

## Stop Smoking

"My contact at the stop smoking service made me feel at ease and I never felt judged at all by her"

## Fresh Start

"If it wasn't for the Fresh Start staff and group I would never have had the 'get up and go' to change my lifestyle, not only for me but my whole family."

"It's been life changing"

## Exercise on Referral

"The level of motivation and support has been excellent."

"I'm really glad I joined the class, it's given me a new lease of life."

## Fit 4 Life

"I was very worried about my child's eating, but I am leaving the group with some good healthy stuff to try."

"My son is now performing better in school, he is star of the day at school and has a speaking part in the school play, which he never would have done."

## Triple P

"Triple P course has enabled me to stay calm, stay focussed and add structure to our family home. It has given us a happy and safe home."

## Age Well Exercise

"I finally feel like I am up and running again. I have got my life back again, it's wonderful."

## START WELL

Giving children the best start in life

Start Well

## LIVE WELL

Helping adults lead healthier lifestyles

Live Well

## AGE WELL

Supporting healthy and active ageing

Age Well

Contact us for more information:

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Halton Health Improvement Team  
Supporting you and your family to lead a healthier and happier life.



**Start Well**

## START WELL

Giving children the best start in life

### Infant Feeding Support

Are you breastfeeding or planning to? We offer one to one advice, home visits, telephone support, community based support groups and workshops for mums who want to breastfeed their babies or are pregnant and planning to breastfeed.

### Introducing Solid Foods

**FREE** and friendly informal group sessions for parents who want to learn all about feeding solid foods to their babies.

### Get your family Fit 4 Life!

Want to get your family Fit 4 Life? Join our **FREE** and friendly group activities across Halton, where you can learn all about sugar swaps, healthy recipes and top tips on how to get your family feeling great.

### Positive Parenting Programme (Triple P)

Struggling with toddler tantrums or teenage rebellion? Why not give us a call and find out about our **FREE** Triple P parenting programme.

### Halton Healthy Schools

We work closely with children in Halton's schools, to help educate children and young people on subjects such as bullying, mental health, smoking and alcohol harm.



**Live Well**

## LIVE WELL

Helping adults lead healthier lifestyles

### Halton Smokefree Service

Want to stop smoking but finding it hard? Why not give our Stop Smoking Team a call for **FREE** support and advice on how to stop smoking?

### Fresh Start

Fresh Start is our weight loss programme helping adults across Halton lose weight, get active and feel great. Classes take place across Runcorn and Widnes.

### Exercise & support for people with long term conditions and cancer rehabilitation.

Exercise on Referral offers specially designed classes that aim to get you exercising independently, offers social support, improves quality of life and builds confidence. Cardiac and pulmonary classes work to help you return to carrying out daily activities and build confidence in exercising.

Cancer rehab offers exercise sessions for both during and after treatment to aid recovery, reduce the side effects of treatment and help prevent re-occurrence.

### Mental Health

Our mental health can affect us in many ways, so it's important we maintain our mental health and wellbeing. Through our high profile public campaigns like #maketimehalton we aim to get people in Halton talking about their mental health, break down the stigma and help people manage their mental health and wellbeing.

**Age Well**

## AGE WELL

Supporting healthy and active ageing

### NHS Health Checks

Are you aged 40 - 74? If so you may be eligible for a **FREE** NHS Health Check. It is a simple check that takes about 30 minutes to complete and tests for diabetes, kidney disease, heart disease and your risk of stroke and dementia. Contact your GP today to book yourself a **FREE** Health Check.

### Age Well exercise sessions for the over 50s

Friendly advice and gentle exercise classes, perfect if you have fallen or feel unsteady on your feet but also to help your mobility and flexibility. The aim of these classes is to help you stay healthy and active and enjoy good quality of life and independence in later life.

### Activities & support for older people in the community in conjunction with Sure Start to Later Life

Are you over 55? Do you want to learn new skills, meet new people, feel better & get active? If so we can offer you a number of classes or practical support in your own home or throughout the community. Contact Sure Start to Later Life direct on 01928 569477 or 01928 569498

