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Wellbeing Newsletter Jan '23

Health and Wellbeing Coach Service

Encourage our patients to use services at Horsham District

Horsham District Council-What's on!!

There is so much available for patients in the community and linking them to resources is so easy, let's encourage patients to get involved!!

[Wellbeing Referral : About this form \(horsham.gov.uk\)](#) self-referral form

[Horsham District Wellbeing / Provided by West Sussex County Council and Horsham District Council \(westsussexwellbeing.org.uk\)](#) website

Christmas Walk

This year volunteers will be offering their first Christmas Day walk!

What better way to build up an appetite for your Christmas lunch?

John will be leading this lovely route starting at Barns Green. Feel free to come on your own or with your family or friends. The meeting point will be in the car park above the Village Hall in Barns Green (RH13 0PT). It is a fairly flat walk, with a couple of inclines, through fields and woodland (including stiles) and it can be muddy. The route is approximately 5 miles and will take about 2 ½ hours.

Alcohol Support


Alcohol units creeping up? Why not refer patients to HDC where they will be supported with their own qualified alcohol reduction coach having 1-2-1 sessions. This can be simply to reduce units for health reasons or to give up totally- It is a confidential, non-judgemental service with no group work involved. They also offer appointments across the district to ensure the service is accessible for you.


Exercise Starting Soon Jan '23

Their **Get Active** classes are the perfect way to support you into a routine of regular exercise. We offer a range of classes which will guide you through your first steps of getting back into activity.

We have new group classes starting this January including 65+ Back to Exercise, Pilates, Legs Bums & Tums and Back to Fitness.

Apply online and a member of the team will be in touch to support you finding the right class for you!

 The Glebe Surgery:
01903 742 942

 Steyning Health Centre:
01903 843 400

 Billingshurst Surgery:
01403 782 931

 Henfield Medical Centre:
01273 492 255



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12-Week Weight off Workshops (WOW)

Do you need to lose weight but don't know where to start?

If you're ready to make small, sustainable changes every week focusing on nutrition and exercise, there are new group courses starting this January.

WOW courses will be available in **Henfield, Billingshurst, Storrington and Horsham**

Pre Diabetes Workshop

Being diagnosed with raised blood glucose can be worrying. Why not join HDC for a three hour workshop designed to explain and educate newly diagnosed patients? These friendly workshops will provide information regarding what causes the condition and what lifestyle factors can support change.

18th January 10.00am - 1.00pm

Park Barn, Horsham

Understanding Cholesterol

This talk aims to give you the knowledge and guidance to show how a few small steps can improve your cholesterol levels and your overall general health.

20th January 10.00am - 11.30am

Blackbridge Community Centre, Horsham

Talks- 2023

Emotional Eating and Unhealthy Behaviour

Our Emotional Eating and Unhealthy Behaviours workshop focuses on identifying triggers, barriers, and reasons for emotional eating. The session will provide you with the tools to help overcome these challenges.

9th January 9.30am - 12.30pm

Blackbridge Community Centre, Horsham


Managing the Menopause


Our menopause workshop offers support and advice on how to manage menopause symptoms, Hormone Replacement Therapy (HRT), alternative therapies, talking to your partner and the impact it can have in the workplace.

This is for those wishing to listen and/or share experiences with others and aims to help you navigate your way through what can be a challenging chapter in a woman's life.

24th January 10.00am - 11.30pm

Blackbridge Community Centre, Horsham

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