engaging and informative topics including stress and resilience, menopause awareness and more.



WEIGHT MANAGEMENT

The Wellbeing 12-week Weight Management groups support clients to maintain a sustainable lifestyle change.

The programme is delivered by Wellbeing Advisors trained in weight management, motivation, and behaviour change.

The programme incorporates how to make positive food choices, increase activity levels and practical ways to create and sustain healthy eating habits. Programmes available across Mid Sussex.



1:1 APPOINTMENTS

Wellbeing 1:1 appointments are available with our Advisors to support those who would like more individual guidance towards lifestyle change.

This service is available across Mid Sussex in Burgess Hill, East Grinstead and Haywards Heath.



STOP SMOKING

The Smoking Cessation service helps those who want to quit smoking. Up to 12 weeks of one-to-one behavioural support and NRT (nicotine replacement therapy) is offered. Support will be given by fully trained Wellbeing Advisors throughout.



HEALTH CHECKS

The NHS Health Check is available to adults aged 40 to 74. The check calculates if you are at a high risk of certain health problems such as: heart disease, diabetes, kidney disease or stroke. The Wellbeing Team provides this service in locations across Mid Sussex.



ALCOHOL REDUCTION

We offer a confidential service designed to support clients who are concerned about their level of drinking, and would like to explore their relationship with alcohol and ways to reduce it.

