

How to Contact Us



Below are the details of a few organisations that can help you start your journey to a healthier life. For information on others contact the FIS on 0800 587 8042.

Wakefield & District Alcohol Team

01924 302120

This service provides information and advice to those who might have a drink problem and want to do something about it.

Change4Life

0300 123 4567

www.nhs.uk/change4life

Join Change4Life and receive a personalised pack full of tips, tools and activities to help you start to eat better and move more.

Connect3

01977 665800

www.wakefielddistrict.nhs.uk/connect3

Healthy things for 4-16 year olds, Connect3 is FREE and runs from lots of places across the Wakefield district.

Health Trainers

01977 665717

Health trainers work with you on a one-to-one basis. They listen to what changes you want to make in your life and encourage you to set goals to achieve them.

5 A Day

www.5aday.nhs.uk

Packed with loads of information and advice to help you put away your 5 A Day with no trouble. Fruit and vegetables can help keep your body fitter, healthier, and happier, so visit the website to find out more about the benefits of eating 5 A Day.

Healthy Start

0845 607 6823

www.healthystart.nhs.uk

Expectant mums and families with children under 4 who are on certain benefits for low income households may be entitled to weekly vouchers worth £3.10 which can be exchanged for milk, fresh fruit, fresh vegetables and infant formula milk.

Child and Adolescent Mental Health Services (CAMHS)

01977 605526 - CAMHS (Castleford)

01977 606319 - CAMHS (Pontefract)

01924 327604 - CAMHS (Wakefield)

CAMHS can see and treat children, young people and their families who have psychological, emotional or behavioural problems.

Wakefield Stop Smoking Service

01977 456449

Call the Stop Smoking Service to find out more about giving up, or about stop smoking groups across the district.



Healthy Living

Live healthier, live longer

Call: 0800 587 8042

Visit: www.wakefieldfis.org.uk

Email: fis@wakefield.gov.uk

Text: 07624 809247

www.wakefield.gov.uk

wakefieldcouncil
working for you

What is Healthy Living?



5 ways to feel better & live longer!

- Staying positive - by thinking positive!
- Eating the right things
- Exercising as much as you can
- Drinking the right amounts
- Smoking less - or packing up!

If you follow this **five step plan**, (S.E.E.D.S) you will be doing your best for you and your family to stay fit & healthy for longer. You will also have a better chance of not getting serious illnesses e.g. **heart disease**, **cancer** or **diabetes**.

Remember even small changes are better than nothing!

Make a change today!

1. Staying positive

Having a good mental attitude is perhaps more important than eating healthy food or keeping fit, because if you do not think much of yourself or do not care about yourself, you might feel low.

After a while you may become depressed and start not to bother about the things you used to. You might 'get into a rut' and find it hard to think of anything good about yourself and your life. People around you - your friends & family will feel sad about what is happening to you, because they love you.

If this happens to you, it's hard to make changes to your life. Remember - no-one deserves to be loved more than you...so think positive!

2. Eating

Did you know that eating a variety of fruit and vegetables can help reduce the chances of developing serious illnesses such as **heart disease** and **some cancers**? Eating fresh, frozen, or canned fruit and vegetables all count towards your **5 a day**.

You'll know that trying to get children to eat healthily can be hard, but it doesn't mean they can't eat their favourite foods again.

Just **cut down** on the amount of sweets, crisps, pasties, fish & chips and other take-aways they eat a week, and give them rice, pasta, potatoes, and some meat, fish, eggs, or cheese.

And for families with children aged 4 to 16 why not try the FREE **Connect3** programme and take part in a variety of fun physical activities and healthy family sessions where you will learn about eating a healthy diet and leading a healthier life.

3. Exercising

How much exercise are you getting? If you're not doing 30 minutes a day, then you're probably not getting enough.

Can't get to a gym? No problem. Try walking to school, the shops, the dog, using the stairs, going for a walk at dinner time, cutting the grass, or playing a sport all are useful ways of exercising. Doing this at least **5 times** a week will help **reduce stress**, boost feelings of self-confidence, keep you fit **and** be good for your health.

To get some ideas of places to go to, or things to do, call the Families Information Service on **0800 587 8042**.

4. Drinking

Like a tippie? Well there's nothing wrong with that as long as you don't over do it. So how much is too much? If you drink more than 1½ pints, or 3 small glasses of wine or 3 shots of spirit a day doctors say that's probably too much.

We sometimes drink too much from time to time, but try not to make a habit of it. Remember drinking too much can lead to a risk of **heart** and **liver disease** not to mention the financial and family problems it causes.

5. Smoking

If you smoke did you know that you are not just harming your own health, but also the health of children and other people in close contact (passive smoking). It is also a major cause of **cancers**, **heart attacks**, **blocked arteries**, **ulcers** and **chest diseases**.

Another affect of smoking is to make you look older than you are, and its also expensive. Whilst it's not easy to pack in smoking, if you really want to you can get help by calling **Wakefield Stop Smoking Service** on **01977 456449**.