

Why Wellbeing Sefton?

A positive outlook, feeling good and coping well with life's ups and downs makes a big difference to our sense of wellbeing. Life events, financial, social and living circumstances all influence health and wellbeing.

Wellbeing Sefton programmes encourage people to learn skills in coping and self-care. Surveys conducted across the North West and in Sefton show that people with low wellbeing are more likely to have unhealthy lifestyles and overall poor health. In Sefton approximately 30% of the adult population surveyed had low wellbeing.

“Feeling good and managing well with life is important to us all. Wellbeing Sefton programmes provide an easy way for Sefton residents to get the right information, advice and support”

Pat Nicholl
Acting Head of Health Improvement
NHS Sefton

The Benefits of Wellbeing Sefton

TO PEOPLE



Self-management and coping skills

Building self-esteem and confidence

Improved physical health and wellbeing

Supports healthy lifestyle changes

Helps you connect and get involved

Awareness of self and others

TO GPs & HEALTH PROFESSIONALS



Reduces frequent practice attendance

More appropriate use of GP time

Quick and easy referral process

Increased range of practical services

Encourages and supports self-care

Wellbeing Team

The Wellbeing Team offers support to anyone 18+ living in Sefton who may be experiencing stress, anxiety or depression; including those who may be at risk of developing mental health problems, are vulnerable, isolated, or have long term health problems.

With guidance and support from the Wellbeing Team people can be connected to all the wellbeing activities. They can also get involved in new activities and interests, helping them to develop a sense of control over their own lives. Possible opportunities include art and creativity, physical activity, volunteering, mental wellbeing support, confidence building, college courses and much more.

The Wellbeing Team can provide support for up to six months either face-to-face or via telephone support if needed. The service can help people breakdown their 'journey' into manageable steps. As 'goals' change over time, the Wellbeing Team can help review any changes made before they reach their final goal.




Get in touch


 **Jan Smith**
Wellbeing Team

 0151 282 5650 ext 116

 jan.smith@seftoncab.org.uk

 For more information on the services available through the Citizens Advice Bureau Health Outreach (CABHO) please visit www.seftoncab.org.uk

 **Healthy Sefton**

 0300 100 1000

 www.healthysefton.nhs.uk

Citizens Advice Bureau Health Outreach

(CABHO)

CABHO is a free, confidential service open to everyone in Sefton. Staff are trained to advise on virtually any issue, including:

- Welfare
- Money and credit problems
- Employment
- Consumer Rights
- Housing
- Neighbourhood disputes
- Education and healthcare
- Immigration and residency queries
- Human rights
- Family and personal issues

They will not tell you what to do, but will arm you with the facts and possible outcomes of different situations. They also offer practical support such as help filling in forms, writing letters or negotiating with a third party.

You will be offered an appointment with a CABHO advisor based in a local GP surgery. It may not be your surgery, but it will be one nearby. When you see an advisor they will talk through the ways they can help you, whether that is giving you relevant information or making an appointment to discuss your problem further in person, by phone or on email. Sometimes you may be directed to a different organisation better placed to help you.



Get in touch

To get in touch with Sefton CAB

- Speak to your GP
- Contact CAB Sefton directly by phone
- Make an appointment
- Pop in and have a chat

To book a CABHO appointment at a local GP surgery:

- ☎ 0151 282 5650 ext 108
- ✉ ann.wanless@seftoncab.org.uk

 For more information on CAB Sefton services and programmes please visit www.seftoncab.org.uk

 **Healthy Sefton**
 0300 100 1000
 www.healthysefton.nhs.uk



Active Lifestyles Programme



Active Lifestyles is a health and wellbeing programme, which aims to provide the whole community with the opportunity to live a more active and healthy lifestyle. The options available depend on your health, level of fitness and personal goals.

The programme is designed to improve physical and mental well being in individuals at risk of heart disease (e.g. high blood pressure, following heart attacks, diabetes or poor mental well being) or those who are overweight or obese and in need of weight management support. Changing behaviour towards physical activity and nutrition will not only improve physical health but also leads to positive mental well being.

Level 1: Early Intervention (age 18+)

A 14 week physical activity programme for people with low level health problems, which could be improved by leading a healthy lifestyle.

Level 2(a): Diet's Don't Work (age 16+)

A 12 week weight management programme available for people who are above their ideal weight and in need of weight management support.

Level 2(b): Exercise Referral (age 16+)

A 14 week physical activity programme available for overweight or obese individuals or those suffering with risk factors for heart disease such as high blood pressure, angina, diabetes, or poor mental health.

Level 3: Dietetic Support (age 18+)

Specialist one to one support from an Advanced Dietitian available for people who are overweight or obese and in need of specialist dietary advice.

Get in touch


The Active Lifestyles Programme is available at numerous venues across Sefton. Please call **0151 934 2352** to find your nearest venue.

1 Referral

(Includes all parts of the programme). For more information on all the Active Lifestyles Programmes please visit your GP / Health Professional for a lifestyle discussion and ask to be referred onto the Active Lifestyles Programme.


2 Self- Referral

 0151 934 2352
 active.lifestyles@sefton.gov.uk
to self refer onto the Diets Don't Work (Level 2 part a - Nutrition advice only)

 To find out more about the Active Lifestyle programmes please visit www.activesefton.co.uk

Coming soon - Keep a look out for our new website coming Spring 2012
www.activelifestyles-sefton.co.uk

Healthy Sefton

 0300 100 1000
 www.healthysefton.nhs.uk

ACTIVE
Lifestyles

Relax & Revive

Wellbeing Programme (age 18+)

Relax and Revive is designed for individuals and groups to help them achieve positive wellbeing through an increase in physical activity. Increased physical activity is proven to help alleviate feelings of anxiety, stress and depression. It also improves feelings of self-confidence and motivation as well as providing opportunities to make new friends and improve social skills. Physical activity can help make you feel happier and more energised, helps to lift mood, improves sleep and reduces stress.

Relax and Revive drop in sessions are free and available at the following venues:

Dunes Splash World:

Southport (Dance Studio):
Monday's, 3-4pm (Tai Chi)
Wednesdays, 3-4pm (Tai Chi)

Bootle Leisure Centre:

Tuesdays, 2-3pm
(Sports Hall activities)
and 3-4pm
(Dance Studio - Yoga or Pilates)

Coming soon

Sessions in Maghull and Netherton

Get in touch

Drop in: Simply turn up at the Relax and Revive drop in sessions.

The Relax and Revive Team can also work with community groups who would benefit from an improved positive wellbeing. For more information, contact the team on **0151 934 2352**.

If you would like to take part in the Active Lifestyle Programme alongside Relax & Revive, follow the 'Get in Touch' on the page opposite.



Healthy Sefton



0300 100 1000



www.healthysefton.nhs.uk



Active Reading


Active Reading provides self-help information on mental health through a range of books and multi-media resources available to borrow from Sefton Libraries. The issues covered by the resources include; depression, stress, anxiety, eating disorders, phobias etc.

Active Reading is available to everyone in Sefton, including children and young people. The stock collection is available in all 13 libraries, the mobile library and via the Home Visits service. The Active Reading resources can be obtained directly from the libraries or by referral from health and social care professionals.


By keying in Active Reading as a subject entry on the Sefton Library catalogue, in the library or online, the full list of titles will be displayed.



Get in touch

 For more information on Active Reading please visit www.sefton.gov.uk/libraries (Search Active Reading)

 **Healthy Sefton**

 0300 100 1000

 www.healthysefton.nhs.uk

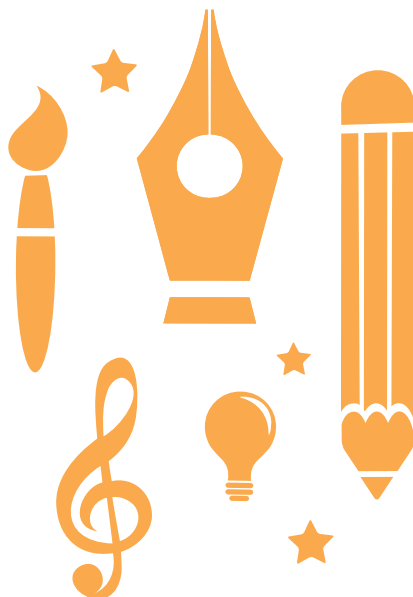


Creative Alternatives Programme

Creative Alternatives is an award-winning arts on prescription service which offers a range of stimulating creative activities to those adults in Sefton experiencing mild to moderate stress, anxiety or depression.

The programme provides each client with up to six months of free access to weekly workshops designed to encourage social confidence, independence and self-expression. The workshops in Southport, Formby, Bootle and Crosby explore a range of creative activity including drawing, painting, crafts and creative writing and also involve the programming of occasional specialist sessions focussing on more elaborate art forms such as dance, music or photography. A programme of monthly group outings to cultural events on Merseyside which include gallery, concert or theatre visits supplements the workshops.

There are a number of ways to get involved with Creative Alternatives. You can be referred through your GP, counsellor or another professional or you can contact the programme's Referral Officer directly who will talk you through the various options and try to get to know more about you and your circumstances - all in the strictest confidence.



Get in touch



**Creative Alternatives
Referral Officer**



07792 000 369



info@creativealternatives.org.uk



**Creative Alternatives
Arts Officer**



07967 049 076



info@creativealternatives.org.uk



For more information on Creative Alternatives please visit www.creativealternatives.org.uk



Healthy Sefton



0300 100 1000



www.healthysefton.nhs.uk

Swan Women's Centre

The Swan Women's Centre provides free and confidential services to all women in Sefton. They have a particular understanding of women who experience loneliness, stress, depression and anxiety.

They offer a number of services ranging from:

- Counselling and listening services
- Courses
- Support groups (for anxiety and depression)
- Sewing, knitting, jigsaw and card making groups
- Outreach service
- Coffee afternoons
- Complementary therapies at reduced rates

The Centre also runs the **Staying Out Project** specifically for women engaging with mental health services and organises occasional social events and outings.

Swan Women's Centre is open Monday to Friday 9am - 4pm.
Late nights Monday to Wednesday 5pm - 8pm (by appointment only).


Get in touch

 **Ann Crotty / Joan McArdle**

 Swan Women's Centre
Empire House
146 Linacre Road
Litherland
Merseyside L21 8JU


 0151 933 3292

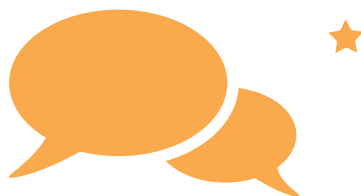
 swancentre@hotmail.co.uk

 For more information on the Swan Women's Centre please visit www.swancentresefton.co.uk

 **Healthy Sefton**

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Think Differently Cope Differently

Think Differently - Cope Differently is a four week course designed to build the resilience of participants.

It consists of four, two hour sessions and demonstrates how investing in the "Five Ways to Wellbeing" can help build better coping skills. It also promotes how positive thinking, goal setting and problem solving can have a real impact on changing how people think, feel and behave. The course also emphasises the importance of a healthy lifestyle on improving wellbeing through healthy eating, being more physically active and practising relaxation skills.



Get in touch



Healthy Sefton



0300 100 1000



www.healthysefton.nhs.uk

The five ways to wellbeing are actions that individuals can take to improve and maintain wellbeing. The evidence-base shows this can add up to 7.5 years to life-expectancy.



Connect



Be Active



Take Notice



Keep Learning



Give

www.fivewaystowellbeing.org



Healthy Sefton



0300 100 1000



www.healthysefton.nhs.uk

Sefton Council



Sefton CVS



Decade of
Health &
Wellbeing

NHS
Sefton