



TRAFFORD
COUNCIL



Your Health

Wellbeing and lifestyle support in Trafford

www.trafford.gov.uk

Lifestyle and behaviour services in Trafford are changing. An integrated lifestyle offer, in collaboration with the rest of Greater Manchester, will become available over the end of 2017 and into 2018. In the meantime, there are a range of services and support to help people in Trafford live a healthier life. There are services to help people quit smoking, achieve a healthier weight, be more physically active, better manage drug or alcohol problems, and deal with emotional and mental health problems. This support can be self-help using websites and online tools, telephone help lines and face-to-face meetings.

The national One You website provides motivational support to change to a more healthy lifestyle, including information, advice and apps <https://www.nhs.uk/oneyou>.



Quitting smoking

The NHS provides web-based support at <https://quitnow.smokefree.nhs.uk>. This has information, quizzes and tips to help you quit. If you want a person to help you, you can call the free Smokefree National Helpline to speak to a trained, expert adviser on **0300 123 1044**. Lines are open Monday to Friday 9am to 8pm and Saturday and Sunday 11am to 4pm.

Face-to-face help and support including nicotine replacement therapy (NRT) is available from most of the pharmacies in Trafford. Most GPs and practice nurses can also support quit attempts including prescribing drugs to reduce the craving.

Alcohol or drugs problems

Breaking Free - online 24 hour online support for the underlying issues leading to drug and alcohol use. www.breakingfreeonline.com

Phoenix Futures provide the Trafford Recovery Service which offers support to people experiencing problems with drugs and alcohol. Email trafford.day@phoenix-futures.org.uk

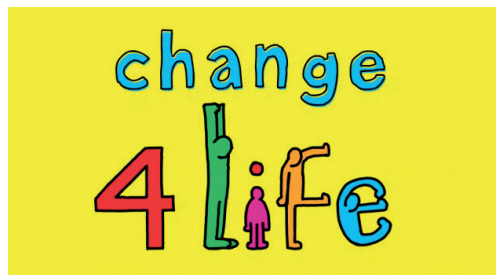
For the over 25s call **0161 905 8570**. For young people (25 and under) call **0161 905 1013**.

Trafford AIM is for people over 25 requiring treatment for opiate/crack addiction and those wanting alcohol detox – to book an appointment please call **0161 358 0991**.



Healthier weight

The Change 4 Life website has lots of useful tips for healthy eating
<http://www.nhs.uk/Change4Life/Pages/healthy-eating-tips.aspx>

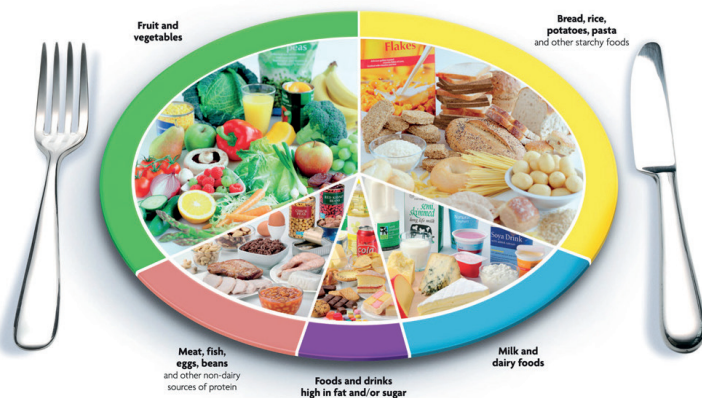


You can check to see whether you are over (or under) weight on the NHS Choices website Healthy Weight calculator
<http://www.nhs.uk/Tools/Pages/Healthyweightcalculator.aspx>

If your BMI over is 30 (or over 27.5 if you are of black or Asian ethnicity) you can access Trafford's Specialist Weight Management Service through referral by your GP or other healthcare professional.

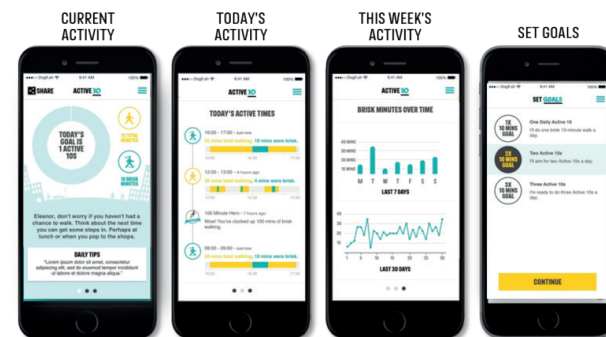
The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Physical activity

Sometimes we all need a bit of motivation to be more active, try the apps "Active 10 movement tracker" or "Couch to 5k" available at
<https://www.nhs.uk/oneyou>.



Anyone who is **currently inactive** or has been active in the past but due to ill health has become inactive, can be referred to Trafford Leisure for the Physical Activity Referral Scheme. This includes an initial assessment, then a tailored plan choosing from Health Walks, Nordic Walking, cycling, Healthy Hearts and Hips (chair-based exercise), swimming, exercises classes and the gym. Unlimited activity for 8 weeks for just £20. Ask your GP or other Healthcare professional to refer you. Trafford Leisure have produced a video to explain:

<https://www.youtube.com/watch?v=6Tyy-xMtUNQ>



Emotional and mental health support

eTherapy Service (online CBT)

The eTherapy Service provides psychological treatment online and is very effective in helping people to overcome anxiety and/or depression. Following a one-to-one assessment, you will be fully supported throughout your course of therapy by the team. This service runs from venues around Trafford or from home with weekly telephone support sessions. You can self-refer to this service, simply email Etherapy.admin@selfhelpservices.org.uk or ring **0161 226 3871**

42nd Street

Counselling, therapies, arts activities and drop-ins for 13 – 25 year olds.
Ring 0161 228 7321

Altrincham Anxiety Group

Drop-in group offering a sympathetic and non-judgmental space where you can meet others who also struggle with anxiety. Drop in or call on **0161 226 3871** and they'll make sure someone is available to meet you.

Altrincham Methodist Church, Barrington Road, Altrincham WA14 1HF every Monday between 2pm and 4pm, or email communityservices@selfhelpservices.org.uk



Urmston Depression Group

Drop-in group offering a sympathetic and non-judgmental space where you can meet others who also struggle with depression. Simply drop-in or call on **0161 226 3871** and they'll make sure someone is available to meet you. Urmston Library (Room 2), Golden Way, Urmston, M41 0NA. Tuesdays 1:30pm – 3:30pm.

Peer to Peer

A team of people who have lived with mental distress and found ways of staying well are on hand to offer support. They are experienced in mental health problems such as anxiety, depression, panic attacks and phobias. They provide emotional support, social contact, recovery advice, signposting and can accompany people to activities in the community. Find out more at www.selfhelpservices.org.uk. Call **0161 226 3871** or email peertopeer@selfhelpservices.org.uk.

Can't cope? For **crisis support** you can ring the Samaritans day or night on 0845 579 9090 if you want to speak to someone.



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ONE YOU

General activities and support

A useful guide to various activities, services and support for young people, older people and those in between is the online directory <https://www.trafforddirectory.co.uk/kb5/trafford/fsd/home.page>



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<http://www.trafford.gov.uk/residents/health-and-wellbeing/health-and-wellbeing.aspx>

www.trafford.gov.uk