

Workplace Health

We can offer support to workplaces in the Horsham District to improve the health and wellbeing of employees.

Workplaces can opt for:

- Individual staff Wellbeing Checks with tailored one-to-one support and advice to encourage staff to make healthier lifestyle choices
- Healthy eating talks or presentations on any aspect of healthy living
- Information stands to support wellbeing days and events.



Prediabetes

These group workshops are ideal if you are at risk of developing Type 2 Diabetes (overweight, inactive, family history) or if you've been diagnosed as prediabetic.

Find out what you can do to reduce your risk and set small manageable goals around diet and physical activity.



Wellbeing Checks

NHS Health Checks

If you are aged 40-74 you may be eligible for an NHS Health Check. The check is designed to tell you whether you're at higher risk of developing certain health problems.

Our trained advisors will ask you some questions about your lifestyle and family history, measure your height and weight, take your blood pressure and do finger-prick cholesterol test. They will talk you through the results and give you advice to help you lower your risk.



Wellbeing MOT (Body Composition Analysis)

If you're not eligible for an NHS Health Check you may be suitable for a Wellbeing MOT. We use body composition scales to find out your fat %, muscle mass, visceral fat, hydration (and more!) to see if your results are within healthy ranges.

You will have the chance to talk through your results, confidentially, with a Wellbeing Advisor and decide on any steps you might want to take to help improve your health and lifestyle.

Wellbeing Advisors

One to one appointments are available with our Wellbeing Advisors who can offer information, advice and support across a range of lifestyle areas:

- Losing weight
- Healthy eating and hydration
- Getting active
- Emotional wellbeing
- Prediabetes
- Wellbeing checks
- Sleep
- Stopping smoking



Wellbeing Talks & Workshops

We offer a variety of different group talks and workshops on different topics including:

- Cholesterol
- Emotional eating and unhelpful behaviours
- Pre Diabetes
- The menopause
- Sleep

These are not medical interventions but aim to give helpful tips, advice and support to help you improve your health and wellbeing.

Session availability changes throughout the year.

horsham district
wellbeing

Services Guide

Free advice and courses to help you improve your health and wellbeing.



Telephone: 01403 215111

Email: info@horshamdistrictwellbeing.org.uk

www.horshamdistrictwellbeing.org.uk

@horshamhealth

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All courses/workshops are subject to eligibility criteria

Get Active

Free courses to encourage you to be more active.

Legs Bums & Tums

A fun, aerobic-based Exercise to Music class. Learn easy to follow routines, get fitter, tone and release stress. Low and high impact options offered to suit your needs.

Learn to Run

A step by step course for beginners aiming to help you go from walking to jogging over a 10 week period. Improve your fitness, confidence and ability within a fun and supportive group.

Swimming/Aqua

The aquatic route to fitness and wellbeing. Go swimming and attend aqua classes. A great option if you're looking for low impact activity.

Back to Fitness

A fun outdoor class aimed at improving your general fitness. Sessions include a varied mix of circuit training, relays and partner exercises.

Pilates

A course that focuses on balance, posture, strength and flexibility. It aims to strengthen the body in an even way with a particular emphasis on core strength to improve general fitness and wellbeing.

65+ Back to Exercise

A fun and friendly aerobic and strength class with the older body in mind.

Class availability changes throughout the year.



Wellbalanced for Wellbeing



A course for the over 65's to improve strength, balance, mobility and independence.



Beginner Course

Are you worried about falling? Feeling unsteady on your feet?

This 24 week strength and balance course is designed to help increase postural stability and reduce the risk of falls. Each session is led by a qualified Postural Stability Instructor and a Support Instructor. It is for those who may feel unsteady on their feet and want to be stronger, steadier, and more active.

Alcohol Support

Is alcohol starting to sneak up on you?

Do you drink most days or every day?

Do you need alcohol to unwind, socialise, or sleep?

We offer up to six free, confidential one to one appointments with a trained advisor to support you to reduce your drinking and achieve a healthier lifestyle.

Understand your drinking more, set achievable goals and improve your mental and physical wellbeing.



Smoking

Quitting smoking is the best thing you can do to improve your health. We offer one to one appointments with a trained wellbeing advisor to help empower you to quit smoking.

You will receive information and advice on Nicotine Replacement Therapy. An advisor will give support and advice on the best option for you.

Weight Off Workshops

Are you concerned about your weight and wellbeing?

Are you ready to create healthier habits?

Over 12 weeks our workshops focus on weight loss, physical and emotional wellbeing along with advice and tips for sustainable lifestyle improvements. Our WOW Plus sessions also offer a gentle introduction to exercise.

Workshops run on a variety of days and at different times (day and evening) across the District.

