

PHYSICAL WELL-BEING SUPPORT:

There are a range of support agencies offering support to you and your physical health. These are depend on what geographical area you live. Please see the 4 local regional areas below. If there is an area not covered please contact the Welfare and Well-being team ext: 4352. The QR code will take you to the internet page for each area.

Nottinghamshire (exc Nottingham City): Your Health Your Way <https://yourhealthnotts.co.uk>



- * Weight management for those with BMI 30-50: support on losing weight through a 12 week individually tailored plan- group or 1:1 via Zoom or phone support. 45min sessions followed by a 45 min circuit based exercise class. Also includes information for a diet plan.
- * Smoking cessation for smokers ages 12+ lead by Specialist Smoking Cessation Advisors, 12 week intervention plan, full range of NRT products and support throughout.
- * Alcohol support for those ages 18+ via 1:1 and group sessions to reduce alcohol intake

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Sherwood Forest Hospitals
NHS Foundation Trust

Derbyshire: Live Life Better Derbyshire (www.livelifebetterderbyshire.org.uk)



- * Smoking cessation support for those 12+ and willing to see a stop smoking advisor.
- * Weight loss support, advice recipes or assessment. Have to be over 16 years old, live in Derbyshire. If after the assessment not accessible there are free resources available.
- * Mental health resources and local support networks, and tips to stay calm and well.

Leicestershire: Weight Management Leicestershire (www.leicestershirewms.co.uk)



- * Offering top tips on managing your weights, losing weight, health eating,
- * Designed weight management programme with support within the first year. For those aged 18 and above.

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ONE YOU LINCOLNSHIRE



Lincolnshire: **One You Lincolnshire** (www.oneyoulincolnshire.org.uk)

Support to move more, smoke free, eat well and drink less with a choice of 3-4 different options per programme based on individual preference and need.



Sheffield: **Live Lighter Weight** (www.livelightersheffield.com)

Support to adults, children and families of BMI above 25. Free virtual support to loose weight.



Sheffield: **Smoke Free Sheffield** (www.smokefreesheffield.org)

Offers links to a free APP to support you to stop smoking, visit Smoke Free app website or APP store entering the code **SCCSF**. Offers include a young person's service (under 18years) and adults support service of telephone and online support.

