

Workplace Wellbeing

Employee wellbeing has become a key issue for employers as organisations face the cost and impact of absence levels and employee ill health. We support local businesses to help keep their workforce healthy and well with FREE Wellbeing MOT days and a report on areas to develop. Topic based workshops and presentations are also available.



To find out more, or arrange for a Wellbeing Advisor to visit your workplace call us on 01903 221450 or email: info@adur-worthingwellbeing.org.uk

Pre diabetes programme



Are you at risk of developing type 2 diabetes?

Family history? Overweight?
Unfit? Blood test results?

Sessions run on a regular basis
phone or email to book your place



To find out more and book your place
call 01903 221450
or email: info@adur-worthingwellbeing.org.uk

Physical Activity on Referral

We are supporting Impulse Leisure in Adur to provide group classes for people who are on a low income, with a health condition and who have been referred by their GP for exercise. Subject to eligibility criteria.

For more information call us on 01903 524624 or email: info@adur-worthingwellbeing.org.uk



Services Guide

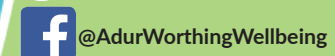
- Losing weight
- Stopping smoking
- Healthy eating
- Alcohol awareness
- Being more active
- Pre diabetes support
- Workplace MOTs

We are a **FREE** friendly service for adults and families offering information and advice about a range of health and wellbeing issues for people living or working in the Adur and Worthing area.

Wellbeing Advisors can provide one-to-one support, help and advice.

We also offer a range of **FREE** courses to help you make changes and live life to the full.

Tel: 01903 221450
Email: info@adur-worthingwellbeing.org.uk
www.adur-worthingwellbeing.org.uk

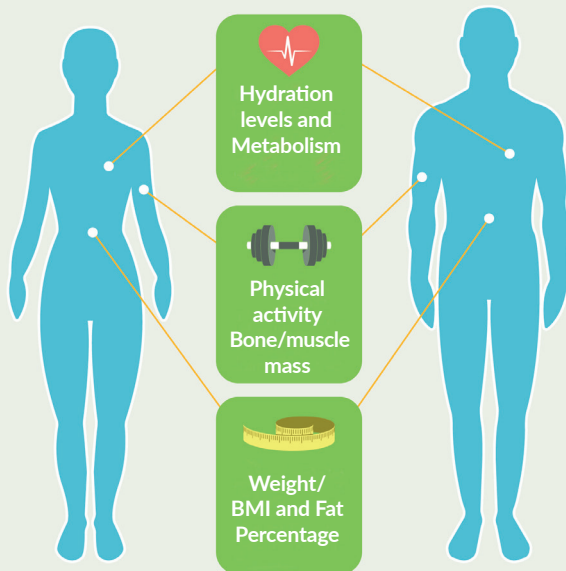


Wellbeing MOTs

Would you like to improve your health and wellbeing?

We can help you make a start
Call our Wellbeing Advisors to book a Wellbeing MOT

Fitness infographic elements



Our Wellbeing MOTs use accurate scales which give calculations including: your weight, hydration levels and bone mass. It's a great first step to thinking about ways to improve your health and wellbeing.

To find out more and book your place
call 01903 221450
or email: info@adur-worthingwellbeing.org.uk

Living Well

Weight Management

A 12 week weight management course including weekly weigh ins, nutrition based topics, support and a toolkit of resources. The cost of this course is £15. Subject to eligibility criteria.

To find out more and to book your place call 01903 221450 or email: info@adur-worthingwellbeing.org.uk



Get Active Courses

Keep active and enjoy a healthier lifestyle. £10 deposit. Choose an activity such as: walking football, couch to 5k, 3 step gym or multi activity course.



To find out more and to book your place call 01903 221450 or email: info@adur-worthingwellbeing.org.uk

Basic Cookery Skills

Free six week practical courses to learn basic cooking skills. Learn to create healthy low cost meals and gain the confidence to cook from scratch.



For more information
Tel: 01444 318649
or 07747 017372

Ageing Well

We work with Guild Care to offer home visits to older people who need short term support to help improve quality of life including: help to access appropriate benefits, social clubs and activities, making friends and taking more exercise.

We also support Guild Care to offer a wide range of health and wellbeing activities for people over 65 such as: Chair Based Exercise, Tai Chi and Zumba Gold. Guild Care also offer other services.



For more information call 01903 528600 or visit www.guildcare.org

GuildCare 

Drink Coach

DrinkCoach

Free online coaching sessions are a professional, convenient and confidential way

to discuss your drinking and receive guidance from an alcohol treatment specialist.

Bookings can be made at a time that suits you, including evenings and weekends, with the sessions happening in a place that suits you as well - all you need is a Skype connection.

Take the alcohol test at www.dontbottleitup.org.uk

DON'T BOTTLE IT UP

