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NHS Links

NHS Health Lines

If you have difficulties hearing or communicating, you can use the Relay UK app or a textphone. This is available 24 hours a day. You can also access help and information through the NHS app.

111 online will not give you a diagnosis, but they will direct you to the best place to get help for your symptoms.

They cannot:

- issue fit notes - you need to contact your GP surgery
- make or cancel appointments for you in other parts of the NHS

Website: <https://111.nhs.uk/>

Textphone: 18001 111

NHS Health Check

If you're aged 40 to 74 and do not have a pre-existing health condition, you should be invited to an NHS Health Check by your GP or local council every 5 years.

If you think you are eligible but have not been invited, contact your GP surgery to find out if they offer NHS Health Checks or contact your local council to find out where you can get an NHS Health Check in your area.

Your NHS Health Check will be done by a healthcare professional. This will usually be a nurse, but it could also be a doctor, pharmacist or healthcare assistant.

The check takes about 20 to 30 minutes, you'll also be asked some questions about your health.

Website: <https://www.nhs.uk/tests-and-treatments/nhs-health-check/>

NHS Diabetes Prevention Programme (NDPP)

NDPP supports people identified as being at risk of developing Type 2 diabetes. The 10-month long, evidence-based programme supports individual to understand pre-diabetes and how they can halt further development into the preventable disease. This is a free programme which will be rolled out across the county in the next few months.

Website: <https://www.england.nhs.uk/diabetes/diabetes-prevention/>

Email: england.ndpp@nhs.uk

Keeping Well Factsheet

Contact Us:

info@oxfordshiremind.org.uk

www.oxfordshiremind.org.uk

T: 01865 247788

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NHS Links Continued

BetterHealth (Originally OneYou)

BetterHealth provides tools, support, and encouragement every step of the way to help improve your health right away. It can help you make small changes yourself, or with friends and family. It is about making changes to fit your life and make you feel good. BetterHealth helps you find that balance, so you feel better, every day.

Website: www.nhs.uk/better-health/

Take their free health quiz to see how you score and start the fight back to a healthier you:

www.nhs.uk/better-health/how-are-you-quiz/

Support In Oxfordshire

Active Oxfordshire

Active Oxfordshire is a local charity dedicated to fighting inactivity and challenging inequality, and an Active Partnership funded by Sport England. They work through partners to improve access to physical activity, break down the complex barriers that can prevent people from getting active and work through local communities to achieve lasting change.

Contact Page: <https://www.getoxfordshireactive.org/contact>

Website: <https://www.getoxfordshireactive.org/>

British Nutrition Foundation

The British Nutrition Foundation exists to promote health and wellbeing and prevent diet-related ill health through evidence-based nutrition science.

They provide a bridge between nutrition science, government, industry, education and people, and a conduit to a healthier, more sustainable food environment for all.

Their team of nutrition scientists and education professionals promotes access to the latest evidence-based and trusted nutrition science, so that people have the knowledge, skills and confidence to make positive food, diet and lifestyle choices, and to create a healthier, more sustainable food environment for all.

Contact Page: <https://www.nutrition.org.uk/contact-us/>

Website: <https://www.nutrition.org.uk/>

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Support In Oxfordshire Continued

Beat Eating Disorders

Beat is a UK registered charity, and exists to end the pain and suffering caused by eating disorders.

They provide support to people affected by anorexia, bulimia, binge eating disorder and other eating disorders through their helpline, online support services and information. They also work to educate professionals and raise public awareness.

They campaign for change in government policy and health service practice in all regions of the United Kingdom to improve the care for and understanding of eating disorders.

Contact Page: <https://www.beateatingdisorders.org.uk/contact-us/>

Website: <https://www.beateatingdisorders.org.uk/>

Weight Wise

Weight Wise is an independent site, with unbiased, easy-to-follow hints and tips. It is based on the latest evidence to help you manage your weight for good.

Email: info@bdaweightwise.com

Website: <https://bdaweightwise.com/>

Heart UK

Heart UK provides support, guidance and education to healthcare professionals people and families with concerns about cholesterol.

Cholesterol Helpline Email : ask@heartuk.org.uk

Website: <https://www.heartuk.org.uk/>

Overeaters Anonymous

Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating. They welcome everyone who wants to stop eating compulsively. The OA Programme is based on the twelve step recovery programme of Alcoholics Anonymous.

Contact Page: <https://www.oagb.org.uk/contact-us/>

Website: <https://www.oagb.org.uk/>

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Support In Oxfordshire

Beezee Adults

Beezee Adults is a free healthy lifestyle programme - available in-person or online. It's designed to help you lose weight in a healthy way, and keep it off for good. An expert team of behaviour scientists and nutritionists can help you make small, realistic changes. You can also connect with a community of people on the same journey.

Sign up form: oxf.maximusuk.co.uk/beezeeadults-sign-up-now/

Website: oxf.maximusuk.co.uk/beezeeadults/

BACP (British Association for Counselling and Psychotherapy)

The British Association for Counselling and Psychotherapy (BACP) offers a rich collection of articles and professional guidelines that delve into the complex relationship between weight, mental health, and therapeutic practice. On their "Articles and Guidelines" page, BACP presents a compassionate, evidence-informed perspective on weight loss, challenging stigma and promoting holistic wellbeing.

Articles: www.bacp.co.uk/search?UserLocation=&q=weight&SortOrder=0

Website: <https://www.bacp.co.uk/>