

mid sussex wellbeing

Newsletter

December 2013

Issue 7



Welcome to the Mid Sussex Wellbeing Newsletter. We start first with a message from ...

Housing support in Mid Sussex



Supported housing or '[housing related support](#)' is available to people with a wide range of support needs. There is information on the help and advice you can get from the Council and other agencies including telephone helplines, websites, drop-in surgeries, support services and leaflets if you need it. Support could be available

- People with physical disabilities
- Older people with extra care needs and those who need support to manage their own homes
- People with mental health needs
- People with learning disabilities
- Young people leaving care and those wanting to live independently
- People with alcohol and/or substance misuse problems
- People fleeing domestic violence
- Homeless people in temporary accommodation

You can find more online at: <http://www.midsussex.gov.uk/7681.htm>
For more information on the supported housing options available, contact the Council's Housing Enabling Manager on **01444 477431** Or email emma.shuttleworth@midsussex.gov.uk



Recommended!
94%

Of people contacted by the wellbeing service would recommended the service to someone else.

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Back to exercise

The Wellbeing team are offering free adult exercise taster sessions across Mid Sussex. The classes are aimed at people who want to return to exercise. Whether you have been unable to exercise because of your health, or you just haven't had the time, this offer might be just what you have been looking for. Try out various classes including Zumba, Pilates and more. The classes are designed with the needs of beginners in mind, so they will be easy to pick up and will be led at a slower pace.

The Wellbeing team can also offer free green gym inductions to anyone wanting to use any of the green gym equipment that is located within many of the parks across the district.

If you would like to find out more please contact Kamella Clough:

01444 477048

kamella.clough@midsussex.gov.uk



Rethink Your Drink

The Mid Sussex Wellbeing team is supporting a new campaign highlighting the risks from drinking every night at home and reveals this can be as dangerous as binge drinking. 20% of adults in West Sussex are drinking at levels which can lead to increased risks to their health, almost 7% are drinking at a level which could put them at a high risk of damage to their health. Research also found that working adults aged 35 to 55 find it difficult to recognise that their drinking is putting their future health at risk. The 'Rethink Your Drink' campaign seeks to raise awareness, particularly among this age group, with a triple wellbeing message:

- Daily drinking can be as bad for you as binge drinking.
- Alcohol can cause weight gain and make you look old before your time.
- Drinking can impact on your children.

Risky Drinking

Although you might not think it, risky drinking can be relatively easy to do. Risky drinking for women is regularly consuming one large (250ml) glass of wine on five nights of the week and for men it's two pints of beer on five nights of the week.

For information on the campaign see:

www.rethink-your-drink.co.uk.



Dry January aims to challenge people to stay off booze for the month of January. It's a chance to lose weight, feel better, save money and make a difference.

To sign up please visit:

<http://www.dryjanuary.org.uk>

Or contact Mid Sussex Wellbeing

01444 477191

by email at info@midsussexwellbeing.org.uk

or online at www.midsussex.westsussexwellbeing.org.uk

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Wellbeing Coaches are here to help you!

Mid Sussex District Council and Albion in the Community are offering a new and free wellbeing coaching service. Wellbeing coaches are available to work one-to-one with clients to help motivate them to achieve healthy lifestyle goals.

Albion in the Community's Wellbeing Coaches can help individuals create positive change in their life. They can help with motivational support and focus on achievable goals and developing plans for change. The service is a brief intervention service and can offer 6 to 8 free one-to-one sessions.

Albion in the Community's Wellbeing Coaches provide free flexible one-to-one support, helping individuals set goals, develop personal action plans and identify barriers to change. The coaches are able to help things such as:

- **Increasing activity levels**
- **Eating healthier**
- **Losing weight**
- **Managing stress or anxiety**
- **Awareness of services**
- **Stop smoking services**



They work around the need of the individual and are very flexible in their approach. As well as sitting down with a client and talking through plans for change, overcoming barriers and goal setting they can also be more practical / active in their approach.

This can include going with someone to do an activity until they feel confident to do it on their own, going to the supermarket to help identify healthy choices, going for a walk and a chat, attending group events with them or services they want to access.

For more details on the wellbeing Coaches please contact the Wellbeing team on:

T: **01444 477191**

E: **info@midsussexwellbeing.org.uk**

W: **www.midsussex.westsussexwellbeing.org.uk**



Protect yourself from flu...

Get protected

with a free flu jab if you are:

- Over 65
- A Carer
- Pregnant
- Living with a condition such as asthma, diabetes, chronic liver or kidney disease, a heart or chest complaint, lowered immunity, or neurological diseases.

Getting a flu jab is quick, safe and free.
Protect you and those around you this winter.

To book your jab, contact your GP today.

FLU FACT
The flu jab can't
give you the flu!

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Top tips for keeping warm and well this winter

1. Make sure you've insulated your walls and loft. Cavity wall insulation can save you up to £140 a year. You could save up to £180 a year by installing 270mm (10 inches) of loft insulation if your loft doesn't have any in.

2. Efficient boiler. Boilers account for around 55% of your yearly energy bill, so an efficient boiler makes a big difference. Replace your old gas boiler with an A-rated condensing boiler and install new heating controls to save as much as £310 a year.

3. New heating controls. Whatever the age of your boiler, the right controls will allow your heating and hot water to come on and off when you need them to, and can heat only the areas of your home you want. Individual radiator thermostats and a programmer will allow you to do this. Installing a room thermostat if you didn't have one before could save you £70 per year.

4. Draught excluders. Your home is likely to be losing heat through draughts around doors and windows, gaps around the floor, through your letter box or up a chimney. Ensure you have draught-proofing products for all of these areas. DIY draught proofing of windows, doors and blocking cracks in floors could save £55 a year in a draughty home.

5. Turn it off. A typical household could save between £50 and £90 a year just by remembering to turn off appliances left on standby. This includes lights, television, large and small kitchen appliances and electrical items.



For more tips and information on keeping warm or paying for your energy bills visit www.energysavingtrust.org.uk or call the Energy Saving Advice Service on **0300 123 1234**. For local information on energy saving help schemes visit www.westsussexenergy.co.uk