



xyla health & wellbeing
Part of Acacium Group

NHS Low Calorie Diet Programme

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Greater Manchester Signposting manual

Introduction

Diabetes Support in Greater Manchester

Type 2 diabetes is a condition where the insulin your pancreas makes doesn't work properly, or your pancreas doesn't make enough insulin. Diabetes is a long-term condition which if not managed properly can cause complications. The risk of complications developing can be reduced by making lifestyle changes. There are a range of resources detailed below to support anyone living with diabetes in Greater Manchester to self-manage their condition.

Diabetes My Way

Diabetes My Way is a free one stop website for information on diabetes for people living in Greater Manchester.

The website contains information including leaflets in a range of languages to support you to self-manage your condition. Updates, news articles and seasonal information i.e. managing your diabetes during Ramadan are also posted regularly



Signing up for Diabetes My Way will allow you to track and update your diabetes health results including your HbA1c, foot check, blood pressure and weight.

Register now at www.diabetesmyway.nhs.uk

Online Diabetes Education Courses

Online courses are a great way for you to learn more about your diabetes from the comfort of your own home. Diabetes My Way offers a range of free structured education (e-learning) courses including; living with Type 2 diabetes, growing up with Type 1 diabetes, Gestational diabetes and a guide to insulin pumps.

Want to know more? Visit www.diabetesmyway.nhs.uk

Diabetes UK



Diabetes UK is the leading charity for people living with diabetes in the UK. They provide support to everyone affected by diabetes, fund research and lead on the campaign to prevent Type 2 diabetes. Their website contains information to help educate and support people living with diabetes and their families.

Diabetes UK have a dedicated webpage for activity across the North of England including information on the diabetes support groups in your area.

Find out more at www.diabetes.org.uk/in_your_area/northern_yorkshire

You can also join their peer support group on Facebook [Diabetes UK chat: Your friends in the North.](#)

Greater Manchester Services

Greater Manchester Health Hub
<https://www.gmhealthhub.org/>

The Greater Manchester Health Hub provides tools and tips including stopping smoking and understanding more about how you're feeling for a healthier lifestyle and a happier you.

Greater Manchester Moving
<https://www.thatcounts.co.uk/find-an-activity>

The Greater Manchester Moving website allows you to search for activities happening in your local area.

GM Active
<https://www.gmactive.co.uk/>

GM Active is a collective of 12 leisure and community organisations from across Greater Manchester that are all part of the same movement, to get more people physically active.

NHS Resources

Keeping Healthy

Healthy Weight

<https://www.nhs.uk/live-well/healthy-weight/>

Healthy Lifestyles

<https://www.nhs.uk/live-well/healthy-body/>

Smoking

<https://www.nhs.uk/live-well/quit-smoking/>

Nutrition

<https://www.nhs.uk/live-well/eat-well/>

Physical Activity Guidelines

<https://www.nhs.uk/live-well/exercise/>

Active10

<https://www.nhs.uk/oneyou/active10/home>

Sleep

<https://www.nhs.uk/live-well/sleep-and-tiredness/>

Alcohol Consumption

<https://www.nhs.uk/live-well/alcohol-support/>

Mood

<https://www.nhs.uk/conditions/stress-anxiety-depression/>

Change4Life

www.nhs.uk/Change4Life/

Online resources about living a healthier lifestyle.

Useful Apps



NHS Weight Loss Plan

Develop healthier eating habits, be more active and get on track to start losing weight with the this easy to follow NHS 12-week diet and exercise plan.

Search your app store for NHS Weight Loss Plan



Change4life recipe planner

The FREE Smart Recipe app from Change4Life is an easy way of helping you and your family eat tasty, healthier meals the whole family will love.

Search your app store for Change4Life Smart Recipes



Couch to 5K

It's an easy to follow programme known the world over, and perfect for those new to running and need some extra support and motivation along the way.

Search your app store for One You Couch to 5K



Drink Free Days

Understand more about your current drinking and risk levels.

Search your app store for One You Drink Free Days



NHS Smokefree

A 4 week programme of practical support and encouragement, and tailored advice in the palm of your hand.

Search your app store for NHS Smokefree

Contents

Introduction	2
Diabetes Support in Greater Manchester	2
Diabetes My Way	2
Online Diabetes Education Courses	2
Diabetes UK	3
Greater Manchester Services	3
NHS Resources	4
Keeping Healthy	4
Useful Apps	5
Contents	7
How do I dispose of my clinical waste in Greater Manchester?	10
Bolton	10
Local Support and services	10
Getting Active and Staying Active	11
Wellbeing	11
Smoking Cessation	11
Alcohol Support	12
Weight Management	12
Bury	12
Local support and services	12
Getting Active and Staying Active	12
Wellbeing	13
Smoking Cessation	13
Alcohol Support	13
Weight Management	13
Manchester	14
Local support and services	14
Getting Active and Staying Active	15
Wellbeing	15
Smoking Cessation	15
Alcohol Support	16
Weight Management	16

Oldham	16
Getting Active and Staying Active	16
Wellbeing.....	17
Smoking Cessation	17
Alcohol Support.....	17
Weight Management	17
Heywood, Middleton and Rochdale	18
Local support and services.....	18
Getting Active and Staying Active	18
Wellbeing.....	19
Smoking Cessation	19
Alcohol Support.....	20
Weight Management	20
Salford	20
Local support and services.....	21
Getting Active and Staying Active	21
Wellbeing.....	22
Smoking Cessation	22
Alcohol Support.....	22
Weight Management	23
Stockport	23
Local support and services.....	23
Getting Active and Staying Active	23
Wellbeing.....	24
Smoking Cessation	24
Alcohol Support.....	25
Weight Management	25
Tameside and Glossop	25
Local support and services.....	25
Getting Active and Staying Active	26
Wellbeing.....	27
Smoking Cessation	27
Alcohol Support.....	27
Weight Management	28

Trafford	28
Local support and services.....	28
Getting Active and Staying Active.....	28
Wellbeing.....	29
Smoking cessation	29
Alcohol Support.....	29
Weight Management	30
Wigan	30
Local support and services.....	30
Getting Active and Staying Active.....	30
Wellbeing.....	31
Smoking Cessation	32
Alcohol Support.....	32
Weight Management	33

How do I dispose of my clinical waste in Greater Manchester?

Disposing of your clinical waste is very important for you, your house hold and your community's safety:

Do not use other bins

Example:

Discard sampling lancet device in 1.8L sharps bin. Test strip(s), quality control solution and wipes when cleaning the device can be disposed in the clinical waste bag.

Do not put used needles or other sharps in:

- Any type of household bin (for example, recycling or general rubbish)
- A container that's no longer needed, such as drink bottle or can.

Needles can cause injuries and used needles can carry blood-borne viruses that may be passed on to other people.

- Type in your post code for anywhere across the UK to see your areas clinical waste procedures:

<https://www.gov.uk/request-clinical-waste-collection>

- Alternatively, if you are mobile and able to leave your home, give your GP a call and enquire if they are equipped to dispose of your waste.

Bolton

Local Support and services

Health Improvement Team

01204 462128

Email: boltonhips@boltonft.nhs.uk

<http://www.boltonft.nhs.uk/services/health-improvement-practitioners/>

NHS health improvement practitioners aim to support people to live healthier lives by working with them to make small but important changes to their lifestyle.

Getting Active and Staying Active

The USN Bolton Arena - Bolton Middlebrook Leisure Trust
01204 488100

Email: info@boltonarena.com

<https://www.boltonarena.com/>

The USN Bolton Arena offers a range of sporting and recreation activities that can be accessed by everyone in their local community. Includes a fitness suite, outdoor football facilities and state of the art tennis facilities.

Bolton Community Leisure

<https://www.boltonleisure.com/>

Family friendly leisure centre's across Bolton, bringing people together through the importance of physical exercise. Offer a range of community focused activities.

Sport and Active Living Service

01204 332323

Email: sportandactiveliving@bolton.gov.uk

<https://www.getactivebolton.co.uk/>

The Sport and Active Living service works with a wide range of partners from the voluntary, public and private and community sector to provide a broad and diverse range of services. The aim is to widen opportunities for people living and working in Bolton to become more active, and by doing so, to improve their health, well-being and quality of life.

Wellbeing

Primary Care Psychological Therapy Service

01204 483100

<https://www.gmmh.nhs.uk/bolton-psychological-therapy-service/>

Bolton's Primary Care Psychological Therapy Service (Bolton IAPT) provides free, confidential talking therapies for adults aged 16 years and over. They can work with you to help address a range of problems that you might be experiencing such as; depression, anxiety, panic, stress, OCD and more.

Smoking Cessation

Bolton Smoking Cessation

<http://www.boltonft.nhs.uk/services/smoking-cessation/information/>

Quitting smoking is the best thing you can do for your health, and there has never been a more important time to quit. You are more likely to succeed in quitting smoking with advice, support and stop smoking medication.

Alcohol Support

Achieve Bolton
01204 483 090

<https://www.gmmh.nhs.uk/achieve>

Provides support for alcohol addiction. Committed to improving health and social outcomes for service users and families allowing more people to make a meaningful recovery from drug and alcohol misuse.

Weight Management

Although it is not possible for you to engage with another weight management service whilst on the NHS Low Calorie Diet Programme, the following services may be available for you to engage with following the completion of your NHS Low Calorie Diet Programme.

Nutrition and Dietetics for Adults
01204 462695

<http://www.boltonft.nhs.uk/services/nutrition-and-dietetics-for-adults/information/community-based-clinical-dietetics-services/>

A community nutrition and dietetic service aiming to improve the nutritional health of people in Bolton.

Bury

Local support and services

Bury Live Well Service
0161 253 7575

Email: Livewell@bury.gcsx.gov.uk

<https://www.bury.gov.uk/index.aspx?articleid=14878>

A Free self-referral service to support you with any of the following: quit smoking, drink less alcohol, sleep Well, prevent or cope better with long-term conditions, keep a healthy mind, eat well and keep active.

Getting Active and Staying Active

Walking for Health – Bury: Walk with Me

<https://www.walkingforhealth.org.uk/walkfinder/bury-walk-me>

Various led walks ranging from 30 – 90 minutes through Townships of Bury, including health specific walks.

Cycling Projects – Bury Wheels for All

<https://cycling.org.uk/locations/bury-wheels-for-all>

'Pedal away' guided rides aimed at enjoying cycling regardless of age or ability as well as park rides using your own or a borrowed bike.

Bury Leisure

<https://www.bury.gov.uk/buryleisure>

Bury leisure encourage local people across the borough to be more active, more often and support communities with adopting a happier, healthier, more active lifestyle.

Wellbeing

Bury Healthy Minds

<https://www.penninecare.nhs.uk/healthymindsbury>

Offering support for those who have difficulty sleeping, low mood, stress, worries/anxiety, low self-worth or panic attacks. Also help with long-term health problems, chronic pain and eating difficulties.

Smoking Cessation

Healthy Bury Stop Smoking

0845 223 9001

<https://theburysdirectory.co.uk/services/bury-lifestyle-service>

Free service with venues at various community centres, GP surgeries and other NHS buildings throughout Bury East, Bury West, Prestwich, Radcliffe, Ramsbottom and Whitefield.

Alcohol Support

One Recovery Bury

0161 253 6488

www.onerecovery.org.uk/bury

Worried about your drink or drug use? One Recovery offers an option of activities, one-to-ones and group work to design a care plan personally tailored to you, enabling you to be in charge of your recovery.

Achieve Recovery Services

0161 271 0020

Email: achievebury@gmmh.nhs.uk

<https://www.gmmh.nhs.uk/achieve>

Aims to provide a service which has a sustainable impact on health and wellbeing of the residents of Bury and reduce the impact of alcohol and drug misuse of children, young people and families.

Weight Management

Although it is not possible for you to engage with another weight management service whilst on the NHS Low Calorie Diet Programme, the following services may be available for you to engage with following the completion of your NHS Low Calorie Diet Programme.

Bury Council Lifestyle Service
0161 253 7554

<https://theburydirectory.co.uk/categories/health-wellbeing>

Free personalised support held at sport centres, community centres and GP surgeries.

MoreLife in Greater Manchester

<https://www.more-life.co.uk/what-we-do/our-services/in-your-area/greater-manchester/>

Offer free adult weight management services for individuals who are eligible across Manchester, Bury, Stockport, Tameside & Glossop.

Manchester

Local support and services

The Big Life Group – Be Well
0161 470 7120

<https://www.thebiglifegroup.com/service/be-well/>

Be Well can help you find a way to live and feel well whatever twists and turns life brings.

Manchester City Council – Help & Support Manchester

<https://hsm.manchester.gov.uk/kb5/manchester/directory/directory.page?directorychannel=4>

Find information about organisations and services that can offer support around eating well, physical activity and healthy lifestyles. As well as access to mental health services and support around drugs and alcohol.

Manchester Health & Wellbeing Service – BUZZ
0161 271 0505

<https://buzzmanchester.co.uk/move-more>

Aim to improve the health and wellbeing of people and communities in Manchester, including a Physical Activity Referral Service.

Getting Active and Staying Active

Communities 4 All

0161 205 6663

<http://www.c4all.org.uk/community-events/>

Offer a range of activities including cycling, gardening, walking and more.

Manchester Leisure Centres

https://www.manchester.gov.uk/directory/47/sports_clubs_and_leisure_centres/category/307

Information of leisure centres that can be accessed across Manchester that offer a wide range of activities including; indoor and outdoor leisure facilities, gyms, sports facilities, swimming pools and dance studios.

Parkrun – Heaton Park

Weekly 5k timed run

<https://www.parkrun.org.uk/heaton/>

Wythenshawe Forum Trust

01619354020

<https://www.everyoneactive.com/centre/wythenshawe-forum/>

Wythenshawe Forum Centre is a community hub, making it possible to access a wide range of health and wellbeing provision on one site. Includes a spacious air-conditioned gym, dance studio, health suite, swimming pool and a large sports hall.

Wellbeing

Irish Community Centre

0161 256 2717

www.irishcommunitycare.com

Over 50's social groups running weekly in 4 different city venues. Reducing social isolation and loneliness.

Smoking Cessation

Be Smoke Free – Manchester

0161 823 4157

<https://www.changegrowlive.org/be-smoke-free/home>

Manchesterbesmokefree@cgl.org.uk

Support, information and advice around stopping smoking.

Alcohol Support

Manchester Integrated Drug & Alcohol Service (MIDAS)

0161 226 5526

<https://www.changegrowlive.org/manchester>

A dedicated team to support those with drug or alcohol related issues to create tailored plan to tackle the problem.

Weight Management

Although it is not possible for you to engage with another weight management service whilst on the NHS Low Calorie Diet Programme, the following services may be available for you to engage with following the completion of your NHS Low Calorie Diet Programme.

MoreLife in Greater Manchester

<https://www.more-life.co.uk/what-we-do/our-services/in-your-area/greater-manchester/>

Offer free adult weight management services for individuals who are eligible across Manchester, Bury, Stockport, Tameside & Glossop.

Oldham

Local support and services

Oldham Council

<https://www.oldham.gov.uk/hsc/services/categories/15>

Directory of health and wellbeing services available across Oldham.

Getting Active and Staying Active

Oldham Council

0161 770 3000

https://www.oldham.gov.uk/info/201022/get_oldham_active

Information on guided walks, yoga and Pilates, dance and movement, swimming, locations of green spaces, cycling and running clubs/facilities.

Oldham Active

0161 207 7000

Email: info@ocll.co.uk

<https://oclactive.co.uk/>

Oldham Community Leisure offer the largest range of leisure facilities, activities and gyms with swimming pools in Oldham.

Action Together - Zumba Fitness
07752058505

<https://actiontogether.org.uk/community-activities/community-activity-directory/104669>

Open to anyone wanting to get fit, activities held at Crossley Centre.
Parkrun

<https://www.parkrun.org.uk/oldham/>

Weekly 5k timed run.

Wellbeing

Oldham Healthy Minds
0161 716 2777

<https://www.penninecare.nhs.uk/healthymindsoldham>

Offering support and treatment if you're experiencing difficulty sleeping, low mood, depression, stress, worry or anxiety, feelings of hopelessness or panic attacks.

Smoking Cessation

Oldham's Stop Smoking Service
0800 288 9008

<https://www.positive-steps.org.uk/services-for-adults-and-families/stop-smoking>

Provide a free individual service within Oldham to anyone who would like to stop smoking.

Alcohol Support

Turning Point – Rochdale and Oldham
0300 555 0234

<http://wellbeing.turning-point.co.uk/rochdale-and-oldham/hubs/oldham-hub/>

For anyone who is affected by drugs and alcohol and wants support to make a change.

Weight Management

Although it is not possible for you to engage with another weight management service whilst on the NHS Low Calorie Diet Programme, the

following services may be available for you to engage with following the completion of your NHS Low Calorie Diet Programme.

Oldham Healthy Weight Team
01706 901763

<https://www.pat.nhs.uk/our-services/healthy-weight-team.htm>

Provide support to children and adults to prevent or reduce weight gain.

Heywood, Middleton and Rochdale

Local support and services

Living Well – Heywood, Middleton and Rochdale
01706 751 190

<https://www.livingwellrochdale.com/>

Offer one-to-one support to help you make positive health and wellbeing lifestyle changes that last.

Getting Active and Staying Active

Link4Life

<https://link4life.org/>

Link4Life manages 11 leisure and cultural facilities across the borough, making it possible for Rochdale's communities to get active, learn and have fun.

Walk and Talk Health Walks
01706 751 190

<https://www.livingwellrochdale.com/service/walk-and-talk-health-walks/>

Weekly free, fun and friendly short walks led by trained volunteers.

Parks & Gardens in Rochdale

<http://www.rochdale.gov.uk/leisure-and-culture/parks-and-countryside/parks-and-open-spaces/Pages/default.aspx>

18 different parks & gardens, 10 of which have the 'Prestigious Green Flag Award'.

Exercise Referral Scheme
01706 751 190

<http://www.rochdale.gov.uk/health-and-wellbeing/be-active/Pages/exercise-referral-scheme.aspx>

12-week programme taking part in a range of activities at leisure and community centres. GP, practice nurse or health advisor referral.

Hollingworth Lake

<http://www.rochdale.gov.uk/leisure-and-culture/Pages/hollingworth-lake.aspx>

A permanent wildlife exhibition and regular programme of guided walks.

Healey Dell Nature Reserve

<https://www.visitrochdale.com/things-to-do/healey-dell-nature-reserve-and-tea-rooms-p85871>

Beauty spot and wildlife sanctuary.

Parkrun - Rochdale

<https://www.parkrun.org.uk/watergrove/>

Weekly 5k timed run.

Wellbeing

Living Well Coaches

01706 751 190

<https://www.livingwellrochdale.com/service/living-well-rochdale-coaches/>

1-1 and/or group support for up to 12 months at local community venues. GP or self-referral.

Rochdale Mind

01706 752 338

<http://www.wellbeingrochdale.info/>

Offering help for depression, anxiety, stress, suicidal thoughts and generally managing mental wellbeing.

Smoking Cessation

Living Well Coaches

01706 751 190

<https://www.livingwellrochdale.com/service/living-well-rochdale-coaches/>

1-1 and/or group support for up to 12 months at local community venues. GP or self-referral.

Rochdale Borough Council Stop Smoking

01706 751 190

<http://www.rochdale.gov.uk/health-and-wellbeing/smoking-and-niche-tobacco/Pages/stop-smoking-clinics.aspx>

Free weekly clinics in Rochdale, Middleton and Heywood.

Alcohol Support

Living Well Coaches
01706 751 190

<https://www.livingwellrochdale.com/service/living-well-rochdale-coaches/>

1-1 and/or group support for up to 12 months at local community venues. GP or self-referral.

1-2

Mind Rochdale
01706 752 340

<http://www.wellbeingrochdale.info/Pages/Subjects?KC=99>

Groups offering the opportunity to talk to others going through similar situations in a safe and supportive environment. A space to share coping strategies.

Weight Management

Although it is not possible for you to engage with another weight management service whilst on the NHS Low Calorie Diet Programme, the following services may be available for you to engage with following the completion of your NHS Low Calorie Diet Programme.

Nutrition Support Team – Heywood, Middleton & Rochdale
01706 901 763

<https://www.pat.nhs.uk/our-services/healthy-weight-team.htm>

Offer a range of programmes and courses designed to help families, adults and children looking to achieve a healthier weight.

WISE Choices
01706 751 190

<https://www.livingwellrochdale.com//service/wise-choices/>

Free 12-weekly sessions for anyone with a BMI between 25-30 providing expertise on nutrition and weight management.

Salford

Local support and services

Salford Health Improvement Service
0800 952 1000

<https://www.salford.gov.uk/health-and-social-care/health-services/health-improvement-connect/>

Salford Health Improvement Service helps you improve your overall health and wellbeing by supporting you to make changes to your lifestyle to give you more energy and feel happier.

Getting Active and Staying Active

Active Lifestyles/Salford Community Leisure
0161 778 0577

Active.lifestyles@scil.co.uk

<https://salfordcommunityleisure.co.uk/>

Offer a range of community activities including health walks and specialised exercise referral.

Salford City Council Allotments

<https://www.salford.gov.uk/sport-and-leisure/allotments/>

649 council-owned allotment gardens, 13-self managed sites. Rent charged annually and vary according to site facilities. Application form to apply.

Clarendon Leisure Centre

0161 778 0102

<https://salfordcommunityleisure.co.uk/location/clarendon-leisure-centre/>

Shallow 25m swimming pool, fitness suite including a fitness suite for those with disabilities. Other facilities such as a sports hall and squash court.

Helly Hansen Water sport Centre

0161 778 0109

<https://www.salfordcommunityleisure.co.uk/watersports-centre/>

Outdoor activities centre.

Ordsall Leisure Centre

0161 778 0105

<https://salfordcommunityleisure.co.uk/location/ordsall-leisure-centre/>

Gym and sports hall with activities such as badminton and group exercise classes.

Salford Sports Village
0161 778 0106

<https://salfordcommunityleisure.co.uk/location/salford-sports-village/>

Table tennis sessions.

Parkrun

<https://www.parkrun.org.uk/worsleywoods/>

Weekly 5k timed run.

Wellbeing

Spirit of Salford
0800 952 1000

<https://www.salford.gov.uk/spiritofsalford>

Spirit of Salford Helpline has been set up for you to get help, support and advice on lots of different issues that you might be facing.

Smoking Cessation

Salford Specialist Stop Smoking Service
0800 952 1000

<https://www.salford.gov.uk/health-and-social-care/health-services/quit-smoking/stop-smoking-service/>

Supporting people in Salford to quit or reduce smoking.

Alcohol Support

Achieve Recovery Services

<https://www.gmmh.nhs.uk/achieve>

Aims to provide a service which has a sustainable impact on health and wellbeing of the residents of Salford and reduce the impact of alcohol and drug misuse of children, young people and families.

Weight Management

Although it is not possible for you to engage with another weight management service whilst on the NHS Low Calorie Diet Programme, the following services may be available for you to engage with following the completion of your NHS Low Calorie Diet Programme.

MoreLife in Greater Manchester

<https://www.more-life.co.uk/what-we-do/our-services/in-your-area/greater-manchester/>

Offer free adult weight management services for individuals who are eligible across Manchester, Bury, Stockport, Tameside & Glossop.

Stockport

Local support and services

Healthy Stockport

0161 474 3141

Email: START@stockport.gov.uk

<https://www.healthystockport.co.uk/>

Find Information, resources and support to help you take care of and protect your health and mental wellbeing now and in the future. Access free and confidential local support services to help you make positive lifestyle changes. Find out more about long term health conditions and what you can do to take care of yourself.

Getting Active and Staying Active

Life Leisure

0161 482 0900

<https://www.lifeleisure.net/health-wellbeing/exercise-referral/>

Life Leisure support local communities across Stockport by making it possible for people to access leisure, fitness and sports development facilities and programmes. The dedicated team work with local communities, giving the people of Stockport the confidence and motivation to engage in an active lifestyle.

Healthy Stockport

0161 474 3141

<https://www.healthystockport.co.uk/topic/move-more>

Free, confidential and local support with physical activity for those living in Stockport or registered with Stockport GP.

Walk Stockport

<https://www.walkingforhealth.org.uk/walkfinder/stockport-walk-stockport>

Free walks in Stockport ranging from 30 - 90 minutes in duration.

Parkrun

<https://www.parkrun.org.uk/burnage/>

Weekly 5k timed run.

Wellbeing

Stockport and District Mind

0161 480 7393

<http://www.stockportmind.org.uk/>

An independent adult mental health charity to promote wellbeing in the community.

Stockport e-Therapy Service

0161 480 2020

<https://www.selfhelpservices.org.uk/service/stockport-etherapy-service-2/>

Quick & confidential support through online interactive e-therapy programmes centred around Cognitive Behavioural Therapy (CBT).

Overcoming Worry Workshop

0161 480 2020

<https://www.selfhelpservices.org.uk/service/overcoming-worry-workshop-at-stockport-community-fire-station/>

A workshop is for people who are experiencing negative issues related to worrying and would like to develop healthy coping strategies to manage symptoms and promote ongoing wellbeing.

Smoking Cessation

Healthy Stockport

0161 474 3141

<https://www.healthystockport.co.uk/topic/smoking>

Free, confidential and local stopping smoking advice for those living in Stockport or registered with Stockport GP.

Alcohol Support

Healthy Stockport
0161 474 3141

<https://www.healthystockport.co.uk/topic/alcohol>

Offering free, confidential and local support for individual lives in Stockport or registered with Stockport GP. Services offered include alcohol advice.

Weight Management

Although it is not possible for you to engage with another weight management service whilst on the NHS Low Calorie Diet Programme, the following services may be available for you to engage with following the completion of your NHS Low Calorie Diet Programme.

MoreLife in Greater Manchester

<https://www.more-life.co.uk/what-we-do/our-services/in-your-area/greater-manchester/>

Offer free adult weight management services for individuals who are eligible across Manchester, Bury, Stockport, Tameside & Glossop.

Healthy Stockport
0161 474 3141

<https://www.healthystockport.co.uk/topic/healthy-weight>

Free, confidential and local support on following a healthy diet for those living in Stockport or registered with Stockport GP with services.

NHS Stockport Weight Management
0161 426 9900

<http://www.stockportccg.nhs.uk/your-health/your-health-support/weight-management/>

Referral by GP. Choose to Change Programme to encourage lifelong eating habit changes.

Tameside and Glossop

Local support and services

Be Well Tameside
0161 716 2000

Email: bewelltameside@nhs.net

<https://www.penninecare.nhs.uk/bewelltameside>

Be Well Tameside can support you to make those small changes that can have big benefits to your health and wellbeing.

Getting Active and Staying Active

Active Tameside

<https://www.activetameside.com/>

Active Tameside aim to help you to live your best life. Provide high quality gyms, swimming pools and leisure attractions across Tameside, which are accessible to everyone.

Nordic Health Walks

0207 118 0607

<https://nordicwalkingtameside.co.uk/>

1-hour walks with a qualified instructor using poles for walking to enhance upper body workout. Different walks offered such as adventure walks and well-being walks.

Active Hyde

0161 368 4057

<https://www.activetameside.com/centre/active-hyde/>

Range of classes such as low impact aerobics, pilates, yoga, zumba, active back care, body balance, aqua fit and more.

Active Denton

0161 336 1900

<https://www.activetameside.com/activity/classes/>

Swimming pools with ladies only swims, general swims and aqua fit. Aerobic classes and mind and body classes.

Glossop Swimming Pool

01457 842 262

<http://glossopsport.co.uk/sports-facilities/glossop-swimming-pool>

50+ swimming on Tuesdays, Thursdays and Fridays at 2.45pm. Women only swim on Monday 8pm & Wednesday 2pm. General swim also available.

Parkrun

<https://www.parkrun.org.uk/hyde/>

Weekly 5k timed run.

Wellbeing

Tameside, Oldham & Glossop Mind
0161 330 9223

<https://www.togmind.org/content/home>

Counselling services, courses, workshops, advice and drop-ins.

Minds Matter
0161 343 5748

<https://www.thebiglifegroup.com/service/mindsmatter/>

Counselling, group sessions, 1-1, drop-ins and coaching.
Self-referral or professional referral.

Making a difference Tameside
0161 343 2736

<https://makingadifferencetameside.com/>

Monday to Saturday 9.30 - 3.30pm. Health charity based in Ashton-under-Lyne aimed at helping those to improve social integration. Workshops to build self-esteem and relationship skills.

Action Together Tameside
0161 339 2345

<https://www.actiontogether.org.uk/get-help>

Provide opportunity for locals to be better connected with what's going on in local community and find support they need.

Local Library - Reading well books on mental health & self-help
<https://www.tameside.gov.uk/libraries/booksonprescription>

Smoking Cessation

SmokeFree Tameside
0161 716 2000

<https://www.tameside.gov.uk/health/smoking>

Weekly drop-ins or 1-1s in variety of locations in the daytime, evenings and on Saturday mornings. Self-referral service.

Alcohol Support

My Recovery Tameside
0161 672 9420

<https://www.changegrowlive.org/content/my-recovery-tameside>

Reduce and respond to alcohol related harm in Tameside.

Weight Management

Although it is not possible for you to engage with another weight management service whilst on the NHS Low Calorie Diet Programme, the following services may be available for you to engage with following the completion of your NHS Low Calorie Diet Programme.

MoreLife in Greater Manchester

<https://www.more-life.co.uk/what-we-do/our-services/in-your-area/greater-manchester/>

Offer free adult weight management services for individuals who are eligible across Manchester, Bury, Stockport, Tameside & Glossop.

The Health Trainer Service

0161 716 2000

<https://www.tamesideandglossopccg.org/your-health/living-with-a-lung-condition/eating-well>

For Tameside residents. 6-month free service, day and evening times offering sessions such as cook and eat.

Trafford

Local support and services

Health and Wellbeing Trafford

<https://www.trafford.gov.uk/residents/adults-and-older-people/health-and-wellbeing/health-and-wellbeing.aspx>

Services to help people quit smoking, achieve a healthier weight, be more physically active, better manage drug or alcohol problems, and deal with emotional and mental health problems.

Getting Active and Staying Active

Trafford Leisure

<https://traffordleisure.co.uk/>

Offer a wide range of leisure activities including; gym and swimming at various leisure centre's across Trafford.

Parkrun

<https://www.parkrun.org.uk/salewater/>

Weekly 5k timed run.

Wellbeing

Trafford Psychological Therapies
0161 357 1350

<https://www.gmmh.nhs.uk/tpt/>

Provides talking therapy for adults of all ages: it is free, confidential, and proven to be effective.

Trafford Primary Care Mental Health and Wellbeing Service
0161 271 0919

<https://www.gmmh.nhs.uk/trafford-primary-care-mental-health-and-wellbeing-service/>

The Primary Care Mental Health Wellbeing Service (PCMHWS) is a new mental health and social prescribing service for people with a Trafford GP. They can provide short-term mental health support when you need it most.

Smoking cessation

Stop Smoking Services
0300 4562400

<https://mft.nhs.uk/trafford/services/smoking-cessation/>

Free local support to increase your chances of quitting smoking.

Alcohol Support

Achieve Recovery Services

<https://www.gmmh.nhs.uk/achieve>

Aims to provide a service which has a sustainable impact on health and wellbeing of the residents of Trafford and reduce the impact of alcohol and drug misuse of children, young people and families.

Weight Management

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Specialist Weight Management Service

0161 786 3336

<https://www.trafforddirectory.co.uk/kb5/trafford/fsd/service.page?id=tV9jamSwwN4>

Available to people who have a body mass index (BMI) of 30 or more. The service is community based across Trafford and is designed to support people to succeed with gradual permanent weight loss using a lifestyle approach.

Wigan

Local support and services

Healthy Routes

01942 489 012

<https://www.wigan.gov.uk/Resident/Health-Social-Care/Healthy-Routes/index.aspx>

Healthy Routes can work with you to make a real difference to your health and wellbeing by providing free, friendly, confidential and practical personal support and motivation tailored to your specific needs and lifestyle to improve your health.

Getting Active and Staying Active

Wigan Council – Every Move Matters

01942 488 481

<http://www.inspiringhealthylifestyles.org/wigan/every-move-matters.htm>

Free activity trackers to motivate keeping active along with a coach for support.

Wigan Council – Active Outdoors

01942 488 481

<http://www.inspiringhealthylifestyles.org/wigan/active-outdoors/>

An outdoor activities team offering weekly fun walking, cycling and running sessions for all fitness levels and ability.

Wigan Council – Later Life

01942 488 481

<http://www.inspiringhealthylifestyles.org/wigan/active-later-life.htm>

Group and/or home-based strength and balance programme across various venues in Wigan. GP or Practice Nurse referral.

Functional Fitness MOT

01942 488 481

<http://www.inspiringhealthylifestyles.org/wigan/mot.htm>

Free fitness testing workshops to measure strength, balance, flexibility and aerobic fitness.

Inspiring Healthy Lifestyles – Lose Weight Feel Great

01942 496 496

<http://www.inspiringhealthylifestyles.org/wigan/cwm.htm>

Free service for those with a BMI 25-39.9 and GP registered. 12 consecutive weeks of healthy eating advice and tailored physical activity. Followed by 12-month motivational support.

Healthy Lifestyle Owned Parks – Haigh Woodland Park

<http://www.haighwoodlandpark.co.uk/about/>

250-acre park with woodland, canal walks, golf and cycling route. Park-runs and Race4Life also take place here.

Healthy Lifestyle Owned Parks – Pennington Flash Country Park

<http://www.inspiringhealthylifestyles.org/wigan/parks/pennington-flash/>

A bird watching site with a 70-hectre lake also offering walking, cycling and golf.

Healthy Lifestyle Owned Parks – Mesnes Park

<http://www.inspiringhealthylifestyles.org/wigan/parks/mesnes/>

A green space with formal gardens, waterfall and a lake.

Healthy Routes

01942 489 012

<https://www.wigan.gov.uk/Resident/Health-Social-Care/Healthy-Routes/Physical-activity.aspx>

Free, friendly, confidential, practical and motivational support tailored to individual needs.

Wellbeing

Healthy Routes

01942 489 012

<https://www.wigan.gov.uk/Resident/Health-Social-Care/Healthy-Routes/Wellbeing.aspx>

Free, friendly, confidential, practical and motivational support tailored to individual needs.

Think Wellbeing
01942 255 675

<http://www.nwbh.nhs.uk/think-wellbeing-wigan>

Anyone registered with Wigan GP can access free NHS therapy. Two options are available; an online therapy or a 6-week course. Referral by GP.

Smoking Cessation

QuitBUDDY
01942 489 012

<https://www.wigan.gov.uk/Resident/Health-Social-Care/Healthy-Routes/Stop-smoking.aspx>

A-28 day stop smoking programme via text messages with daily advice and support, interactive tools for motivation and information on the health benefits.

QuitPAL – App
01942 489 012

<https://www.wigan.gov.uk/Resident/Health-Social-Care/Healthy-Routes/Stop-smoking.aspx>

A-28 day stop smoking programme through an app with daily advice and support, interactive tools for motivation and information on the health benefits.

Healthy Routes
01942 489 012

<https://www.wigan.gov.uk/Resident/Health-Social-Care/Healthy-Routes/Stop-smoking.aspx>

Free, friendly, confidential, practical and motivational support tailored to individual needs.

Alcohol Support

Healthy Routes
01942 489 012

<https://www.wigan.gov.uk/Resident/Health-Social-Care/Healthy-Routes/Alcohol-support.aspx>

Free, friendly, confidential, practical and motivational support tailored to individual needs.

Weight Management

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Inspiring Healthy Lifestyles – Lose Weight Feel Great

01942 496 496

<http://www.inspiringhealthylifestyles.org/wigan/cwm.htm>

Free service for those with a BMI 25–39.9 and GP registered. 12 consecutive weeks of healthy eating advice. Followed by 12-month motivational support.

Lose Weight Feel Great – For Men

01942 496 496

<http://www.inspiringhealthylifestyles.org/wigan/mwm.htm>

Free 12-week weight loss kick starter providing knowledge on how to stay fit and healthy.

Healthy Routes

01942 489 012

<https://www.wigan.gov.uk/Resident/Health-Social-Care/Healthy-Routes/Weight-loss.aspx>

Free, friendly, confidential, practical and motivational support tailored to individual needs.