

Living Well as an Adult Help and Support Near You

We all want to live a healthy and happy life.
Sometimes we need a bit of extra help — and that's okay.

This leaflet shows you:

- How to stay well
 - Where to get help
 - Who you can talk to
-

Looking After Your Health

To stay well, make sure you:

- Go to your health checks when invited
- Speak to your GP if something feels wrong
- Keep up with medicines and advice

Regular checks can help spot problems early.

Stay Healthy Services

- Weight Management - Support to help you lose weight and stay healthy.
- Stop Smoking - Free help to stop smoking, including advice and support.
- Move More – Information and local groups
- Food Support - Information on healthy eating, local food and food support.

One You South Gloucestershire 01454 865 337

<https://oneyou.southglos.gov.uk/>

NHS Better Health Online only

<https://www.nhs.uk/better-health/get-active/>

Healthy Lifestyle Support

Making small changes can make a big difference to your health.

Health and Happiness Hubs 0117 403 4238

<https://southernbrooks.org.uk/health-and-happiness-hubs/>

Offers a friendly 10-session programme to help people with long-term conditions build confidence and improve their health and wellbeing.

Physical Activity Link Workers 01174034238

<https://southernbrooks.org.uk/physical-activity-link-workers/>

They help you be more active so you can feel healthier and happier.

Help With Life's Challenges

If you are feeling low, stressed, or struggling, support is there.

Social Prescribing 01174 034238

<https://southernbrooks.org.uk/social-prescribing/>

Helps with loneliness, money, stress, and housing problems.

NHS Talking Therapies: 0333 200 1893

Free talking therapy if you feel low, anxious, or stressed.

Age UK: Advice about money, home help, and living well. For over 50's.

South Gloucestershire – 01454 411707

Bristol - 0117 929 7537

<https://www.ageuk.org.uk/>

Citizens Advice

Guidance on money worries, benefits, housing and energy issues. Free service.

South Gloucestershire: 0808 278 7947 / <https://www.southgloscab.org.uk/>

Bristol: 0808 278 7957 / <https://www.bristolcab.org.uk/>

Extra Support

You can also get help from local community, cultural, or faith groups. Ask a social prescriber to help you find what is near you. Interpreters are available if you need help understanding.

Caring for Someone

If you look after someone else that would not manage without you, you are a carer.

Caring can be hard, but help is available.

Carer Support 0117 965 2200

<https://www.carersbsg.org.uk/>

Carer UK Online only

<https://www.carersuk.org/>

Simple Ways to Stay Well

- Eat healthy food and drink water
- Move your body every day
- Get enough sleep (7-9 hours a day)
- Spend time with other people
- Talk to someone if you feel worried or low
- Cut down alcohol and stop smoking

Finally

We hope this leaflet has helped.

If you are not sure where to start, speak to your GP practice.

You can get support – you are not alone.