The sun is shining and it’s getting warmer. So many more of us will be outside enjoying the nice weather with opportunities to do a bit more exercise. In March of this year, Public Health England launched “Active10” which is a new initiative to get inactive people moving, and people who are already active, moving more.

A brisk 10-minute walk every day can make a difference to your health. Each 10-minute burst of exercise is known as an “Active 10”. Brisk walking is simply walking faster than usual, at a pace that gets your heart pumping. Start with a 10-minute brisk walk each day and then see if you can gradually build up to more. It’s the easy way to improve your health and wellbeing. No gym memberships, no lycra, just 10 minutes and you.

The “Active 10” app is free and available on Android or iPhone – it takes away the guesswork. It shows how much brisk walking you’re doing and how you can do more. It’s easy to use and helps you set your goals for the day as well as tracking your progress. “Active 10s” are measured using sensors in your phone. The app measures when you’ve got up to a certain speed (about 3 miles an hour) and when you keep that going for 10 minutes. Having to stop at traffic lights, or going with kids might slow you down, so the app allows for this by giving you a 2 minute slower movement in any 10 minute period and this will still count as an “Active 10”. The “Active10” app can be downloaded simply by searching your App store.

To be walking briskly, you should feel like you’re starting to be slightly out of breath. Research shows that rather than the number of steps taken or distance walked, it’s the combination of the intensity of the exercise and how long you’re doing it for that leads to the health benefits. That’s why we’re focusing on encouraging people to go for at least one brisk 10 minute walk a day.

More intense exercise can benefit those who are able to make the commitment to this, whilst brisk walking is for people who find it difficult to find the time to fit exercise into their day.

Arun Wellbeing continues to offer a selection of eight-week activity classes. As long as you meet our eligibility criteria you could be signing up for a free course of beginner’s fitness, back to swim, learn to run or bikeability. Courses are offered at a variety of locations and times across the district. So if you need that extra push or friendly encouraging voice telling you “you CAN do it” please get in touch with Tom Howell, Wellbeing Active Coordinator, on 01903 737945 or email tom.howell@arun.gov.uk.

Last year Wellbeing Active enrolled 221 participants onto one of our activity courses: this year it could be you!
Pre-Diabetes

Type two diabetes is a lifelong condition that causes a person’s blood sugar level to become too high. There are currently 3.9 million people, or 1 in 16, living with diabetes in the UK. This figure has more than doubled since 1996 when there were 1.4 million. However, did you know that it can take up to ten years for diabetes to fully develop?

Some people can receive an early warning sign detected by abnormally high blood glucose (sugar) levels on a glucose tolerance test or a blood test, but their levels aren’t high enough to be diagnosed as having type two diabetes.

This can be known as pre-diabetes, and there are currently around seven million people living with pre-diabetes in the UK alone. Between 2003 and 2011 the prevalence of pre-diabetes in England more than tripled, with 35.3% of the adult population, or 1 person in 3, having pre-diabetes (Source – British Medical Journal). However, the good news is that pre-diabetes can be reversible with positive lifestyle changes!

The Arun Wellbeing team frequently runs NHS approved Pre-Diabetes courses that people with the condition can attend free of charge. These three-hour workshops explain what pre-diabetes and type 2 diabetes is, the risk factors associated with the condition and how diet and exercise can play a very important role in managing the condition. Information on the other services Arun Wellbeing offers, such as free activity and weight management courses, is also available at the end of the course. The courses are open to anyone living in the district with a recent diagnosis of pre-diabetes, and clients can be referred via their GP or nurse or by self-referring.

One client who attended a pre-diabetes programme was Paula...

Paula was advised by her GP that she was pre-diabetic. He also told her about the pre-diabetes courses so she phoned the team and was booked on to the next course which was run by Arun Wellbeing at her GP surgery. At the course Paula learned about what pre-diabetes is, and the causes and complications of Type 2 Diabetes. There was a group discussion facilitated by the group leaders about how patients can reduce their risk of developing Type 2 Diabetes, and at the end of the session patients were encouraged to set their own goals for the future. Paula set goals to increase her activity levels, improve her diet and ensure that she achieved a healthy weight. She decided not to have a follow up one-to-one session with a Wellbeing Adviser as she felt that she had learned sufficient information from the course, and she had the self-motivation to carry it through.

Paula was contacted by Arun Wellbeing three months later. She confirmed that she had made good progress in all three of the goals she set herself at the course, and that in total she had lost two stone. In addition she was recently advised by her GP that her cholesterol & blood sugar levels were back down to within the normal range so she was no longer pre-diabetic.

Sunday 11 June to Saturday 17 June 2017 is Diabetes Awareness week, so why not use this opportunity to find out your risk of developing the condition? Symptoms of diabetes can include:

- feeling very thirsty
- urinating more frequently than usual, particularly at night
- feeling very tired
- frequent episodes of thrush
- cuts or wounds that heal slowly
- blurred vision

So why not visit your GP if you have any of these symptoms?
Going through changes...

Public Health Services
There have been some changes to the organisations delivering services in West Sussex since the beginning of 2017.

Arun Wellbeing now accepts referrals from adults to its weight management programme (WISE) from individuals with a body mass index of between 25-40. The team can advise people with higher BMIs of the other options available to them. For more information contact the Wellbeing team (details at the bottom of this page).

In total we had 849 referrals in to our service last quarter and 121 general enquiries.

NHS Health Checks are free 30-minute checks for people aged between 40-74 to assess your risk of developing heart disease, stroke, diabetes and kidney disease. Similar to the stop smoking service this is now offered by participating GPs and pharmacies, and you can find a full list here: www.westsussexwellbeing.org.uk/topics/more-topics/nhs-health-check

Stop Smoking services are now provided by participating pharmacies and GPs across Arun. If your own GP does not provide this service you can attend another practice. For a full list of participating pharmacies and GPs in Arun check our website here: www.westsussexwellbeing.org.uk/smokingservices

Despite the changes going on around us, we are delighted (if exhausted!) to report that demand for Arun Wellbeing’s services is increasing, in the first quarter of 2017 (1st January to 31st March), contacts to our team have increased dramatically – in fact, the last three months has been the busiest we have known since the Wellbeing service began six years ago.

For people who are looking to reduce or stop their drinking or misuse of drugs, support is now provided by the West Sussex Drug and Wellbeing Network (DAWN).

- For young people up to the age of 24 years – Call: 0300 303 8677, Email: wsypsms@cgl.org.uk or Text: 07779339954 (someone will ring back)
- For adults aged 25 or over – Call: 0300 303 8677, Email: WestSussex.contact@cgl.org.uk

Arun Lifeline helps you to live safely and independently in your own home. Provided by Arun District Council, our telecare service connects you to Chichester Careline, a friendly team which is on hand 24 hours a day, 365 days a year, to deal with your emergency.

From just £3.66 a week, benefits include:
- free installation
- monitoring and maintenance inclusive in the price
- short term rental available – no fixed term contract
- a friendly local team

Contact us to arrange a free trial and see how easy it is to get peace of mind.

Tel: 01903 737970
Email: arun.lifeline@arun.gov.uk
www.arun.gov.uk/lifeline
Wellbeing Month in West Sussex Libraries

In March 2017 libraries throughout West Sussex celebrated Wellbeing Month and all the ways that books, reading and your local library can help you stay healthy and well.

They promoted some of the best books to boost your mood – as chosen by library staff, plus they highlighted books to help people with diet, fitness, exercise and sport.

Throughout the month they had health and wellbeing events with expert speakers covering topics such as healthy eating, stress-busting or ideas for getting active.

Arun Wellbeing took part in the Wellbeing Month by providing a speaker for one of the events, talking about how Arun Wellbeing can support people to make simple improvements to their everyday lifestyle.

We also provided Wellbeing MOTs in libraries throughout the Arun District which generated a lot of interest from the public and as a result, seeing a total of 42 people across six branches (Bognor Regis, East Preston, Ferring, Littlehampton, Willowhale and Angmering) during the month. Some of these people decided to take up the offer of ongoing one-to-one support with a Wellbeing Adviser because they felt the need for further support and were ready to make changes in their lifestyle.

As a result, we have agreed to run more MOTs with the libraries later this year during September, so keep an eye on the ‘What’s Going On’ page on our website for more details.

Healthy Hearts

February was the British Heart Foundation’s National Heart month, and Arun Wellbeing promoted the importance of taking care of your heart by sharing practical tips for a healthier lifestyle with local residents. Followers of Arun Wellbeing’s Twitter account were able to read daily tweets about heart health throughout the month.

A special Healthy Hearts parkrun took place on Saturday 11 February at Hotham Park, Bognor Regis, and members of the Arun Wellbeing team were there with plenty of advice and tips to help residents look after their hearts. We also offered free heart rate monitoring, which some runners did before and after the run to see what changes their activity made to their heart rates.

Making small changes to your daily routine, such as eating plenty of fruit and vegetables, exercising regularly and cutting down on alcohol, can make a huge difference to your heart, helping to significantly reduce the risk of heart disease.

Another important event to help keep your heart healthy is the British Heart Foundation “Wear it. Beat it” campaign which this year has moved to June. You can find out more about how you can help the “fight for every heartbeat” and raise money for life-saving research by visiting www.bhf.org.uk
Arun Wellbeing tweeted every day for the whole month of February ways you can help to keep your heart healthy, to raise awareness of the British Heart Foundation Healthy Hearts Campaign.

In case you missed it, here are some of the top tips that we tweeted on how to keep your heart healthy:

- Did you get your 5-a-day today? Important source of fibre, vitamins and minerals. More tips on [Livewell/5ADAY/Pages/Tips.aspx](http://www.nhs.uk/Livewell/5ADAY/Pages/Tips.aspx)
- Do you know that salt increases your blood pressure? Ensure you eat less than 6g a day in total (1 teaspoon)
- Manage your weight. A combination of both physical activity & a healthy diet will lead to successful weight loss.
- Choose leaner cuts of meat and lower-fat dairy products to maintain healthy cholesterol level. [Livewell/Goodfood/Pages/Fat.aspx](http://www.nhs.uk/Livewell/Goodfood/Pages/Fat.aspx)
- Get the NEW Be Food Smart app & see how much sugar, fat & salt is really inside your food & drink [change4life-beta/be-food-smart#hsGl-hpqXepjDoLlk.97](https://www.nhs.uk/change4life-beta/be-food-smart#hsGl-hpqXepjDoLlk.97)
- Do you know what the recommended maximum level of sugar is per day? Find more info from [change4life-beta/sugar#oy2q11uPgb3xj8Aa.97](https://www.nhs.uk/change4life-beta/sugar#oy2q11uPgb3xj8Aa.97)
- Want to start your day healthily? Swap sugary cereals for plain porridge. More ideas: [change4life-beta/sugar#iq4VBz0G421JssuD.97](https://www.nhs.uk/change4life-beta/sugar#iq4VBz0G421JssuD.97)
- Reduce or stop alcohol- Don’t forget alcohol contains calories! Have a go at this quiz [rm-quiz-alcohol-myths-and-facts](http://www.webmd.boots.com/diet/rm-quiz-alcohol-myths-and-facts)
- Eat fish at least twice a week, including 1 portion of oily fish like mackerel, sardines or salmon: a source of omega-3 fats which can protect against heart disease
- Take time to slow down and be more mindful! Find out how mindfulness can help your heart [mindfulness-protects-heart-health/](http://time.com/3534531/mindfulness-protects-heart-health/)
- Quitting smoking can help to lower your cholesterol and improve your heart health [smokefreewestsussex.co.uk](http://arun.westsussexwellbeing.org.uk/topics/more-topics/pre-diabetes)
- Control your blood sugar levels if you have type 2 diabetes to reduce risk of a heart attack/stroke [arun.westsussexwellbeing.org.uk/topics/more-topics/pre-diabetes](http://arun.westsussexwellbeing.org.uk/topics/more-topics/pre-diabetes)
- A drop in temperature increases blood pressure - placing more strain on the heart, keep your home warm [bit.ly/1C2ZWVx](http://bit.ly/1C2ZWVx)
- Aged 30 or older? Find out your heart age using this link [www.bhf.org.uk/heart-health/risk-factors/check-your-heart-age](https://www.bhf.org.uk/heart-health/risk-factors/check-your-heart-age)
- Knowing your food labels is important, to help protect your heart from excess calories, salt and sugar.
- When you are stressed it can bring on symptoms like angina - see this guide to help you de-stress [www.bhf.org.uk/heart-health/preventing-heart-disease/stress](https://www.bhf.org.uk/heart-health/preventing-heart-disease/stress)
Arun Workplace Wellbeing FREE Workshops

The Wellbeing Team has had one of the busiest few months ever with many visits to workplaces across the district to offer Wellbeing MOTs and workshops.

One of our most popular workshops is the 1-hour Posture and Core Strength session which guides participants to be more aware of their posture, and gives them the opportunity to reflect on their lifestyle and habits, and what they could do differently. We bring along mirrors, Swiss balls, mats and resistance bands for people to try out and there is usually plenty of laughter and fun as we explore how to use the equipment to improve posture and core strength.

For additional value we recently co-trained at a workplace alongside their health and safety adviser to give specific advice on desk set-ups and even sitting correctly in the car. We practised adjusting a variety of VDU monitors and office chairs until we understood what all the levers did – an education for us all.

Comments from recent participants

- I think everyone should attend a course similar to this to prevent back, shoulder & posture issues - especially to do with the positioning of chairs and workstations. (Prevention is better than cure!)

- I thought the course was useful, it is helpful to be reminded of the importance of being comfortable and making sure our desks are set up correctly but we all just tend to get on with it the way it is.

All our workshops are free, and we can come to your workplace to deliver the session to reduce any travelling time or disruption to your working day. If you would like to arrange a workshop like this please contact Sarah Day on 01903 737865 or email sarah.day@arun.gov.uk

Photos from NHS Choices webpages about back pain http://www.nhs.uk/Livewell/Backpain/Pages/back-pain-and-common-posture-mistakes.aspx#slouching

What other Wellbeing Workshops do we offer?

- Wellbeing Workshop – 3 hours
- Menopause Awareness – 3 hours
- WISE Up at Work Weight Loss Workshops (6 hours over 4-6 weeks, either 6 x 1 hour or 4 x 1.5 hours)
- Alcohol – Busting the Myths – 1 hour
- Active enough at Work? – 1 hour
- Food and Mood – 1 hour
- CALM Workshops x 2 (Connect, Acknowledge, Lower, Manage) 2 x 1.5 hours

Part 1 – Connect and Acknowledge stress in our lives
Part 2 – Lower and Manage stress in our lives

Last quarter we had 251 workplace referrals
Cook and Eat

Arun Wellbeing works with two providers to offer regular Cook and Eat courses across the district. We have worked with Food Matters, a not-for-private-profit, national food policy and advocacy organisation based in Brighton for a number of years. Last year Health Champions came on board to share the work. A new, free, 2-hour, six-week course starts every 7-8 weeks throughout the year. We aim to improve access to the courses by offering a range of venues in or near Bognor Regis and Littlehampton, and in January we piloted a new evening course in Rustington which was well attended, and so popular that we intend to run more evening courses at the Laburnum Centre in Bognor Regis and the Parish Church Hall in Rustington later this year and early next year. Val and Lisa attended the Rustington course, they said “The course was interesting, informative and fun. We learnt that cooking doesn’t have to be complicated, you don’t need lots of ingredients, keeping it simple is just as tasty. It was a really nice group and we all got on really well together.”

Over the six weeks of the Cook and Eat courses, participants learn basic cooking skills, information on nutrition and healthier choices, shopping on a budget and making the most of offers. The course aims to give people the skills to cook meals from scratch using fresh ingredients; how to eat healthily, cutting down on fats, sugars and salt. They look at food labels to enable them to make healthier choices when doing the weekly shop. All this helps to give them the confidence to cook healthy meals for their family every day of the week. Some of the dishes cooked over the six weeks include Spaghetti Bolognese, Chow Mein, Chicken Curry and Quiche.

In the table below there are details of courses starting in the next six months. If you are interested in attending a Cook and Eat course please call Joy Bradbury-Ball on 01903 737855, Email: joy.bradbury-ball@arun.gov.uk or complete the contact us form on our website www.arun.westsussexwellbeing.org.uk/contact-us

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<tr>
<th>Date</th>
<th>Time</th>
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<td>19th July – 23rd August</td>
<td>11.30 am – 1.30 pm</td>
<td>Bognor Regis Youth and Community Centre</td>
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<td>19th July – 23rd August</td>
<td>3.30 pm – 5.30 pm</td>
<td>Angmering Community Centre</td>
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<td>7th September – 12th October</td>
<td>11.30 am – 1.30 pm</td>
<td>The Littlehampton United Church</td>
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<td>7th September – 12th October</td>
<td>4.00 pm – 6.00 pm</td>
<td>The Laburnum Centre, Bognor Regis</td>
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<td>11th September – 16th October</td>
<td>6.00 pm – 8.00 pm</td>
<td>Rustington Parish Church Hall</td>
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<td>1st November – 6th December</td>
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How does food affect mood?

There are many explanations for the cause-and-effect relationship between food and mood. For example:

- Fluctuations in blood sugar levels are associated with changes in mood and energy, and are affected by what we eat.
- Brain chemicals (neurotransmitters, such as serotonin, dopamine and acetylcholine) influence the way we think, feel and behave. They can be affected by what we’ve eaten.
- There can be abnormal reactions to artificial chemicals in foods, such as artificial colourings and flavourings.
- There are reactions that can be due to the deficiency of an enzyme needed to digest a food. Lactase, for instance, is needed to digest lactose (milk sugar). Without it, milk intolerance can build up.
- People can become hypersensitive to foods. This can cause what are known as delayed or hidden food allergies or sensitivities.
- Low levels of vitamins, minerals and essential fatty acids can affect mental health, with some symptoms associated with particular nutritional deficiencies. For example, links have been demonstrated between low levels of certain B-vitamins and symptoms of schizophrenia, low levels of the mineral zinc and eating disorders, and low levels of omega-3 oils and depression.
- A build-up of toxins from the environment, such as lead from traffic pollution or mercury from leaky amalgam fillings, can also affect the proper functioning of the body and brain.

There are many ways that foods can affect how we feel, just as how we feel has a large influence on what foods we choose. Some of the mood/food effects are due to nutrient content, but a lot of effects are due to existing associations of foods with pleasure and reward (chocolate) or diet and deprivation (plain foods). Some foods also have religious, economic and cultural significance which will influence how we feel when eating them.

Feeling good comes from a diet that provides adequate amounts of ‘healthy choice’ carbohydrate at regular times to keep blood glucose levels stable; eating breakfast is a sensible habit. Diets should also contain a wide variety of protein, vitamin and mineral containing foods to support the body’s functions. As a rule, plenty of fruits and vegetables and wholegrain cereal foods, with some protein foods, including oily fish, will support a good supply of nutrients for both good health and good mood.
Wellbeing Home

It’s been a busy winter for the Wellbeing Home service. Over the last financial year we have had a record 315 referrals across the Arun and Chichester Districts. We’ve helped householders save money on their fuel bills, secured funding for new heating systems and helped to reduce the impact of a cold home for some of the most vulnerable households.

The feedback from clients has been outstanding, with 94% giving the service the top rating of “Very Useful”. Clients have commented:

“I am now able to keep the heating on for longer and this has really made a difference to my son’s health”

“We received such helpful and supportive advice... her knowledge was such a benefit to us”

94% of clients have rated the service as ‘very useful’

Wellbeing Home had 100 referrals

This winter we are preparing to help even more households than ever, for example, by

• Delivering emergency heaters to those in need
• Helping people access the Warm Home Discount (£140 rebate on electricity bills)
• Visiting those who prefer to have advice in their own home
• Advising on the best tariffs available
• Signposting clients to other useful sources of help
• Gaining funding for emergency boiler breakdowns
• Helping households to access insulation

“I just wanted to say a big thank you for all your support and advice. I am aware this is your day-to-day job role but thanks where thanks are due. You have prevented my client from having another winter with an insufficient and a very costly means of trying to heat their home.”

We also take referrals from other professionals one of whom, an occupational therapist, said:

We visit residents home and advise on energy tariffs, inform them when they are eligible for grants, provide guidance on efficient use of heating systems and ensure that they know how to keep themselves warm.

Last quarter Wellbeing Home had 100 referrals
Alex (13) and his mother self-referred onto the Family Wellbeing Programme, as they wanted to lead a healthier lifestyle and gain more confidence. What they achieved both during the sessions and after completing the programme has been fantastic. During the one-to-one tailor-made sessions different strategies were talked through in order to make healthy lifestyle choices easy to fit into everyday life but also fun and not a chore. Sessions included cooking, a supermarket tour, snack ideas, quick and easy recipes, meal-planning, a variety of different activities and goal setting.

One of the goals was to enter a “kidz” triathlon and this provided a focus to work towards. Caroline (Family Wellbeing keyworker) helped Alex practise all the elements of the triathlon and build his confidence. On the day he went above and beyond any expectations and completed it. All the other competitors encouraged and supported him and the crowd cheered him on. His mum was so proud of him and grateful that Family Wellbeing were there to support them and also so proud of his achievements.

Their achievements did not stop there and they entered and completed a 5k run in Worthing together. Alex managed to complete the run in 28 minutes which was a fantastic time.

During the programme Alex lost just over half a stone in weight, and they now both actively take part in many fitness classes at the gym, and just recently, took part in a 7-a-side hockey tournament together which is something very special for his mum as she used to play hockey before an accident stopped her playing.

Above: Alex and his triathlon medal

Right: Alex and his mother after completing their 5k run
GET WISE!
Weight Information and Sensible Eating

Want to manage your weight and eat more healthily but not sure where to start?
Do you have a BMI between 25 and 40?*

We could be just what you’re looking for, our 12 week course includes:
- Understanding food groups and portion sizes
- Food diaries and private weigh-ins
- Damage limitation strategies when eating out or having a bad day
- Interpreting nutrition labels and misleading marketing
- 45 minutes of beginner exercise

The course will be fully interactive, fun and FREE!

Location:
Freedom Leisure, Sea Road, Littlehampton, West Sussex BN16 2NA

Dates:
Every Thursday from 29 June – 14 September, 6.45pm – 8.30pm

* If you are not sure what your BMI is then give us a call

Spaces are limited so to book on, or for more information, please call 01903 737862
or email us at info@arunwellbeing.org.uk

www.arunwellbeing.org.uk

Pre-diabetes Programme

Contact your local wellbeing hub for more information and to learn what you can do to help avoid type 2 diabetes for life

www.westsussexwellbeing.org.uk
What can we do for you?

**Free One-to-One Support for a Healthier you**
Come to us for a free Wellbeing MOT and a friendly chat about lifestyle changes – maybe losing weight, quitting smoking, cutting down on alcohol or improving your diet.

**Warm Your Cockles!**
We give free impartial energy saving advice and can help you get the best energy deals and keep warm at home. We can also arrange a free 3 month introduction to Arun Lifeline (your local Telecare provider).

**Let’s Have a Chat**
Do you attend or run a group? Would your group benefit from a talk or workshop from us on healthy eating, keeping your home warm or the benefits of keeping fit? Then why not give us a call!

**Let’s Get Physical**
Do you want to look good and feel great? Then why not sign up to a FREE Wellbeing Active course near you? Can’t find what you are looking for? We can find it or set a new course up to meet need. Let us know what you are looking for.

**Workplace Wellbeing**
Improving staff health and wellbeing makes good business sense as it takes care of an organisation’s key asset – its staff. Arun Wellbeing offer free onsite Wellbeing MOTs. So why not speak to your employer about inviting us in?

**Small changes make a big difference**

Call 01903 737862 to speak to a member of the Wellbeing Team, email: info@arunwellbeing.org.uk or visit the website on www.arunwellbeing.org.uk