

What is health and wellbeing?

Health and wellbeing isn't just about the absence of an illness or disease, it incorporates your physical, mental and social wellness. You can improve your health and wellbeing by making small changes to your lifestyle and our teams can support you to achieve this.

Brief description of services

We help to improve the health and wellbeing of the local people and enable people in our communities and their carers to make healthy lifestyle choices. The teams deliver services in the Wakefield communities to help reduce inequalities in health.

To achieve this we deliver health promotion events, work with groups and on a one-to-one basis to support people to achieve their goal, or improve their health and wellbeing. We also signpost people to variety of support and improve access to other services.

If you want to make a change to your health and wellbeing, there's a team to support and encourage you to develop a healthy lifestyle in order to maintain good health and wellbeing.

- **The Wakefield Stop Smoking Service** offers free confidential advice and support to those people who wish to stop smoking. We offer structured weekly support sessions, 1:1 appointment drop in clinics and a **Quit Shop** service which is also open on a Saturday. We also offer 'early bird' and 'night owl' clinics. Within our service we have a variety of specialised services including; pregnancy, workplace, young people, secondary care, mental health, older people and health promotion. **Contact number 01977 465449**
- **Health and Wellbeing Development Worker team** promote health and wellbeing in older adults and adults with a physical and/or sensory impairment. Through health promotion, education and preventative activities the team supports members of the community to live a healthier lifestyle in groups or on a one-to- basis. This team also works within the **integrated networks** across the Wakefield district. **Contact number: 01977 705473**
- **Community Food and Health team** works across the district to raise awareness of the health benefits of eating a balanced diet. They encourage local people to overcome barriers that stop them from enjoying a healthy diet, including cook and eat sessions, developing skills, education and training. **Contact number: 01924 361212 ext 228**
- **Self Management Service** delivers the **Expert Patient Programme** to help people with long terms conditions improve their health and wellbeing and regain some control of their lives. The training course teaches people how to manage their conditions by using five core skills:- problem solving, decision making, making the best of resources, developing effective partnerships with healthcare providers, taking appropriate action. **Contact number: 01977 665732**
- **Health Trainers** provide support and motivation to people who want to make a healthy lifestyle change around weight management, smoking, stress, alcohol and physical activity. The team help individuals set realistic personal goals and find other services that may benefit the user to maintain lifelong changes. As well as being the gateway to the Wakefield weight management service, this service manages the **Shape Your Weight** programme by delivering group weight management sessions throughout the community. **Contact number: 01977 665717**
- **Safe @ Home team** support victims of domestic abuse, offering advocacy, emotional support, group work and one-to-one support. They work with victims and their families to provide clear pathways and care plans in order for people to stay safe. They also provide anger management programmes for perpetrators of domestic abuse. **Contact number: 0800 9151561**
- **Public Health Education team** support staff in the health and wellbeing services, as well as other partners and community groups and agencies throughout the Wakefield district to increase skills and develop knowledge levels. They deliver training designed to meet the needs of the individuals and the different organisations they work for. **Contact number: 01977 665714**

Where do we deliver our services?

We work throughout your community in a variety of venues such as, community centres, GP practices, church halls, allotments, health centres and libraries.

If you want information about **losing weight, healthy eating, stopping smoking, increasing physical activity, reducing alcohol, improving confidence to access social groups and activities**, please contact us.