

Looking after your health and wellbeing involves taking care of both your **body** and **mind**. Making lifestyle changes doesn't have to be difficult. Even a small change can make a big difference to your health and wellbeing. What's more, there's a variety of support available in Greenwich to help you make the changes you want to.

**GHLiS (Greenwich Healthy Living Service) aims to support local residents take control of their health and live healthier lives.**

**For further information call Active for Health FREE on  
0800 587 5833**

**[www.greenwichhealthliving.nhs.uk](http://www.greenwichhealthliving.nhs.uk)**

### **Community Health Trainers.**

Your lifestyle can have a big impact on your health and general well-being. If you want to live a healthier lifestyle but don't know where to start. You don't have to do it alone.

A community Health Trainer from the GHLiS team offer free 1-1 support for local residents who would like to change their lifestyle but need extra support.

### **Eat Well**

A healthy and balanced diet is one that contains a variety of foods, including plenty of fruit, vegetables and starchy foods (wholemeal bread and wholegrain cereals), some protein-rich foods (meat, fish, eggs and lentils), milk and dairy foods.

Your diet should be low in foods that are high in fat, salt and sugar.

GHLiS offer free cookery clubs across the borough. Upon completion, a free recipe book is available.

### **Expert Patient Programme.**

Support for Greenwich residents living with or caring for someone with a long-term health condition. Courses are free and help participants develop the confidence and skills necessary to manage long-term conditions on a day-to-day basis.

Courses are for adults to self-manage their own conditions, for parents/carers of children with long-term conditions or disabilities and for adults caring for an adult with a long term condition.

**Aim:** To help and encourage people manage their life, time and conditions better. Participants will learn skills such as action planning, problem solving, health eating, relaxation, exercise and managing tiredness and difficult feelings.

**Duration:** 2 ½ hour sessions for 6 weeks.

### Get Active

Getting active can be fun, help you feel good, improve your fitness and reduce the stresses of daily life.

Unfortunately, most of us aren't active enough to feel the benefits. You may think that you don't have time to be more active, or you're too old / too unfit / that it sounds too much like hard work!

The first step is to build more activity into your daily routine. Try being active daily; every 10 minutes count, building up to at least 150 minutes per week.

### Group sessions

**Active For Health:** provides a free community based physical activity programme across the borough such as Tai Chi, circuit training, chair based exercise, exercise to music and health walks.

**Greenwich Leisure Limited (GLL):** Leisure centres across Greenwich offer a variety of activities for **All** ages including swimming, group exercise and gym based sessions. Free one day passes are available to try out the facilities before joining.  
Call: **0208 317 5000**  
Visit: [www.better.org](http://www.better.org)

**Greenwich Dance:** Greenwich Dance offers a wide-ranging programme of classes and events for people of all ages and abilities.  
Call: **0208 293 974**  
Visit: [www.greenwichdance.org.uk](http://www.greenwichdance.org.uk)

**Greenwich Get Active** Can help you connect with a wide range of free and affordable local activities.

### Get Cycling

Cycling is a great way to travel around the borough. Get fit, save money, save time and have fun!

**Cycle loan scheme:** The Public Health team are piloting a cycle loan scheme for Royal Greenwich Residents. You can loan a bike for free, but you are required to pay £10 for which covers London Cycling Campaign insurance and membership. At the induction, you will be given information on cycle maintenance, safety and security. You will also have the opportunity to take part in a cycle training session.

**Cycle Training:** Available to adults living, working or studying in Greenwich. Training is designed to give people the skills and confidence to ride their bikes on today's roads. To book a place on the FREE course, contact the Cycle Training Coordinator

Call: **07984 628 049**  
Visit: [www.royalgreenwich.gov.uk/cycling](http://www.royalgreenwich.gov.uk/cycling)  
E-mail: [cycle-training@greenwich.gov.uk](mailto:cycle-training@greenwich.gov.uk)

### Get Walking...

...is a good way to get back into being active, meet new friends and stay active.

**Walking in parks:** Enjoy walks through the local parks and nature rambles across Royal Greenwich. Park rangers run a variety of park tours, walks and conservation events in Greenwich parks and open spaces.

Call: **0208 856 0100**

Visit: [www.royalgreenwich.gov.uk/environment](http://www.royalgreenwich.gov.uk/environment)

### You can also try:

**Nordic Walking** - a more challenging workout using poles to work your upper body.

**Walk to Jog to Run** - training session to take your exercise further.

**Blackheath Ramblers** - regular walks of varying lengths taking in the local scenery. [www.ramblers.org.uk/walkfinder](http://www.ramblers.org.uk/walkfinder)

**Greenchain Walks** – Enjoy the marvellous open spaces with lots of free walks throughout the week.

Call: **0208 291 5028** Visit: [greenchain.com](http://greenchain.com)

**Park Run** - free, weekly 5km timed runs in Greenwich, open to runners of all abilities. [www.parkrun.org.uk](http://www.parkrun.org.uk)

**Outdoor Gyms** - There are a number of outdoor gyms in various parks and open spaces.

Call: **0208 856 0100**

[www.royalgreenwich.gov.uk/environment](http://www.royalgreenwich.gov.uk/environment)

**Healthwise** - physical activity referral programme to help individuals manage and improve their health condition(s). A referral is needed by your GP or Practice Nurse. Sessions are at various leisure centres throughout the borough. You must be a Greenwich resident or registered with a Greenwich GP.

Call: **0208 317 5000 ext. 2130**

**Allotments** – Get active and eat healthily growing your own vegetables with an allotment. (Please note that there are currently waiting lists).

Call: **0208 291 6885**  
[www.royalgreenwich.gov.uk/allotments@greenwich.gov.uk](http://www.royalgreenwich.gov.uk/allotments@greenwich.gov.uk)

**Walking away from diabetes** - a group education session for people registered with a Greenwich GP at risk of developing Type 2 diabetes. **ASK your GP or Practice Nurse.**

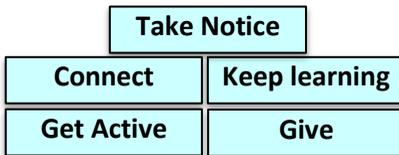
## Take Notice

Taking notice of the world around you and how you are feeling is an important part of our mental wellbeing. Spending some time in green, open spaces makes us feel good. Walk along the Thames or watch the world go by in one of Greenwich's many parks and gardens.

## Feel Good

Staying healthy is about your mind as well as your body. There are 5 simple things we can all do to improve our mood and mental wellbeing. Try to build these into your day to day life.

### 5 Ways to feel good;



It is normal in life to experience feelings of stress and anxiety. Paying attention to these feelings and taking some action can help, like sharing your feelings with someone you are close to. For some people, relaxation and meditation techniques can be very helpful in calming the mind and coping more effectively with the stresses of life.