

Healthy Living Support Information Sheet



Lifestyle: internet and apps

General lifestyle information:

- ❖ **NHS Choices Live Well section** (www.nhs.uk/livewell/Pages/Livewellhub.aspx) includes information on most areas of lifestyle change, including tools and tips to help you be more active, stop smoking, reduce alcohol, manage your weight, reduce stress and eat well. There is a 12-week weight loss programme, home exercise workouts plus podcasts to increase flexibility or to help you to start running (from couch to 5K), plus much more.
- ❖ **My Care My Support** (<http://mycaremysupport.co.uk/i-know-the-services-or-information-im-looking-for.aspx>) click on the health and wellbeing purple tab on the left) provides information on local lifestyle services for stopping smoking, being more active, reducing alcohol, losing weight and healthy eating as well as online services.
- ❖ **Swindon diabetes website** (www.swindondiabetes.co.uk/) has local lifestyle information and self-care advice.
- ❖ **Change4Life** (www.nhs.uk/Change4Life/Pages/change-for-life.aspx)- have advice on healthy eating, recipes and moving more. This includes a free app where you can scan food packaging barcodes for sugar content - www.nhs.uk/change4life-beta/campaigns/sugar-smart/home.

Fitness apps, podcasts and websites:

- ❖ **Swindon travel choices** (www.swindontravelchoices.co.uk/) offer a comprehensive range of information on walking and cycling in Swindon, including a walking journey planner, a Swindon cycle map and ideas for local, circular walks.
- ❖ **My Fitness Pal** is a free website and a free app that allows you to log and count your food calories and the calories you burn from exercise - www.myfitnesspal.com/
- ❖ **Couch to 5k** (a running plan for beginners) - available as a free app or podcasts; couch to 5k graduates (for running improvers), available as podcasts - www.nhs.uk/Livewell/c25k/Pages/couch-to-5k.aspx.
- ❖ **Walking apps and pedometers**- if you want to increase the amount of walking you do, a fun way to do this is to get a smartphone app (many are free) or pedometer to track your steps and then try to increase them on a weekly basis.

There are also a range of apps that you pay for that, for example, help you to monitor your activity levels or include a GPS tracker to track your speed and distance or let you know if you have been inactive for a set period or provide you with routines. These include Fitbit, Garmin Fit and Pocket Yoga.

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Local services

Support on smoking, losing weight and being more active: The Live Well Hub

The Live Well Hub is one stop shop for Swindon residents to access a range of lifestyle programmes and guidance to help improve health and wellbeing. These include stopping smoking, weight management, walking groups, cycling, supervised gym sessions, disability sport and other wellbeing support services. The services are provided by Swindon Borough Council's Community Health and Wellbeing team. Health Professionals can refer to this service. Some services are free and some have a small cost. Contact: Tel 01793 465513 or email livewell@swindon.gov.uk or livewellswindon@nhs.net.

Alcohol and drugs: Change, Grow, Live: Swindon Integrated Community Alcohol and Drugs Service. For free information, advice and support, Tel (01793) 611720 or email swindondrugsandalcohol@cgf.org.uk . Address: 4 Temple Chambers, Temple Street, Swindon SN1 1SQ.

Emotional / Psychological Health LIFT Psychology runs a free course to help people address the psychological side of weight management and to make healthy lifestyle changes to eating and exercise habits. The service also runs many other courses that help people manage a range of physical health conditions (e.g. diabetes, persistent pain and cardiac conditions) as well as emotional health difficulties (e.g. anxiety and low mood). Book a place on any of the courses via the website www.seqol.org/lift-psychology or call 01793 835710.

Being active

Swindon has many sports clubs, leisure centres and gyms to help people to be more active and improve flexibility as well as lots of open space for walking and enjoying the outdoors. Plus see the Live Well Hub information overleaf.

- ❖ **Cycling:** Sky Ride Local (www.goskyride.com/swindon) – Fun, free, organised, guided rides of varying distances and difficulties.
- ❖ **Football in the Community** organise walking and activities for older people and also a men's weight loss and physical activity programme for football fans (cost involved). More information is available at www.stfitc.co.uk.
- ❖ **Walking Netball** sessions in Swindon is a slowed down version of the game of netball, designed for anyone looking to exercise in a relaxed, supportive and friendly environment. A game of Walking Netball is for all ages and abilities and every session contains a gentle warm up (cost involved). For more information contact Maureen Squires on 01793423134 or email Maureen.Squires@GLL.org