



arun  
Wellbeing

Small changes make a big difference



**Find out  
what we can do  
to help you**



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



Working in  
partnership



# What can we do for you?



Arun Wellbeing is funded by Public Health West Sussex to help you work towards reducing the risks of developing cardiovascular disease, some preventable cancers, strokes and type two diabetes. We can support you to lose weight, to eat healthily and to get more active, as well as offering advice on stopping smoking and reducing alcohol.

We can help you make the changes that will make a difference.

We offer hybrid services, including face-to-face and telephone appointments, group sessions, and online support – whichever suits you!

The most important thing you need to know is all of our services are FREE.

**Please visit our website for more information:  
[www.arunwellbeing.org.uk](http://www.arunwellbeing.org.uk)**



**For general enquiries please phone 01903 737862  
or email [wellbeinginfo@arun.gov.uk](mailto:wellbeinginfo@arun.gov.uk)**

**You can self-refer to any of our services by  
filling out our secure online form:  
[www.arun.gov.uk/wellbeingreferral](http://www.arun.gov.uk/wellbeingreferral)  
Professional referrals also accepted.**



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Facebook

## One-to-one support for a healthier you

Our Advisers offer a free, confidential and friendly service where you are able to discuss what matters to you and how you want to make changes. This one-to-one support could either be in person or over the phone.

Wellbeing Advisers can support you to take the first steps towards a healthier lifestyle. These small changes can have a positive impact to reduce your chances of developing diseases later in life:

- eat more healthily
- get more active
- stop smoking
- reduce alcohol
- sleep better



## All of our services can be delivered by our multilingual adviser



Усі наші послуги доступні українською мовою



Все наши услуги доступны на русском языке



Wszystkie nasze usługi są dostępne w języku polskim



Todos os nossos serviços estão disponíveis em português

## NHS Health Checks

**Are you aged 40-74? You are entitled to a FREE NHS Health Check\*.**

You might be feeling great, but if you are over 40 you may be at higher risk of heart disease, stroke, kidney disease and diabetes.

Your Health Check will include:

- blood pressure
- cholesterol (small finger prick test)
- BMI (weight and height)
- a brief chat about lifestyle choices and family history

Your adviser will talk to you about your current health and how you can reduce your risk of developing these diseases in the future.

\*eligibility criteria applies.



## Wellbeing Checks

Arun Wellbeing offers free Wellbeing Checks using our body composition scales.

They can tell you:

- weight and BMI
- level of body fat
- muscle mass
- hydration levels
- how old your body feels!



## Stop Smoking

### Have you been thinking of quitting?

Stopping smoking is the best thing you can do to improve your health, but many smokers who want to quit aren't sure about the best way to go about it. You are more likely to be successful if you get help. Our Advisers can offer you 6-12 sessions where you will set a date to stop and receive the support you feel would best help you. This can include free nicotine replacement therapy, such as patches, gum or lozenges.



## Alcohol Reduction

### Is alcohol sneaking up on you?

Drinking alcohol is a commonly accepted lifestyle choice but can have a devastating impact on individuals and their families if it gets out of control.

If you think your drinking is getting out of hand our Alcohol Reduction Adviser can help. They can give clear support so you can plan how to decrease your drinking to a safer level or even stop drinking if you wish. Take the first step and contact us!



## Get Active

**Maintaining your fitness levels is important at any age, and we know the best way to stick to any exercise is to find something that you enjoy.**

Our advisers can point you in the right direction whatever your fitness goals. You might want to exercise to lose weight, increase your lung capacity, improve core strength and balance, or join an exercise class to socialise.

Statistics show that doing regular exercise as an adult increases life expectancy and keeps you mobile for longer – improving quality of life in later years, no matter how far in the future that might be!



## Workplace Wellbeing

**Are you an employer who would like to help your workforce improve their health?**

We can offer wellbeing checks for your staff. This includes an individual appointment of up to 30 minutes with a Wellbeing Adviser, using a mix of motivation interviewing and CBT techniques to set achievable goals to improve wellbeing. We can also signpost to our other, longer term, services such as stopping smoking.

We will provide an anonymised report highlighting common issues you might like to address. We can support you with this by giving talks about a variety of Wellbeing topics including smoking, alcohol, healthy eating, weight management and exercise. We can also discuss wider issues such as sleep and rest, menopause, heart disease/ stroke, cholesterol and pre-diabetes.





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