

## Arun Wellbeing successes in numbers!

**Arun Wellbeing had contact with more than 6,000 residents over the last twelve months.**

- More than 2,200 people had one-to-one conversations with a Wellbeing Adviser about improving their health through small lifestyle changes
- Approximately 350 people who had previously been active for fewer than 30 minutes a week took part in beginner courses to increase their activity towards a goal of 150 minutes per week
- Nearly 150 people benefited from a visit or telephone advice to improve their home's energy efficiency, in order to improve their health by keeping warmer
- Around 130 people benefited from learning how to cook healthy meals on a budget

- 28 people took part in a weight management and healthy eating course
- Around 150 children and adults benefited from individually tailored, family-based weight management and healthy eating programmes
- More than 3,000 people attended special Arun Wellbeing events at which they received advice or listened to talks

**We telephone some of our clients (with their permission) three months after we meet with them. Of those who agreed to take part in the survey:**

- 96% rated their contact with the service to be useful or very useful
- 78% had made positive and ongoing changes to their lifestyles as a result of meeting a wellbeing adviser

## Pre-Diabetes Courses



**Have you been identified as being Pre-diabetic? Are you concerned about your risk of developing type two diabetes? Arun Wellbeing runs FREE Pre-diabetes courses on a regular basis at GP surgeries across Arun.**

Pre-diabetes, also known as Impaired Glucose Regulation (IGR) is where an adult has higher than normal blood glucose levels, although not high enough to be diagnosed as a type two diabetic. This condition can put people at a higher risk of developing type 2 diabetes.

diabetes but have not been diagnosed. Therefore having knowledge about the risk factors associated with the illness, along with support to reduce personal risk where possible, is really important.

Type two diabetes occurs when the pancreas doesn't produce enough insulin to maintain a normal blood glucose level, or the body is unable to use the insulin that is produced – known as insulin resistance. (NHS Choices)

It is estimated that more than one in 17 people in the UK has diabetes (diagnosed or undiagnosed). This figure includes 3.2 million diagnosed (2013) and the number is increasing year-on-year, fuelled by the rising trend of obesity and sedentary lifestyles. Additionally, it is estimated that there are around 630,000 people in the UK who have

The three hour Arun Wellbeing pre-diabetes programme, which has been approved by GPs, looks at the risk factors of type two diabetes and how diet and physical activity has an effect on people at risk of this condition. The programme is then continued in the form of free one-to-one support for all individuals at a time to suit them.

**For more information on the courses, or to book your place please contact the Arun Wellbeing team on 01903 737862**

References: Diabetes Facts & Stats. Diabetes UK. Version 3. March 2014

# Stoptober 2015

**There is no better time to give up smoking than this October as smoking in a vehicle with a person under the age of 18 present is illegal from 1 October 2015.**

Every time a child breathes in secondhand smoke, they breathe in thousands of chemicals. This puts them at risk of serious conditions, such as meningitis, cancer and respiratory infections such as bronchitis and pneumonia. It can also make asthma worse.

Secondhand smoke is dangerous for anyone, but children are especially vulnerable, because they breathe more rapidly and have less developed airways, lungs and immune systems. Over 80% of cigarette smoke is invisible and opening windows does not remove its harmful effect.

**Stopping smoking will also have many benefits to you:**



### After 20 minutes

Your blood pressure and pulse should return to normal.



### After 8 hours

Blood levels of nicotine and carbon monoxide are halved and your oxygen levels should return to normal.



### After 24 hours

Carbon monoxide is eliminated from your body and your lungs start to clear.



### After 2 days

Your sense of taste and smell may improve.



### After 3 days

You may be able to breathe more easily, the bronchial tubes relax and your energy levels increase.



### After 2–12 weeks

Your circulation should improve.



### After 3–9 months

Lung function increases by up to 10%. Coughs, wheezing and breathing problems improve.



### After 1 year

Your heart attack risk may be half that of someone who smokes.



### After 10 years

Your lung cancer risk may be half that of a smoker.



### After 15 years

Your risk of having a heart attack can be the same as if you'd never smoked at all.



## Quit the current trend – Shisha!

**Shisha is gaining in popularity in many bars & restaurants across England, but are you aware of its harmful effects?**

A World Health Organisation study has suggested that during one session on a Shisha pipe (around 20 to 80 minutes) a person can inhale the same amount of smoke as a cigarette smoker consuming 100 or more cigarettes. Hookah smoke also contains nicotine, cancer-causing chemicals and toxic gases such as carbon monoxide.

**Solutions 4Health** is the provider for the West Sussex Specialist Stop Smoking Service. Their specialist team of advisers can be contacted on 0300 100 1823 or you can text quit to 6677.

[www.smokefreetwestsussex.co.uk](http://www.smokefreetwestsussex.co.uk)



From  Public Health England

## Did you know?

**From 1<sup>st</sup> October 2015 it will be illegal to smoke in vehicles with someone under 18 present.**

The new law helps protect children from the dangers of secondhand smoke.

For more information and free, proven support to help you quit search **Smokefree**.



## Dates for your Diary

The Arun Wellbeing Team will be attending the Bognor Regis Fire Station Open Day event on Saturday 24 October between 10am – 4pm.

The team will be on hand to advise members of the public on how to gain a healthier lifestyle including advice on healthy eating, exercise, reducing alcohol and stopping smoking. As part of Stoptober month they will be bringing along a Smokelizer, which is a machine that can show the levels of Carbon Monoxide in the body, which is a dangerous substance found in cigarettes.

# Arun Wellbeing Active

**With yet more opportunities for people to join one of our FREE courses, the summer months have again been very busy for the Wellbeing Active project.**

Despite the lack of Mediterranean weather we had all hoped for, outdoor activities such as Learn to run, and Learn to swim (which was held at the Arundel Lido) were very popular. Wellbeing Active also funded several individuals to attend already established exercise sessions featuring Zumba, Fitness for Women and Beginners' Circuits.

On Tuesday 25 August we held our annual Parktastic event which this year was held at The Arundel Lido as part of Arundel festival. We would like to thank everyone who contributed and a special thanks to Arundel Surgery Community Association who approached us to run the event. Parktastic gave us the perfect platform to showcase all the different services Arun Wellbeing can offer from dance and gym-based exercise to sporting opportunities and Walking Football. Watch this space, as we hope to have more sporting opportunities coming soon!

One sad note was that the team had to say goodbye to Sally Guile our outgoing Wellbeing Active coordinator who is going on to a new challenge, we wish her all the best! This has however given new coordinator Tom Howell the opportunity to pick up the mantle. Tom joins us from the fitness industry where he has an extensive background and knowledge in leisure services and is looking forward to contributing positively to the teams' continued development.

With the autumn nights now drawing in, attention has reverted back to indoor activity for our users. Having already established activity sessions with local Children and Family Centres (CFCs) and Helping Overcome Obesity Problems (HOOP), Wellbeing Active is looking for a new list of activities to keep people active in the upcoming months, so keep an eye out!



L-R: David Wood Chairman of the Trustees at Arundel Lido, Mike Jenkins GP representative of Arundel Surgery Community Association, Cllr James Stewart Mayor of Arundel, Cllr Andy Cooper Chairman of Arun District Council and Cllr Paul Wotherspoon Cabinet Member for Community Services



Two happy girls after having their faces painted



Skate The Base with some of their merchandise

# Adult Fitness Class

# YOGA

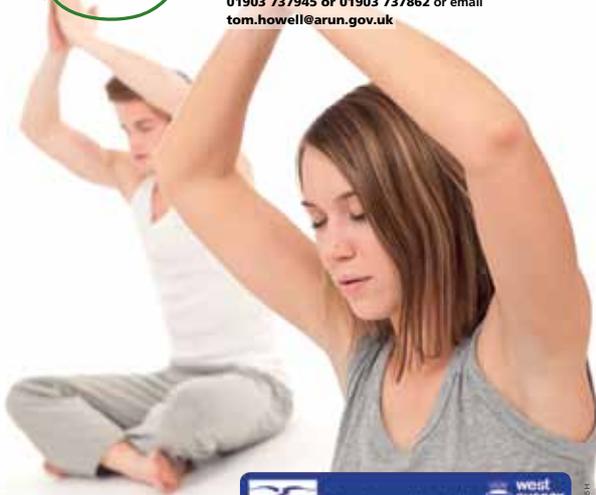
Freestyle Fitness Yoga

Be free, have style, do fitness, live Yoga.

**Where:** Middleton Sports Club  
**When:** Weekly from Monday 19 October, 6.30 - 7.30pm  
**Cost:** FREE!

Known as FFY, Freestyle Fitness Yoga is a programme that incorporates stretch, strength and yoga postures, all validated from a fitness perspective. It improves strength and flexibility, concentrating on movement, breathing and transitions from one posture to another and is suitable for everyone.

To find out more and to book your place call Tom Howell in the Arun Wellbeing Team on 01903 737945 or 01903 737862 or email [tom.howell@arun.gov.uk](mailto:tom.howell@arun.gov.uk)



# GET IN A SPIN!

Places are limited so get in touch now to book your place!

## Free beginners spinning classes

**Where:** Inspire Felpham  
**When:** Weekly from Tuesday 6 October, 7:05-7:45pm  
**Cost:** £FREE!

A spinning workout is an excellent way to improve your fitness and relieve stress. This is a great opportunity to get into fitness in a fun and interactive way. Arun Wellbeing are offering a free 8 session course with a qualified instructor who will support you through your first steps to exercise.

To find out more and to book your place call Tom Howell in the Arun Wellbeing Team on 01903 737945 or 01903 737862 or email [tom.howell@arun.gov.uk](mailto:tom.howell@arun.gov.uk)



# Get fit for FREE!

parkrun  
Bognor Regis

9am  
Every Saturday

Free, weekly, 5km timed run for all ages and abilities  
 Hotham Park, Bognor Regis

- 1 Register for FREE at [www.parkrun.org.uk](http://www.parkrun.org.uk)
- 2 Print out your barcode
- 3 Turn up, run and have fun!

Don't want to run - why not help others by volunteering?



[bognorregisoffice@parkrun.com](mailto:bognorregisoffice@parkrun.com)  
[www.facebook.com/bognorregisparkrun](http://www.facebook.com/bognorregisparkrun)



## Is it time to dust off your trainers?

Ever thought about running and then headed back to the couch because you didn't think you could? Well this could be your chance to learn for FREE - Arun Wellbeing are offering 8 sessions with a qualified instructor - who will guide you through your first steps - we have courses starting in both Bognor Regis and Littlehampton.

**Learn to Run - Bognor Regis**  
 Starts Monday 7th September 6.30-7.30pm

**Learn to Run - Littlehampton**  
 Starts Wednesday 16th September 6.30-7.30pm



To find out more call Tom Howell on 01903 737945 or 01903 737862 or e-mail: [tom.howell@arun.gov.uk](mailto:tom.howell@arun.gov.uk)

[www.arunwellbeing.org.uk](http://www.arunwellbeing.org.uk)





Members of the Yapton Seated Keep Fit course enjoying their class



Nicky and Jayne, Young at Heart Advisers

# Young hearts run free!

**The Young at Heart Project, in conjunction with Arun Wellbeing has continued to work in partnership with many community groups and providers over the summer months.**

Physical activity courses have included Zumba Gold, Seated Keep Fit, and, new to Young at Heart a 'Back to Swimming' Course which has been offered at Felpham Leisure Centre. Working alongside community clubs such as the University of the Third Age (U3A), The Evergreen Club at Yapton and Age UK, has given the Young at Heart Project the opportunity to highlight these courses. This has enabled many new clients to come forward, including some who wouldn't normally have known about them to be able to take part in such fun activities.

We have continued to work with Family Mosaic providing courses of physical activity in sheltered housing schemes across the Arun area, enabling people who may have had difficulty in accessing such classes within their community to socialise and exercise in their own environment.

Free Wellbeing MOTs continue to be on offer alongside fun interactive talks to clubs and organisations.

We are currently supporting 18 new clients who are taking part in the Diabetic Event held at Age UK in Bognor Regis. We are also offering "open to the public" sessions at Wick, Ferring and Arundel libraries, as well as supporting other local events.

Many clients have reported changes in their eating and shopping habits which have made them more aware of healthier food alternatives and correct portion sizes and food labelling. Many clients have also experienced the feeling of becoming more energised, and reported changes such as a slimmer body shape they wouldn't have previously thought possible.

By making small changes you can improve your health and wellbeing. If you are over 65 and would like a FREE one-to-one Wellbeing MOT, or belong to a group who are interested in staying young and active and would like to hear a free and interactive talk about healthy lifestyles, please ring 01273 647253.

## Wellbeing Coaches

**Albion in the Community, working in conjunction with the Arun Wellbeing team, offers free one-to-one activity sessions for the residents of Arun.**

The aim of these sessions is to increase the physical activity levels of referred individuals, by delivering tailored personal training programmes, and to plan and support long term behaviour change. The Wellbeing coaches work in the community visiting clients, mainly in their homes, for 6 sessions. The first session generally involves building a connection with the client, getting a deeper understanding of their needs, concerns, limitations and motivations.



Mental and physical wellbeing, together with levels of motivation for change and exercise options, are considered.

The coaches work with a wide variety of clients including those with mobility issues and medical conditions. They try to offer activities which are fun and enjoyable and are therefore more likely to be sustained. Often clients really enjoy engaging with activities that they would have undertaken as children, such as swimming, cycling, running and dancing.

Coaches offer one-to-one support to enable clients to increase their activity levels at a pace individualised for the client and this avoids the lack of confidence often associated with trying something new and unfamiliar. Activities range from choosing a work out at home to joining a variety of group activities. A number of clients have attended the classes organised by the Wellbeing team such as Zumba, Beginners Circuits and the Learn to Run program. Clients have also taken advantage of the discounted membership offered by Inspire Leisure to access classes and the gym. Many choose to take brisk walks along the seafront!

**If you would like support to make positive behaviour change and increase your activity levels, please contact the Arun Wellbeing Team on: 01903 737862**



Here you can see some of the Wellbeing Supporters enjoying the inflatable obstacle course at the Arundel Lido Parktastic event! No amount of rain could dampen their day!

## Wellbeing Supporters



**The Wellbeing Supporters Project has been getting stuck in with lots of Wellbeing Projects over the last couple of months and the support our volunteers give to these projects is invaluable.**

The Young at Heart project has always expressed that they are incredibly grateful for the assistance of the Wellbeing Supporters when delivering sessions at the Laburnum Centre and other centres across Arun.

The Wellbeing Supporters are always keen to assist with anything they can for the Wellbeing Programme and have helped with a whole range of tasks from leaflet drops, form filling, Cook and Eat courses and soon they will be supporting on our Learn to Run Courses at Littlehampton and Felpham.

Catherine has been part of the Supporters project for some time now and wanted to share a part of her experience as a Wellbeing Supporter:

*"I initially joined the project to gain experience whilst completing my Public Health Nutrition MSc. I have gained many valuable skills and training opportunities and, more importantly, I have experienced how rewarding it can be assisting with wellbeing activities and meeting like-minded people. I feel that the Wellbeing team, and the Supporters, provide a vital function in spreading important health messages to the community. I have particularly enjoyed my time spent assisting on the community cookery programmes."*

**If you would like to become an Arun Wellbeing Supporter you can register your interest by contacting us via telephone on 01903 737862 or emailing [info@arunwellbeing.org.uk](mailto:info@arunwellbeing.org.uk)**



*"I'm telling other people how you have helped me and that I have lost 6kg and 5 inches off my waist"*

*"Very useful having sessions split between home and gym. Found Lee's help and support very useful"*

*"Extremely valuable having a personal trainer and professional service"*



Home Energy Visitors Jo Williamson and Emma Pagett

# Wellbeing home

## Warm hands, big heart!

**There are many different ways to keep warm at home when the cold weather starts to bite. The Home Energy Visitors at Arun District Council offer friendly advice, signposting and if eligible we can even visit you in your home.**

We can advise on a wide range of energy issues, including heavily subsidised boiler grants for old inefficient or broken boilers, tariff-switching, fuel debt, cold and damp homes, high heating costs and more. Keeping warm at home is very important particularly if you have a health condition made worse by the cold or damp, have young children or an elderly person in the house, or have limited mobility. So don't suffer this winter call Jo or Emma now on 01903 737862.

### Events

**Look out for our Pop up Energy Shop this October during the Big Energy Saving Week starting 26 October. Further details to follow soon!**



## A Delicious Way to Keep Warm and Healthy at Home:

During colder months, there's nothing like a hot drink to take away the chill. Besides keeping you cosy, a warm beverage can offer health benefits – helping with digestion, boosting your immune system, and more. Eating hot meals is another great way of keeping the chill away! Why not try making your own simple ginger tea?

### Warming Ginger Tea

**Ingredients:**

- 3 ounces (85g) thinly-sliced ginger root
- 1 cup water
- Slice of Lemon

**Directions:**

Boil the ingredients together in a pan or leave to brew in hot water. Strain and add honey to taste.

**Why it works:**

According to the website [www.shape.com](http://www.shape.com) "Ginger can promote good digestion, and can relieve discomfort associated with conditions such as osteoarthritis and fibromyalgia, which are often more troublesome in cold weather. It has anti-tussive properties which means it can relieve coughing. It's delicious on its own or sweetened with a small amount of honey,"



## Warm Discount Scheme

**The Warm Home Discount is a £140 rebate to help low income, vulnerable households to help pay their electric bill.**

The Warm Home Discount has a 'core' group of eligible households and a 'broader' group. The 'core' group consists of households in receipt of the guarantee element of the Pension Credit, who will automatically receive the discount on their electricity bill. The 'broader' group are vulnerable customers or householders who are on a low income, but the eligibility criteria are different for each supplier.

So you need to contact your electric provider to find out if you are eligible and to apply for the scheme, but don't delay as the schemes have a first come first serve basis for the 'broader' groups – and may close soon.

## Don't miss out!

On a low income? Receive income related benefits?

If so, you could be eligible for **£140 discount on your electricity bill** - even if you're on a prepaid meter.

chichester wellbeing

arun wellbeing

I don't know how I'm going to pay the gas and electric bills this week.



For more information about the Warm Home Discount please call the Home Energy Visitors

Chichester District Council  
01243 521041  
info@chichesterwellbeing.org.uk

Arun District Council  
01903 737862  
info@arunwellbeing.org.uk

<http://arun.westsussexwellbeing.org.uk>



# Arun Lifeline

## Your local telecare provider

Arun Lifeline, the Telecare service provided by Arun District Council to help support Arun residents to live safely and independently in their own home, is offering a 13-week free trial when referred by the Arun Wellbeing Team. Please contact Arun Wellbeing for information about this.

At the end of the trial period you can continue to enjoy the benefits of a locally provided service for as little as £3.59 per week. Other benefits include:

- Free installation
- Monitoring and maintenance inclusive in the price
- Short term rental available – no fixed term contract
- A friendly local team

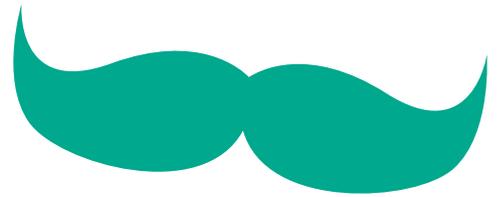
For more information contact 01903 737970, or visit [www.arun.gov.uk/lifeline](http://www.arun.gov.uk/lifeline)

*"...thanks for providing a really excellent service which has saved my mother's life on more than one occasion."*

*"...It's reassuring to know that if I press my button someone can hear what's going on and get help to me and my young daughter straight away..."*



# Movember



**All this facial hair! What's it all about? During November each year, Movember is responsible for the sprouting of moustaches on thousands of men's faces in the UK and around the world.**

The aim is to raise vital funds and raise awareness for men's health, specifically mental health, prostate cancer and other cancers that affect men. On average, women live 6 years longer than men and in some areas in Arun the gap is as great as 10 years. The state of men's health is in a crisis. Simply put, men are dying too young.

### The Facts:

More than five men die prematurely each hour from potentially preventable illnesses. Simple steps of a healthy diet, good lifestyle choices and the checking for early symptoms can make all the difference.

Men need to think about their health, understand the risks, the symptoms and signs in both themselves and others and where to seek help if needed. The Movember awareness campaign is working hard to make that happen.

### Movember...

- Encourages public and private conversation about the issue of men's health via the growth of a moustache
- Educates that the best way to cure cancer is to prevent it, through a healthy diet, not smoking, being physically active, staying at a healthy weight and knowing your family medical history
- Prompts men to think of November as the month to have an annual physical which includes cancer screening because most cancers, particularly prostate, testicular and skin cancer, are highly curable if caught early
- Removes the stigmas around health issues like mental health, prostate and testicular cancer by giving men the opportunity and confidence to talk about their health more openly

References – Movember Foundation  
– [www.uk.movember.com](http://www.uk.movember.com)

### A focus on Men's Mental Health

Many people suffer from mental health issues which can have both a short and long term impact on overall wellbeing. Mixed anxiety and depression is the most common mental disorder in the UK, while 1 in 8 men are diagnosed with a mental disorder at any one time. While both genders can be affected, the struggle for men is quite unique.

Mental health problems in men can often go undetected or untreated with shame or embarrassment commonly preventing them from taking action or using mental health services. Some men resort to risk-taking behaviours as a way of avoiding these issues or to numb the mental pain they are feeling. Furthermore, the need to be 'manly' can often lead to men not admitting any vulnerability or expressing their emotions.

However, men are not alone in what they are experiencing and ignoring the problems or isolating themselves often leads to the problem getting worse. There are a number of conditions which are classed as mental health problems:

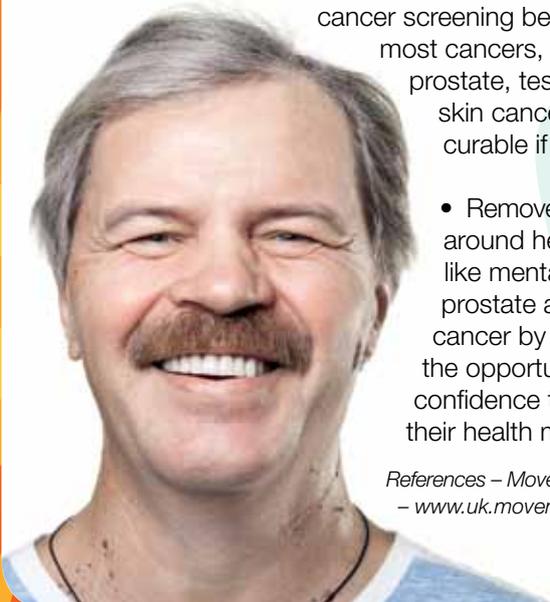
- Depression
- Anxiety
- Bipolar Disorder
- Schizophrenia and Psychosis
- Eating Disorders

Each of these has different symptoms and requires different treatments, although some share similar risk factors. Some of the most common triggers for developing mental health problems include:

- Stress
- Isolation or loneliness
- Unemployment
- Lack of physical exercise
- Family history of mental health issues
- Stressful life events
- Heavy or long term use of substances such as alcohol or drugs
- Partner going through pregnancy and the first 12 months of fatherhood

If you or someone you know experiences mental health problems, the most important first step is to talk to someone about what you're going through. It is very important to find the right health professional to suit your individual needs, as the services differ depending on the type of health professional.

**If you are unsure where to start, give Arun Wellbeing a call on 01903 737862. We can help by signposting you to some of the excellent local services in our area. Alternatively, if you are seeking more specific information about types of mental health problems, you can ring a support line, such as the Mind Infoline (03001 233393).**





## Tyler's Story

**Tyler (12) was referred onto the Family Wellbeing programme as he had become very conscious about his body. He was putting on weight and this was causing him to lose confidence. He didn't want to go out and do anything physical and was starting to stay inside, however he found it really hard to resist food kept in the house.**

Lisa, Tyler's mum also wanted help to lose weight and get fitter but has struggled being a single mother with a 12-year old with 2 other younger children. "The family Wellbeing Programme was perfect, as we could do it at home and I didn't have to get childcare for my two other children."

Tyler was nervous to start with and didn't want to do any activities outside of the house. He would sit hunched over and wear big baggy T shirts to hide his body, more often than not wearing a hoodie.

Lisa had lots of information about healthy eating but found her son would just ignore it as he didn't relate to it. However he loved the practical, hands on approach which he could relate to and increase his interest.

As the sessions progressed his confidence grew that he wanted to try running outside, he really enjoyed it and we then started to go down to the beach and build up his stamina. His confidence continued to grow and we introduced him to the gym, which he now continues to use. Tyler loved being introduced to the weights. Lisa had never used a gym before and she also found she really enjoyed it. Lisa found she had so much energy after she had been to the gym.

Tyler said: "We started with games in the house and had a really good laugh; it was really funny when my little brother and sister tried to join in too!" He went on to say: "I really liked the cooking sessions and it was good because we made my favourite "junk" foods in a healthy way."



Simple Training Achieves Realistic Targets

**Practical fun & tasty!**

## Arun Cook and Eat

Arun Cook and Eat is a 6-week cookery course supporting people to cook from scratch, using low cost groceries to create meals and snacks that are affordable, healthy and appetizing for everyone.

There are six '2 hour' sessions which include: basic nutrition, food labelling, budgeting, cooking, shopping, practical skills - knife skills, cooking methods, food hygiene.

➡ All sessions include food and drink tasting.

**Please Keep an eye on the Arun Wellbeing Website for future dates:**  
[www.arunwellbeing.org.uk](http://www.arunwellbeing.org.uk) or call  
**01903 737862**

Arun Wellbeing are able to offer this training free of charge, to book a place or to find out more contact Arun Wellbeing on 01903 737862 or Jocelyn Dodgson at Food Matters on 07766 900061.

Tyler also started to talk positively about PE at school and started to really enjoy rugby and also completed a running event on sports day. His school teachers also mentioned to Lisa that they have noticed a difference in his confidence during PE lessons and interaction with other pupils.

"Not only did it help my son it also helped me" said Lisa. "I wanted to run the 5km Race for Life and Caroline came and did some one-to-one sessions with me when my other children were at nursery and school. I managed to complete it and only walked twice which was amazing! I have also stopped taking the car to work and cycle instead. Even though we have finished the programme it is really nice to continue getting support and follow up sessions in the holidays."

The family now plan menus for the week and only buy the food they need in order to reduce temptation.

The Family Wellbeing programme is available to families with a child aged between 5-16 years old who is above the ideal weight for their age and height. The sessions are one-to-one and completely tailor-made to the individual family.

They are also arranged at a time and place convenient to the family. The sessions will include the basics of nutrition delivered through fun games, all sorts of different physical activities to increase confidence and physical fitness, cooking and supermarket trips!

**For more information please contact Caroline on: 07712 290606 or email: [caroline@123start.co.uk](mailto:caroline@123start.co.uk)**

Have you had a good experience with our Wellbeing Service?

Would you like to be a part of delivering that service to others?

Have some spare time?

## Why not join us as a Wellbeing Supporter!



The **Arun Wellbeing** programme supports individuals who are interested in making lifestyle changes to improve their health and wellbeing. We also provide a number of free courses which include Get Active courses, Cook and Eat, weight management and healthy eating courses and much more!

### Our Aim

Our aim is to recruit volunteers to become **Wellbeing Supporters**.

The role of a Supporter is to:

- Support others to make changes
- Support the Team to promote our service and health campaigns
- Support activity providers to deliver the different services

This means you could be helping others whilst learning new skills and achieving your own health goals.

### Training

We are keen to offer our Supporters as much relevant training as possible and will ensure you have the skills and knowledge required whatever the supporting opportunity. The volunteer programme would also be suitable for anyone training to be a health professional who would like to build their knowledge and gain experience in supporting people to improve their wellbeing.

**Get active whilst helping others**

**Learn about healthy eating and lifestyles**

**Be part of exciting events and activity courses**



**Gain experience in the Health and Wellbeing sector**



### I'm interested, how do I find out more?

If you're over 18 years old, enthusiastic about Wellbeing and would like to support others to make lifestyle changes, and can spare a few hours a week to support our team then contact us now!

**Phone:** 01903 737862

**Email:** info@arunwellbeing.org.uk

**www.arunwellbeing.org.uk**



in partnership with

