

# Support to Success

Your first stop for help and advice to...



## ***Getting healthier***

***Help and support available to get healthier***

For information on our range of lifestyle  
services call us on: 0121 704 6000

[www.solihull.gov.uk/supporttosuccess](http://www.solihull.gov.uk/supporttosuccess)



## Getting healthier

Looking after your health and fitness has immense benefits, both now and in the future.

Whatever your goals, when you start taking care of your health and improve your fitness, you can expect to look and feel great. When making changes to the way you live you should always start small. Big changes can be hard to keep doing – make one change then try another.

### Eat Well

Eating a healthy, balanced diet is important to maintain good health and helps you feel your best. There are plenty of things you can do to eat more healthily, and the good news is, making healthier meals needn't cost a lot of money. You can still enjoy your favourite meals **but it's better and cheaper to make them with your own ingredients.**

Why not find out about our free healthy cookery courses? Call Solihull Connect on 0121 704 6000 to find out more. Tips, recipes and offers can be found at Change4life: [www.nhs.uk/Change4Life](http://www.nhs.uk/Change4Life)

For advice on all aspects of health and wellbeing visit:  
[solihull.mylifeportal.co.uk/health](http://solihull.mylifeportal.co.uk/health)

### Get Moving

Adults need to be active for 30 minutes five times a week.

Children aged 5 to 16 need to be active for at least 60 minutes a day.

Building activity into your day keeps your heart healthy, reduces your risk of serious illness and strengthens muscles and bones. It can also be a great way of reducing stress and lifting your mood.

Being more active doesn't have to mean expensive gym memberships. Gardening and housework can give you a great workout. Walking is simple, free and one of the easiest ways to get more active, lose weight and become healthier.

There are lots of opportunities to get more active in Solihull, such as the Warwickshire Wildlife Trust Wildlife Walks and the outdoor gyms. For some great advice check out [www.nhs.uk/Change4Life](http://www.nhs.uk/Change4Life) or [www.solihullactive.co.uk](http://www.solihullactive.co.uk)

## Lose Weight

Being overweight or obese can have known risk factors for your health, including diabetes, heart disease, stroke and some forms of cancer.

Most people who need to lose weight can get health benefits from losing even a small amount of weight.

You can find out if you're overweight by calculating your body mass index (BMI) on the BMI healthy weight calculator on the NHS Choices website [www.nhs.uk/Tools/Pages/Healthyweightcalculator.aspx](http://www.nhs.uk/Tools/Pages/Healthyweightcalculator.aspx)

The website also has some great advice and links to free support to help you to lose weight.

### **There are several free options in Solihull to help you to lose weight:**

Health Trainers, Weight Watchers, Size Wise and Eat Well Move More. To find out which service would best suit you, call Solihull Connect on 0121 704 6000.

## Drink Less Alcohol

If you regularly drink more than a glass of wine or a pint of strong beer or cider a day, cutting back on alcohol can really improve your health. It won't take long before you will feel better in the mornings, have more energy and your skin may start to look better. Regular drinking can affect your immune system, so cutting down will help you stay healthy.

**If you cut back by a couple of large glasses of wine a week you could have more than £400 a year to spend on other things.** Why not save up and treat yourself?

To see how many units you have been drinking, check out the interactive Drink Checker

[www.nhs.uk/Change4Life/Pages/drink-less-alcohol.aspx](http://www.nhs.uk/Change4Life/Pages/drink-less-alcohol.aspx)

**For more information on drinking alcohol visit [www.drinkaware.co.uk](http://www.drinkaware.co.uk)**

If you or someone you know needs help with alcohol issues, confidential local support is available through Solihull Integrated Addiction Service: [sias-solihull.org.uk](http://sias-solihull.org.uk) or call 0121 301 4141.

## Stop Smoking

Stopping smoking isn't easy, but it is one of the most important things you can do to improve your health. The average smoker has 13 cigarettes a day, which works out as 364 cigarettes a month. **That's £141 a month or £1,696 a year that you could save by not smoking.**

There are loads of other benefits to quitting, including improved sense of taste, improved breathing and general fitness, improved appearance of skin and teeth.

There are a range of support services you can access in Solihull to help you to quit, including the You+ Shop and several local pharmacies. For more information call Solihull Connect on 0121 704 6000 or visit **[www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)**

## Wellbeing and Mental Health

Research is showing us how certain things we do can improve our moods, reduce depression, strengthen relationships, keep us healthy and even add seven years to our lives.

If you often feel anxious, low in mood or depressed Birmingham Healthy Minds offers advice, information and support. Visit:

**[www.bsmhft.nhs.uk/our-services/birmingham-healthy-minds](http://www.bsmhft.nhs.uk/our-services/birmingham-healthy-minds)**, call 0121 301 2525 or text BHM to 6077.

**[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)** has a range of podcasts and information to help you improve your mental health through mindfulness, problem solving, stress reduction, exercise and reducing alcohol.

Personal finances and mental health often have a strong impact on each other. If you have money worries help is available, for more information visit **[www.solihull.gov.uk/supporttosuccess](http://www.solihull.gov.uk/supporttosuccess)** or contact **Advice in Our Area** on 0121 703 0945 (10am to 2pm Monday to Friday).

A range of services to improve your wellbeing are available through Solihull MIND **[www.solihullmind.org.uk](http://www.solihullmind.org.uk)**

The Time4You Project offers a range of opportunities such as social events, volunteering and training to those in north Solihull who feel they need more time to think about what they would like out of life. For further information contact on 07881 500139 or on 07917 172823.