

Staying Healthy in Yate

Find out what's available for adults, children and older people....

Adults

Physical activity groups and activities

Walking for health

Walking for Health has a programme of walks between 0.5 and 3 miles to suit a range of walking needs. These free walks are led by trained volunteers.

There are three walks in the Yate/Chipping Sodbury area:

Tuesdays - Gentle fortnightly walks around Chipping Sodbury. Approx 30 mins

Fridays – Around 3 miles, exploring rural and urban areas around Yate & Sodbury

Buggy Walks – 1st and 3rd Monday of the month. Set off at 10am. Meet at Yate Library, 44 West Walk, BS37 4AX, walks last between 45 minutes and an hour.

For more information, visit www.southglos.gov.uk/walking

call **01454 864005** or email healthylifestyles@southglos.gov.uk



Run South Gloucestershire

There are recreational running groups that welcome beginners and experienced runners alike. Run Together running routes are situated in Yate Common and Brinsham Fields. Chipping Sodbury has a parkrun every Saturday (am). For more info, email healthylifestyles@southglos.gov.uk, call **01454 864005**

or visit www.southglos.gov.uk/runsouthglos.

Advice and support for health issues

Smokefree South Gloucestershire

Want to quit smoking? Smokefree practitioners provide free support and discuss all the options available to help you stop smoking for good. In Yate these services are available at all GP surgeries and a number of pharmacies. Visit www.southglos.gov.uk/smokefree, call **01454 865502** or email smokefree@southglos.gov.uk



Drug and alcohol use: Adults

Developing Health and Independence (DHI) is the single point of contact service in South Gloucestershire. Services are adapted to meet individual's needs and can include information, one to one conversations, peer support or group sessions. Call DHI on **01454 868750** or free phone **0800 0733011** to arrange a meeting in a venue accessible to your needs. The service is confidential and is for anyone over the age of 18 who is misusing substances.

Sexual Health information for adults

Free and confidential sexual health and contraceptive services are available at doctors' surgeries, pharmacies (emergency contraception and STI testing / treatment only) and specialist clinics. For details of all specialist sexual health clinics, or to book appointments, visit www.unitysexualhealth.co.uk or ring 0117 342 6900.

NHS Health Check

The NHS Health Check is a health check-up for adults in England aged 40-74. It's designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia. As we get older, we have a higher risk of developing one of these conditions. An NHS Health Check helps find ways to lower this risk. If you're in the 40-74 age group without a pre-existing condition you can expect to receive a letter from your GP inviting you for a free NHS Health Check every five years.

Contact your GP to find out more or visit www.southglos.gov.uk/nhshealthcheck



Support for adults with mental health issues

South Gloucestershire Wellbeing College

The Wellbeing College can be accessed by anyone over the age of 18 who lives or works in South Gloucestershire. Offering a range of courses including: mindfulness, understanding depression, money management, sports and physical activity sessions, art sessions and complementary therapies and it's all free. For more information email: info@sgwellbeingcollege.org/ call: **01454 821856** or go to <http://sgwellbeingcollege.org>



South Gloucestershire talking therapies

The NHS talking therapy services provides access to a range of short term therapeutic interventions to support individuals who are experiencing anxiety, depression or associated difficulties. The therapy is provided through a course or 1:1 work with a trained therapist. Self-referrals can be made by calling **0117 378 4270** or visit www.iapt-sglos.awp.nhs.uk, complete a registration form or ask your GP to make a referral.

Support for adults with learning difficulties

Choices 4 U



Choices 4 U provide day opportunities for people with learning difficulties from the age of 16 years. Service users are supported to become more connected to their community, achieve learning and employment aspirations, access meaningful social and leisure interests that promote good health and wellbeing. For more information

visit www.southglos.gov.uk/choices4u or email choices4u@southglos.gov.uk

Other Support available

Breastfeeding support

Support groups are available for any pregnant or breastfeeding mums. Yate Breast Friends meet on a Tuesday 11.30 - 13.00pm at the Sure Start Children's Centre, Cranleigh Court Road, BS37 5DW.

Children and Young people

Physical activity groups and activities

REACH

Rethinking, Eating and Activity for Children's Health is a free 10 week course of fun and engaging activities for families to help them feel healthier, happier and fitter. Each week, trained leaders take sessions packed with nutrition games, energising games and lots of physical activity. Courses run across South Gloucestershire for families with children aged 4-15 years. To sign up or for more information please call **01454 864005**, e- mail healthylifestyles@southglos.gov.uk or visit www.southglos.gov.uk/reach



Active Family Club



A programme for families with young children who want to get active or play sport, lead a healthy lifestyle and try new activities with other families. We provide a programme of taster sessions in different sports and activities each week for families to try for free. Activities include multi-sports, climbing, healthy eating and lots more. For more information please contact us on **01454 864005** or healthylifestyles@southglos.gov.uk

Advice and support for health issues

Sexual Health advice for young people

Young people (incl. under 16s) can access free and confidential sexual health and contraceptive services (contraception, condoms, STI testing / treatment and emergency contraception) at doctors' surgeries, pharmacies (emergency contraception and STI testing / treatment only) and specialist clinics. For details of all specialist sexual health clinics or to book appointments visit www.unitysexualhealth.co.uk or ring 0117 942 6900.

Drug and alcohol use – Young people

The Young People's Drug & Alcohol Service work confidentially with young people living or being educated within South Gloucestershire. Please contact the service Access and Response on **01454 866000**

Support for young people with mental health issues



Mental Health – Children and young people

Concerns about the mental health of a child or young person should be directed to their GP in the first instance. Schools provide support for emotional difficulties via the pastoral care system and school nurses, and many provide counselling. Off the Record deliver one-to-one and group therapeutic interventions to 11-18 year olds, www.otrbristol.org.uk or **0808 808 9120**. Young people aged 16 and over can access South Gloucestershire Talking Therapies as above.

Older People

Physical activity groups and activities

Friendship and exercise clubs

These clubs are for older people who like gentle exercise and games. Each club is managed by a local community group and coached by a friendly instructor with a specialist qualification in exercise and health for older people. The first session is free (a small fee per session thereafter). Sessions in Yate take place at 10am on Monday mornings (St. Nicholas family centre) and Friday mornings (Cambrian Green extra care centre). For more information call **01454 862296** or **07825 155 954**, visit www.southglos.gov.uk/friendship or email healthylifestyles@southglos.gov.uk



Healthy Lifestyles directory for older people

If you want to find out about physical activities (including many in Yate) and healthy living, this is the place to start. Copies are available in Yate Library.

The online edition is available at: www.southglos.gov.uk/activitiesop