

# 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](http://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
- Prediabetes
- Wellbeing checks
- Stopping smoking

Appointments can be delivered in person or over the phone.

## Wellbeing Talks & Workshops

We offer a variety of group talks and workshops on different health related topics including:

- Understanding cholesterol
- Emotional eating
- Prediabetes
- The menopause
- Improving sleep

These are not medical interventions but aim to give helpful tips, advice and support to help you improve your health and wellbeing.

Session availability changes throughout the year.

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wellbeing

# Services Guide

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



Telephone: 01403 215111

Email: [info@horshamdistrictwellbeing.org.uk](mailto:info@horshamdistrictwellbeing.org.uk)

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

 @horshamhealth

 @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.

## Swim4Health

This 6-week course allows access to a local pool to swim and try Aqua classes. A great option if you are looking for low impact activity.

## 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 over 65's and aims to reduce the risk of falls and promote independence. Exercises will improve strength, balance and mobility.

Class availability changes throughout the year.



# 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
- Healthy eating talks or presentations on the many aspects of healthy living
- Information stands to support wellbeing days and events



# Alcohol Support

Is alcohol starting to sneak up on you?

Do you drink most days or every day?

Do you need alcohol to unwind, socialise, or sleep?

We offer up to eight free, confidential one-to-one appointments with a trained Advisor to support you to reduce your drinking and achieve a healthier lifestyle.

Our Advisors can help you to understand your drinking habits, set achievable goals and improve your mental and physical wellbeing.



# Smoking

Quitting smoking is the best thing you can do to improve your health. We offer one-to-one appointments with a trained Wellbeing Advisor to help empower you to quit smoking.

We also provide information and advice on Nicotine Replacement Therapy where an Advisor will discuss the best option for you.

# Prediabetes

These group workshops are ideal if you are at risk of developing Type 2 Diabetes (overweight, inactive, family history) or if you've been diagnosed as prediabetic.

Find out what you can do to reduce your risk and set small manageable goals around diet and physical activity.



# 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.

