



ST HELENS WELLBEING



**FREE
HEALTH
SERVICES**

Your new St Helens Wellbeing service makes it easier to access a wide range of healthy living and wellbeing support through a 'one stop shop'.

We'll work with you to help decide which services could make a difference to your health and wellbeing. By just making some small changes you can make a big difference to the way you feel.

Pop and see us or give us a call...

Call: 01744 371 111 Email: chcp.sthelens@nhs.net

Visit our friendly hubs at The Hardshaw Centre and St Helens College, or drop-in at any of our community sessions.

StHelensWellbeing.org.uk  

chcp



St. Helens Council



Healthy Eating



Our fun, friendly Cook and Taste sessions encourage you and your family to taste new foods, learn cookery skills and make tasty healthy meals on a budget. Sessions are free.

Social Wellbeing



Access a range of local community groups, free activities and support for your social, emotional or practical needs. You will be assigned a link worker who will work with you on a one-to-one basis to help find activities and support services that will improve your wellbeing.

Mental Health



Five Ways to Wellbeing (Connect, Be Active, Take Notice, Keep Learning and Give) is a set of activities, which helps provide you with the skills to be happier, healthier and better able to cope in everyday life, especially when things aren't going so well.

Oral Health



Advice and support on how to keep your family's mouth and teeth healthy.

Coffee & Chat

Not sure which service is for you? Then call down to one of our coffee & chat sessions and we will help signpost you into the appropriate services. Ring **01744 371 111** for further information on where the coffee & chat sessions are held.

Getting Active



Activity and information sessions for all the family in partnership with Saints Rugby Club, including fun active play sessions for younger children through our Fit4All programme. For adults (over 16s) we have a programme of outdoor activity including Nordic Walking and the Walking for Health.

We also provide referral services and rehabilitation activity programmes for people who have had heart related problems, balance issues or falls, chronic pain and those recovering from a stroke.

Stop Smoking



Free advice and support to help you quit smoking in a way that suits you. This could be through a one-to-one session, group session, telephone, text or online services. We also offer specialist support if you're pregnant and want to quit.

Volunteering



Want to give something back? Looking for experience? Have a few hours to spare? Whatever the reason, make it happen! We have opportunities in various areas; check out the website for opportunities.

Weight Management



Specialist support to achieve a healthy weight for adults and families who have a St Helens GP. Our team can support you to achieve a healthy lifestyle and health improvements in the long-term.

Health Checks



We can support you to make positive lifestyle changes. An initial 1 hour health check will include a discussion of your current eating patterns, exercise levels, stress levels & alcohol intake. You can also have your blood pressure checked, your weight, your height, body mass index (BMI) and cholesterol measured to give you a starting point.

Infant Feeding



Supporting mums and families with all aspects of infant feeding. We offer text message and phone support as well as home visits and Baby Café meet ups with a cuppa. For older babies we have community events for weaning advice, hints, tips and recipes.

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