

Physical Activity

Walking Walkwell

An incentive scheme for people wishing to improve their health by walking. Walkwell offers a free health assessment and reward vouchers for taking part.

Sandwell Stride

Regular weekly group walks for people living in the borough.

Walk from Home

A service for people that are 60 years and over, do not exercise regularly or are housebound and need extra confidence to walk.

Cycling

Cycling skills courses

For people who want to learn basic to advanced cycling skills either in a group or one-to-one sessions. There may be a training cost from as little as £5.

Family Bike Rides

Cycling exercise can be enjoyed free with the whole family.

Gardening

Gardening for Health

Garden-based tasks, which range from making hanging baskets to harvesting produce.

British Trust for Conservation Volunteers (BTCV) Green Gym

A group that meets to carry out environmental conservation work.

Caroline Street Allotments

Gardening at a small allotment site with plots for individuals and groups.

Other activity programmes

Extend

A gentle exercise programme for people 60 years and over. Classes with slow relaxing music.

Active Sandwell

A programme for people 50 years and over. Activities include bowling, swimming and tea dances.

Active Lifestyles

Many physical and social activities are available across Sandwell, such as free fitness and gym sessions, street dance, belly dancing, salsa and zumba sessions, yoga, badminton and much more.

For more information call
Sandwell Lifestyle Choices

0800 011 46 56



Stop Smoking Services in Sandwell

Free advice and support, available at various venues throughout the borough. Some sessions are appointment only but many are drop-in sessions, and they all offer one to one support.

The sessions are free but there will be a normal prescription charge for nicotine replacement therapies. You will be given two week's supply for a single prescription charge. If you do not pay prescription charges then the therapies are free.

For more information on
venues and times available and to be
referred into the service call
Sandwell Lifestyle Choices

0800 011 46 56

Sandwell Employment Services

There are a wide range of employment services in Sandwell that can help people who are not working but want to find employment. Some services are intended for people who are out of work and claiming benefit, but other services are available to anyone who is not working, whether or not they are on benefit.

Services are offered according to an individual's circumstances, such as:

- ill health
- disability
- mental health problems
- problems understanding English
- help specifically for women

You may be looking for a job:

- in construction
- in the health service
- as a carer

Or you may be interested in becoming self employed or starting your own business.

For more information about Sandwell
Employment Services call
Sandwell Lifestyle Choices

0800 011 46 56



Cervical, Bowel and Breast Screening Programmes

There are three national screening programmes aimed to raise awareness and encourage all eligible people to attend their screening invitations.

The three programmes are:

- cervical screening
- breast screening for women
- bowel screening

For more information call
Sandwell Lifestyle Choices

0800 011 46 56

Other useful contacts

Confidence and Wellbeing Team
www.confidenceandwellbeing.co.uk

Sandwell Health and Wellbeing Portal
www.webwell.org.uk

Sandwell Council ASSIST
0845 352 2266
www.sandwell.gov.uk

The Dignity Challenge
Become a dignity champion
0800 011 46 56
www.sandwell.gov.uk/dignity

Sandwell Primary Care Trust
0845 155 0500
www.sandwell.nhs.uk

Welfare Rights
0121 569 3158

Sandwell Lifestyle Choices

Getting started on an active way to health



0800 011 46 56

Sandwell Lifestyle Choices

- Healthy Eating
- Weight Management
- Confidence and Wellbeing Service
- Alcohol Services
- Drugs Services
- Physical Activity
- Stop Smoking Services in Sandwell
- Dentistry
- Cervical, Bowel and Breast Screening Programmes
- Employment Services



Healthy Eating

Cookwell is a free six week cooking programme for people who want to learn more about healthy eating, try new foods, learn how to cook healthy, low cost meals and make new friends.

Grow-Well offers a two hour session for anyone wanting to know more about growing fresh fruit and vegetables as part of a healthy diet and lifestyle.

Shopwell offers a one hour shop or supermarket tour covering the 'eight tips for eating well', reading food labels and choosing food for a healthy balanced diet. Advice is given on how to get the best value for money when buying food.

Eatwell is a free one and a half hour interactive session for adults, providing healthy eating advice and information for those at risk of heart disease and diabetes.

Fab Tots helps pregnant mums and families who have children under three years old, providing information about nutrition and exercise during pregnancy, appropriate diet for infants and toddlers, the importance of being physically active and much more.

For more information call
Sandwell Lifestyle Choices

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Weight Management Service

Slimwell

A 20 week weight management programme for adults who want to shed pounds and get into shape. Advice is given on healthy eating and physical activity sessions.

Teenagers aged between 13 – 15 must be accompanied by an adult.

Wellfit

Wellfit is a 20 week children's weight management programme that covers healthy eating, physical activity and ways to help change behaviour. Sessions run for two hours for children aged between 6 and 13, and are available in many schools and children's centres across Sandwell.

For more information call
Sandwell Lifestyle Choices

0800 011 46 56



Confidence and Wellbeing Service

The Confidence and Wellbeing Service offers a wide range of leading self-help books available in Sandwell Libraries. The service also offers wellbeing workshops, including:

- reducing stress and relaxation
- workplace wellbeing
- refugee and asylum
- long term conditions
- health improvement service
- 'Chin up' programme (11 – 18 years)
- internet based self-help programme: learn practical techniques to help you feel better about yourself
- food and mood programme: improving your wellbeing through making positive food choices

For more information go to
www.confidenceandwellbeing.co.uk
or call Sandwell Lifestyle Choices

0800 011 46 56

Drug and Alcohol Services

Confidential advice and support services:

Anchor

Specialist treatment for people with significant or complex drug and/or alcohol problems.

0845 112 0100

Aquarius Family Support Services

Alcohol information, advice and counselling for people concerned about their own or someone else's drinking.

0121 525 9292

DECCA (Drug Education, Counselling and Confidential Advice)

A young people's drug and alcohol service offering information, advice, education and structured programmes.

0845 838 5317

Open Sandwell

A fresh approach for adults with drug issues.

0121 612 5080

Email: opensandwell@aquarius.org.uk

For more information call
Sandwell Lifestyle Choices

0800 011 46 56



Dentistry

The dentistry service offers dental examination, diagnosis and treatment to correct problems. There is also advice on how to keep your mouth, teeth and gums healthy.

For more information on NHS dental costs and to access a NHS dentist in your area, including those who provide home visits call
Sandwell Lifestyle Choices

0800 011 46 56



For more information and copies of this leaflet contact
0800 011 46 56