

## KEEPING WELL – HEALTH ADVICE

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### NHS Health Lines

If you have difficulties hearing or communicating, you can call **NHS 24-hour** 111 service (18001 111) or **NHS inform** (18001 0800 22 44 88) on a textphone.

**Visit:** [111.nhs.uk](https://111.nhs.uk) or **Telephone:** 111

You can also access help and information through the NHS app: **Visit:**

<https://www.nhs.uk/apps-library/nhs-app/>

For emergencies if you ring 999.

### NHS Health Checks

#### For anyone aged between 40 and 74 registered with a GP

You will be invited for a free NHS Health Check with your GP once every five years if you are between 40 and 74 years old, and have not already been diagnosed with vascular diseases or have certain risk factors such as high blood pressure or high cholesterol treated by medication. By having this check and following the advice of your health professional, you improve your chances of living a healthier life. The check will take around 20 to 30 minutes:

- You will be asked some simple questions about your family history, whether you smoke and how much alcohol you drink
- Your height, weight, sex, ethnicity and age will be recorded
- Your blood pressure will be taken
- A simple blood test will check your cholesterol level
- Your body mass index (BMI) will be calculated. BMI is a measure of whether you are a healthy weight for your height.

If you're not sure if you're eligible for an NHS Health Check and would like one, or if you are eligible but haven't had an NHS Health Check in the last five years, ask your GP for an appointment now.

**Visit:** <https://www.nhs.uk/conditions/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.

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

**Email:** [england.ndpp@nhs.net](mailto:england.ndpp@nhs.net)

### **Go Active Get Healthy**

Go Active Get Healthy is a dedicated programme for people with Diabetes who would like to increase their physical activity. The programme has a range of support services on offer including motivational and long-term support, subsidised activities and county-wide physical activity opportunities. Referrals can be made by your GP or Diabetes nurse.

### **For more information you can go to their website:**

<https://www.getoxfordshireactive.org/contact-us>

Contact details can be found on their website.

### **The British Nutrition Foundation**

Find advice and tips on how to put healthy eating and an active lifestyle into practice, for life. They also have information on blogs, talks and events which could be of interest to you.

**Visit:** <https://www.nutrition.org.uk/>

**Telephone:** 020 7557 7930

**Email:** [postbox@nutrition.org.uk](mailto:postbox@nutrition.org.uk)

### **Heart UK - The Cholesterol Charity**

Providing support, guidance and education services to healthcare professionals, people and families with concerns about cholesterol.

**Cholesterol Helpline** 0345 450 5988

**Email:** [ask@heartuk.org.uk](mailto:ask@heartuk.org.uk)

**Visit:** <https://heartuk.org.uk>

### **Beat Eating Disorders**

The UK's leading charity supporting anyone affected by eating disorders or difficulties with food, weight, and their shape.

- **Helpline:** 0808 801 0677
- **Youthline:** 0808 801 0711
- **Studentline:** 0808 801 0811
- **One to one chat:** <https://www.beateatingdisorders.org.uk/support-services/helplines/one-to-one>
- **Visit:** <https://www.beateatingdisorders.org.uk/>
- **Visit the Oxford Website specifically:** <https://www.oecd.co.uk/>

**For support around Coronavirus, and any worries over your immune system and general health access the link below:**

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

**Weight Wise**

Website developed by The Association of British Dieticians

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.

**Visit:** <http://www.bdaweightwise.com/>

**Email:** info@bda.uk.com

**Achieve Oxfordshire**

Stride towards a healthier and happier you! Achieve Healthy Weight Loss Oxfordshire is delivered by the innovative healthy lifestyle provider Thrive Tribe and funded by Oxfordshire County Council. They have partnered with leading weight loss providers to create FREE programmes that will help you achieve your goals. They also have valuable tools and skilled coaches to give encouragement throughout your weight loss journey.

**Visit:** <https://achieveoxfordshire.org.uk/>

**Telephone:** 01865 338119

**Email:** hello@achieveoxfordshire.org.uk

**Here for Health**

Here for Health is currently only able to offer telephone and email support for the time being.

**Telephone:** 01865 221429 **Email:** [hereforhealth@ouh.nhs.uk](mailto:hereforhealth@ouh.nhs.uk)

**Visit:** <https://www.ouh.nhs.uk/patient-guide/here-for-health/default.aspx>

They offer a range of support methods, to help people change their behaviour in order to:

- Manage their weight
- Give up smoking
- Reduce their drinking
- Become more active
- Eat a healthier diet.

They can offer you a consultation tailored to your individual needs, to make it as easy as possible to adopt small, sustainable and realistic lifestyle changes to improve your health and wellbeing. They have a wide range of resources to help you access a variety of community services and have referral pathways set up to make it as easy as possible to get involved. This includes free weight management support, physical activity incentives and free smoking cessation support

**Teen Weightwise**

Website developed and is managed by, the British Dietetic Association (BDA).

Teen Weightwise is an independent site, aimed at 13-18-year olds. Unbiased, easy-to-follow hints and tips based on the latest evidence to help teenagers manage their weight for good.

**Vist:** [www.teenweightwise.com](http://www.teenweightwise.com)

### **Overeaters Anonymous**

This is a fellowship of individuals who, through shared experience, strength and hope are recovering from compulsive overeating. They welcome anyone who wants to stop eating compulsively. The OA Programme is based on the twelve-step recovery programme of Alcoholics Anonymous. In OA, we admit that we are powerless over food and cannot manage our eating behaviours alone. In OA, we find others who can help us to find a saner and more beneficial way to deal with our eating problems and our living problems.

**Visit:** <http://www.oagb.org.uk/>

**Email:** [general@oagb.org.uk](mailto:general@oagb.org.uk)

**Phone:** 07798 587802 (General enquiries)

### **One You – Public Health England**

'One You' provides tools, support, and encouragement every step of the way to help improve your health right away. One You 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. One You helps you find that balance, so you feel better, every day.

Take their free One You health quiz to see how you score and start the fight back to a healthier you. **Quiz:** <https://www.nhs.uk/oneyou/how-are-you-quiz/>

### **Online exercise sessions are available.**

**Visit:** <https://www.nhs.uk/oneyou/>

**Email:** [oneyou@phe.gov.uk](mailto:oneyou@phe.gov.uk)

### **Healthy Eating**

Find out from the NHS how to achieve a healthy, nutritious diet to help you look and feel your best.

**Visit:** <http://www.nhs.uk/livewell/healthy-eating/Pages/Healthyeating.aspx>

### **National Sleep Foundation**

Healthy sleep habits can make a big difference in your quality of life. Having healthy sleep habits is often referred to as having good sleep hygiene. For more information around sleep hygiene refer to the following website.

**Visit:** <https://www.sleepfoundation.org/articles/healthy-sleep-tips>

### **Sleepio**

Sleepio is an online sleep improvement programme for people living in Oxfordshire, Berkshire and Buckinghamshire. It has been clinically proven to help you fall asleep faster, stay asleep through the night, and give you more energy during the day if you follow the programme correctly.



Overcoming Anxiety & Depression Together

**Visit:** <https://www.nhs.uk/apps-library/sleepio/>

