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# Health and Wellbeing

July 2020

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Welcome to your July health and Wellbeing update. The team have been very busy working hard to try and change the way some of our services operate so that we can continue to offer sessions and courses to help you improve your health and wellbeing.

This month sees the return of our **Weight Off Workshop (WOW)** so if you're someone who has indulged a little too much lately or perhaps you've always wanted to lose weight but never quite stuck at it then our WOW course could be for you! We also welcome back our **Outdoor Fitness** sessions, now for groups of just 5 people, these are perfect for anyone who is looking to start getting active.

We have also introduced a brand new service for 2020, the **Wellbeing Package!**

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## New Wellbeing Package!

We have introduced a brand new comprehensive Wellbeing Package.

At Horsham District Wellbeing we recognise that there is not a 'one size fits all' approach when it comes to staying healthy.



The new Wellbeing Package looks more closely at three different areas of health and wellbeing and is offered via phone or video call.

Find out how this service can help you take control of your health and wellbeing.

[Wellbeing Package](#)

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## New Weight Off Workshops



**Our Weight Off Workshops (WOW) are now available over the phone and via video call, so you can opt for either one-to-one telephone support or be part of a small group via video.**

Over 12 weeks our free workshops focus on weight loss, physical and emotional wellbeing along with advice and tips for sustainable lifestyle improvements. Sessions are available during the day and evening as well as the weekend!

**Next available courses:**

**Virtual WOW:** Tuesday 7 July 7pm | Thursday 9 July 10am | Saturday 8 Aug 10am

**Telephone WOW:** Sessions available now!

[Enquire now](#)

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## Outdoor fitness is back!

In line with the current government guidelines we are now able to offer outdoor exercise for groups of 5. We have teamed up with local company Outdoor Military Fitness to offer a bespoke course just for our Wellbeing clients. The course offers participants a great introduction to exercise in a small and friendly group.

This is perfect if you are looking to get active and enjoy the outdoors. Over the course of 5 sessions (one per week) you will get a taste of all sorts of exercises aimed at beginners, and our friendly instructor will tailor exercises to suit all individuals.

### Next available courses:

Tuesday 14 July 6pm | Wednesday 15 July 10am

[Enquire now](#)



## Staying safe in hot weather

Hot weather can cause heat exhaustion in people and animals. It is important to make sure you and those you care for are suitably hydrated.

Dehydration can cause significant health problems, particularly in the elderly. They may be unaware of becoming overheated and not drinking enough liquids to stay hydrated.

If you are worried about the summer heat, you can find information and tips through AgeUK on how to stay cool in summer.

[Age UK Advice](#)

## What's keeping you awake?

Sleep plays a critical role when it comes to maintaining positive mental health, especially during the Covid-19 pandemic.

More than 4 in 10 Brits are experiencing more sleep problems than usual due to the pandemic.

Getting a good night's sleep can be critical to maintaining good mental wellbeing. Worries can contribute to sleep problems and longer stretches



of poor sleep can start to affect our lives by causing extreme tiredness which makes usually manageable tasks harder.

To help you sleep better, visit **Every Mind Matters** to access simple NHS advice for getting a good night's sleep.

[Sleep better](#)

Our Wellbeing advisors can give you advice and support on improving your sleep. Get in touch for a one to one appointment.

[Contact us](#)

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## Drift off easily with these helpful tips....



**Top tips for better sleep**

zzzZ

Practising a good bedtime routine...

-  Ditch the digital at least an hour before bed
- Avoid eating a heavy meal at least 2 hours before bed 
-  Use blackout blinds or an eye mask
- Ensure you have the right temperature in your room 
-  Avoid caffeine after 4pm
- Practise deep breathing or meditation 

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## Stop Smoking service

Throughout the pandemic we have been supporting Horsham residents and those that work across the District to quit smoking.

There are so many reasons to quit smoking but there has also never been a more important time than right now during the coronavirus pandemic. Evidence shows that Covid-19 is increasing smokers' desire to quit.

Horsham Wellbeing is supporting a new national campaign called [Quitforcovid](#), which is helping to raise awareness of just how critical it is to seek out support to stop smoking.

You are **four times more likely** to be a successful quitter if you have professional support from an advisor compared to trying alone.

The good news is you don't have to go it alone, help is available. We offer tailored appointments with advice and support over the telephone and online. Sessions are with a trained Smoking Cessation Advisor who will be able to provide you with information on the appropriate Nicotine Replacement Therapy (such as gum, nasal sprays, patches etc.) to help you along your journey.

[Book an appointment](#)



## Volunteer today!

Horsham District Council provide a volunteer service matching people who want to volunteer with charities and groups that need their time and skills in the Horsham District.

Volunteering provides many benefits to both mental and physical health. It can help counteract the effects of stress, anger and anxiety. The social contact aspect of helping and working with others can have a profound effect on your overall psychological well-being.

**Follow these four simple steps to get volunteering!**

**Step one:** [Register as a volunteer](#)

**Step two:** Find an opportunity and 'register your interest'

**Step three:** We will forward your details onto the relevant organisation and ask them to contact you

**Step four:** Potentially meet the organisation and find out more!

If you can't find an opportunity to suit you, you can call or email the team who will be happy to help.

**01403 215191**

[volunteering@horsham.gov.uk](mailto:volunteering@horsham.gov.uk)

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

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## Alcohol Advice Service

Our new **free** service provides a series of one to one sessions to support people who may be drinking at increasing risk or higher risk levels. It is a confidential, non-judgemental service with no group work involved and people are not expected to stop drinking completely unless they want to.

Each session last approximately 45 mins and we are pleased to be able to offer these over the phone or via video call. You can have up to 8 sessions or you can opt to have fewer or just the one.

If you feel drink is sneaking up on you and you could benefit from this service, it is very easy to be referred or to refer yourself.



[Contact us](#)

**What our clients have said about their experience of the service we offer...**

"I found the session really helpful. Sam offered various tips for reducing my intake. I feel I have a much better understanding and feel in more control of what I drink and I can now make better choices as a result"

"I have been very impressed with the service offered and think it is a fantastic service to provide to people of any age who can benefit from this kind of intervention"

**Client supported during lockdown**

"You helped me a lot so thank you! The support you gave me was really good. You're easy to talk to, you made me feel at ease and comfortable opening up. Thank you for your support"



"I found your service really helpful. You spent time talking to me and giving me helpful advice and other information on alternative services I can use.

Thank you once again for everything. I would totally recommend this programme to anyone worried about their drinking"



 HM Government



## WEAR A FACE COVERING IF YOU CAN

- AT THE SHOPS
- ON PUBLIC TRANSPORT
- IN ENCLOSED SPACES



STAY ALERT › CONTROL THE VIRUS › SAVE LIVES

### Stay connected



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