

HEALTHY 4LIFE

Get your family fit and healthy!

The Halton Health Improvement Team offers a range of services and activities designed to help you and your family leading more active and healthier lives.

For more information, contact us on
0300 029 0029 or visit:

www.haltonhealthimprovement.co.uk

Here's a taster of our services

Fresh Start - FREE weight loss programme

Fresh Start is a FREE diet and exercise programme for adults over 18 to help you get healthy and lose weight.

Sessions last 1½ hours and include informal group discussions about healthy eating and keeping fit plus gentle exercise and cooking demonstrations.

Fresh Start
Lose weight and feel great

Fit 4 Life - for children 4-13

Fit 4 Life is a fun programme of activities and education, helping children, young people and their families to exercise regularly and eat a nutritionally balanced diet.

Fit 4 Life sessions look closely at a mix of healthy eating and physical activity and will help your child to choose healthier snacks and treats, get more active, improve confidence and understand portion sizes.

It's run in conjunction with sports coaches from Vikings.



Quit Smoking

If you are looking for help and advice on how to cut down or stop smoking, we can offer you FREE support. Our trained smoking team use tried and tested techniques to help you change your smoking habits.

There are a number of easy ways you can access the Halton Stop Smoking Service.

Just call us for more information.



Breastfeeding Support

The Breastfeeding Support Workers and volunteers offer one to one support to mothers in their own homes, via telephone or through a number of local support groups.

They also offer a number of ante-natal breastfeeding workshops which take place in various locations across Halton.

Contact us for more information.



Alcohol

If you or someone you know would like further support or advice regarding drinking habits please contact one of the services below:

- Halton CRI is a one stop shop for those living in Halton affected by drugs and or alcohol. Phone 0845 601 1500.
- Young Addaction (Under 19s) support young people having problems with drugs or alcohol. Phone 01928 580 242.



Cancer Awareness

Recognising signs and symptoms of cancer early can be the difference between life and death.

In Halton, we deliver local Be Clear on Cancer events and work closely with residents and health professionals to increase the early detection of breast, lung and bowel cancers. Visit the 'be clear on cancer' section on the NHS website.

Remember early detection saves lives!

www.nhs.uk/be-clear-on-cancer/

Mental Health & Wellbeing

Maintaining good mental health and wellbeing is important because it influences how you think and feel about yourself as well as others.

- 1 in 6 people have a mental health problem at any one time
- 1 in 4 people will experience a mental health problem in a year
- 1 in 3 visits to a GP are about mental health

Check out the Live Life Well website, for a fantastic range of resources and information about mental health and wellbeing, including useful contacts, a self-help section and information about medications.

www.live-life-well.net

www.haltonlikeminds.co.uk

Activity Timetables

Halton Sports Development team runs health walks and physical activity sessions for people living in Halton. Visit their website:

www.haltonsportspartnership.co.uk



Other services

Would you like additional information on what support may be available to you and your family in your community?

The team can help you with information about Children's Centre activities, behaviour support, community health programmes, as well as access to Support Services.

Just speak to a health professional (e.g. GP, Nurse, Health Visitor) and they will put you in touch with our Health Engagement Officers.



Get in Touch!

Name of Parent/Carer

Contact Details

I am interested in the following services that could take place at the school or in the community (please tick all that you are interested in).

- | | | | |
|-----------------------------------|--------------------------|--------------------------------------|--------------------------|
| Fit 4 Life | <input type="checkbox"/> | Cookery Classes for Parents & Carers | <input type="checkbox"/> |
| Fresh Start | <input type="checkbox"/> | Breastfeeding support | <input type="checkbox"/> |
| Stop Smoking Service | <input type="checkbox"/> | Older people's services | <input type="checkbox"/> |
| Falls Prevention Exercise Classes | <input type="checkbox"/> | Mental Health and Wellbeing | <input type="checkbox"/> |

Please return this form to the school.