

Information to Help You: Factsheet 5

HEALTHIER LIFESTYLES

Healthier Lifestyles

The Middlesbrough Council website has information about Healthier Lifestyles and Healthy Living on things like, how to stop smoking, healthy eating and cooking skills as well as promoting positive lifestyle changes. For more information visit www.middlesbrough.gov.uk

NHS Healthy Choices

The NHS Healthy Choices website has number topics, such as:

- Drinking and Alcohol
- Five Steps to Mental Well Being
- Tiredness & Fatigue

For more information visit www.nhs.uk/LiveWell

New Life New You

New Life New You is a community based project that helps reduce the risk of Type 2 Diabetes in the black and Minority Ethnic (BME) population in Middlesbrough. NLNY is an 8 week programme to encourage a healthier and more physically active lifestyle for those at risk of diabetes over the age of 25. To find out more call the team on 01642 728220 or visit www.middlesbrough.gov.uk

Health & Fitness

The Healthy Living Team has produced “Health, Fitness and Community Weight Management” guide promoting “**Shape Up**”. This is an 8-week structured self-help programme that encourages behavioural change for long term weight loss and improved health. For more information visit www.middlesbrough.gov.uk

Change4Life

The Change4Life website can help you look at your eating, drinking and activity habits. There are lots of useful tips on how to make changes along with a quick assessment that will show you the right places to start making changes. For more information visit www.nhs.uk/Change4Life sportdevelopment@middlesbrough.gov.uk

Community Health and Fitness

The Health Development Team offer a range of sessions in a variety of community settings, to encourage a healthier and more physically lifestyle. For further information telephone: 01642 832654

Exercise Referral Programme

This 12 week programme is delivered at three venues in Middlesbrough and is designed for anyone over the age of 16 who has a health condition or for those who are not currently active. The programme is accessed via referral from a GP or Practice Nurse. For further information telephone 01642 515615 or visit www.middlesbrough.gov.uk

Stop Smoking Service

South Tees Stop Smoking Service provides support to smokers who want to quit. Specialist stop smoking advisors will work with you to find what works best for you; offering advice and targeted support either at a group sessions, one-to-one appointments, and drop-in sessions, all delivered locally in Middlesbrough. Visit [South Stop Smoking Service](#) for more information or call them on: 01642 383819

Substance Misuse

If you or someone you know are struggling to cope with drugs or alcohol misuse [Middlesbrough Recovering Together](#) can help. MRT provides a wide range of support including prescribing, psychosocial interventions, counselling and recovery support. They are based in the Live Well Centre in Dundas House, in Dundas Arcade Middlesbrough. For more information call them on 01642 876323

NHS Healthy Heart Checks

The NHS Health Check is your chance to get your free midlife MOT. For adults in England **aged 40-74** without a pre-existing condition, it checks your circulatory and vascular health and what your risk of getting a disabling vascular disease is (such as heart disease, stroke, diabetes & kidney disease) for information on how to get a free NHS health check go to: www.nhs.uk/Conditions/nhs-health-check

You can get a copy of these fact sheets by visiting www.middlesbrough.gov.uk, contacting your Social Worker / Care Manager, visiting the Central / Local Library.

If you would like to comment on the Factsheets please ring 01642 728305
For more information on services which may be able to help visit:
<https://www.middlesbroughmatters.co.uk>

All information was correct at time of print (14/11/17)