

Available across the District

We offer courses and appointments across the District.

For more information on locations and availability please check our website or speak to a member of our team.



www.horshamdistrictwellbeing.org.uk



Horsham Wellbeing Hub
Swan Walk
Horsham
RH12 1PT



Wellbeing Checks

Wellbeing MOT (Body Composition Analysis)

We use body composition scales to find out your fat%, muscle mass, visceral fat, hydration and more!

You will have the chance to talk through your results, confidentially, with a Wellbeing Advisor and decide on any steps you might want to take to help improve your health and lifestyle.



NHS Health Checks

If you are aged 40-74 you may be eligible for an NHS Health Check. The check is designed to tell you whether you're at higher risk of developing certain health problems.

Our trained Advisors will ask you some questions about your lifestyle and family history, measure your height and weight, take your blood pressure and do a finger-prick cholesterol test. They will talk you through the results and give you advice to help you lower your risk.

Wellbeing Advisors

One-to-one appointments are available with our Wellbeing Advisors who can offer information, advice and support across a range of lifestyle areas:

- Losing weight
- Healthy eating and hydration
- Getting active
- Reducing alcohol intake
- Managing prediabetes, high cholesterol, and blood pressure
- Stopping smoking

Appointments can be delivered face to face, over the phone or via video call. We also run talks and workshops throughout the year covering various health-related topics. More information on these can be found on our website.

Workplace Health

We can offer support to workplaces in the Horsham District to improve the health and wellbeing of employees.

Workplaces can opt for:

- Individual staff Wellbeing Checks with tailored one-to-one support and advice to encourage staff to make healthier lifestyle choices
- Talks and workshops on many aspects of healthy living
- Information stands to support wellbeing days and events

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Services Guide

Free advice and courses to help you improve your health and wellbeing.



Telephone: 01403 215111

Email: info@horshamdistrictwellbeing.org.uk

www.horshamdistrictwellbeing.org.uk

@HorshamDistrictWellbeing

@horshamwellbeing

All courses/workshops are subject to eligibility criteria.



Get Active

Free courses to help you take your first steps to getting active.

Legs Bums & Tums

A fun, aerobic-based class to music. Learn easy to follow routines, get fitter, tone and release stress.

Learn to Run

A step by step course to help you go from walking to jogging gradually and safely.

Parkfit 4 Beginners

A fun outdoor class aimed at improving your general fitness. Sessions include a mixture of cardio and body-weight exercises.

Pilates

Pilates is a form of exercise that focuses on balance, posture, strength and flexibility. This class tones the body with a particular emphasis on core strength.

65+ Back to Exercise

A fun and friendly aerobic and strength class with the older body in mind.

Wellbalanced

This course is for the over 65's and aims to reduce the risk of falls and promote independence. We can refer you to the Wellbalanced programme.

Wellbeing Walks

Free, sociable, and family friendly, our guided walks are a great way to see more of the district, increase your activity and meet new people. There's no need to book, just turn up.

* Class availability changes throughout the year.



Smoking



It's never too late to quit smoking

Quitting is the best thing you can do to improve your health, regardless of your age or how long you have smoked for.



Our stop smoking service is completely confidential and all appointments take place in a private space. Our trained Smoking Advisors will create a tailored quit plan to help your overcome barriers, triggers, and cravings.

Statistics show you are three more times likely to quit for good with professional support.

We offer:

- One-to-one appointments with a trained smoking Advisor
- Regular carbon monoxide readings using breathalysers
- Information on Nicotine Replacement Therapy, such as gum, nasal sprays, patches etc. (where appropriate this may also be provided)
- Face to face, telephone, or video call appointments
- Regular contact to sustain motivation

Weight Off Workshops

Are you concerned about your weight and wellbeing?

Are you ready to create healthier habits?

This 12-week programme focuses on weight loss, physical and emotional wellbeing along with advice and tips for sustainable lifestyle improvements.

Our WOW Plus sessions also offer a gentle introduction to exercise.

Workshops run on a variety of days and at different times (day and evening) across the District.



Do you drink alcohol most evenings?

Do you use alcohol to relax and de-stress?

Do you want to cut back?

Alcohol Support

Our confidential Alcohol support service is for those who recognise that they are drinking at a problematic level and are finding it hard to cut back, and either want to cut down or stop drinking altogether to enjoy a healthier lifestyle.

Our trained Advisors can you help you to understand your drinking habits and set achievable goals.

We offer:

- Up to eight one-to-one appointments (no group work)
- Appointments across the District
- Face to face, telephone, or video call appointments
- Free resources such as unit measurers and drink diaries

* Please note this service isn't for those who are dependent on alcohol however we can help refer to the appropriate service.