

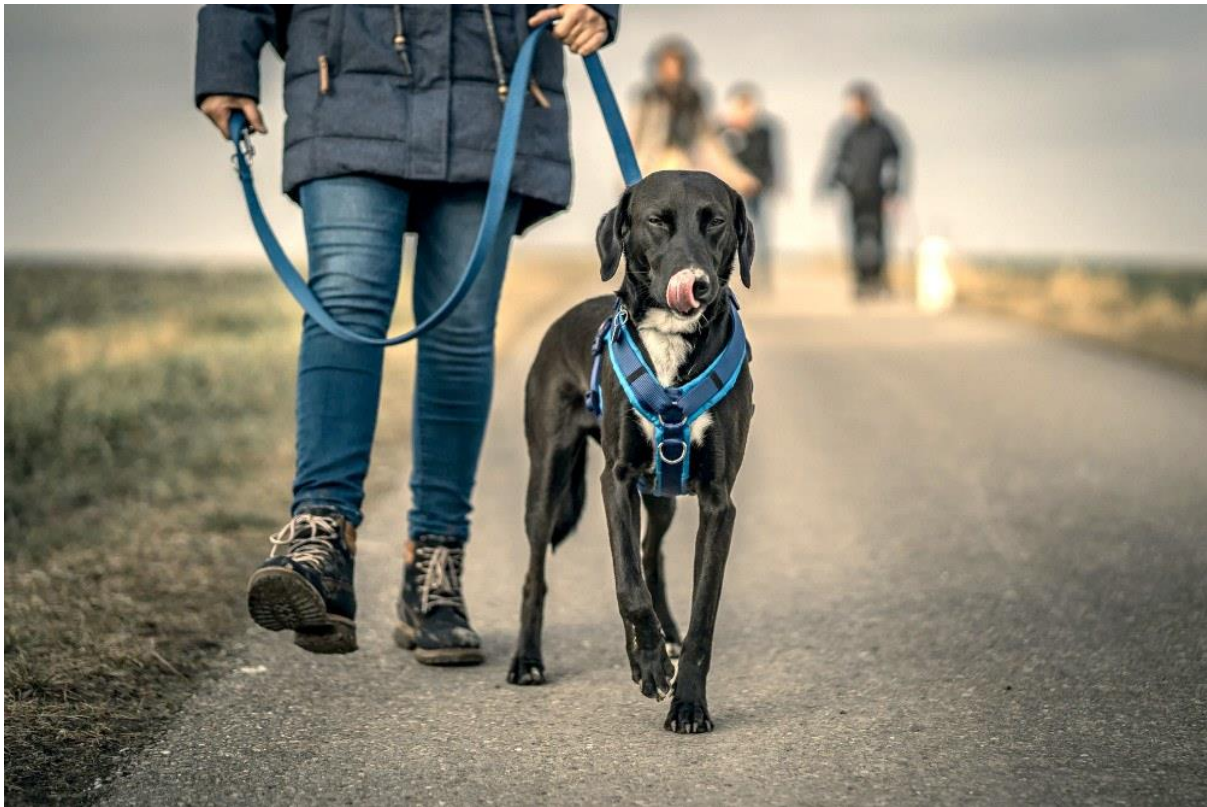


Southport & Formby
Primary Care
Network



LIFESTYLE ACCURX TEMPLATES

PHYSICAL ACTIVITY



Active Lifestyles

The Active Lifestyles Programme helps people of all ages live a healthier, more active life. There are different options to suit your health, fitness and wellbeing goals.

To join, visit <https://activelifestyles-sefton.co.uk/> or call the team on 0151 934 2352.

5 in 5 workout

After our chat, here are some simple ideas to help add more movement into everyday life. You might find them useful: <https://weareundefeatable.co.uk/media/exuhwosv/five-in-five-booklet.pdf>

Balance Exercises NHS

After our chat, please find a link with balance exercises. You might find them useful: <https://www.nhs.uk/live-well/exercise/balance-exercises/>

Exercise diary and planner

After our chat, here's a link to an exercise diary and planner:

https://weareundefeatable.co.uk/media/t4rjmulz/my-daily-undefeatable_planner.pdf

You can find out more here: <https://weareundefeatable.co.uk/>

Exercise over 65 years

After our chat, here's a link with more information about exercise that may help you:

<https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-older-adults>¹

Physical activity - We Are Undefeatable

After our chat, here's a link to "We Are Undefeatable". This group helps people with long-term health conditions. They share ideas to help you stay active in ways that suit you and your health. <https://weareundefeatable.co.uk/>

Strength Exercises

After our chat, here's a link with strength exercises you may find useful:

<https://www.nhs.uk/live-well/exercise/strength-exercises/>

Walking routes

Walking is good exercise for everyone. To start, pick a safe route and a step goal that feels right for you. Here's a link with local walking routes you may find helpful:

www.activeseiftonfitness.co.uk/sefton-walks²

¹<https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-older-adults/>

²<https://www.activeseiftonfitness.co.uk/sefton-walks>

Southport Park Run

Southport Parkrun is a free, friendly 5k event every week. You can walk, jog, run, volunteer, or just watch, it's up to you! It happens every Saturday at 9am in Hesketh Park, Park Crescent, Southport, PR9 9ND.

Click this link for more details <https://www.parkrun.org.uk/southport/>

Ramblers Wellbeing Walks Sefton

Join Ramblers Wellbeing Walks Sefton for free, short local walks to help you get active. Walks are easy, steady, and last between 10 and 90 minutes. You can get there on foot or by public transport. Find out more: <https://www.ramblers.org.uk/go-walking/wellbeing-walks/southport-community-wellbeing-walk>

SLEEP



Sleep insomnia self help

This is a self help guide for sleep problems, using effective CBT strategies. Click the link to learn how to make positive changes and for useful resources Sleep Insomnia Self Help | Get.gg - Getselfhelp.co.uk³

The Sleep Charity

The Sleep Charity provide advice and support to empower the nation to sleep better. Follow this link Useful Resources - The Sleep Charity⁴ to review their resources which will hopefully provide useful advice and guidance to patients who are not sleeping well and for parents who have trouble with their children sleeping.

Insomnia

As many as one in three people can have some difficulty with sleeping. However, there are many things you can do to help yourself. This link Insomnia (Poor Sleep): Causes, Types, and Treatment⁵ aims to show you some of them. For example, simple things like winding down before bedtime, avoiding certain foods and drinks, and a bedtime routine can help.

Sleep hygiene

After our chat, here's a link with tips about sleep and good sleep habits. You may find it helpful:

<https://www.nhs.uk/every-mind-matters/mental-health-issues/sleep/>

Snoring

After our chat, here's a link with more information about snoring. You might find it helpful:

<https://patient.info/mental-health/insomnia-poor-sleep/snoring>

³<https://www.getselfhelp.co.uk/sleep-insomnia-self-help/>

⁴<https://thesleepcharity.org.uk/information-support/useful-resources/>

⁵<https://patient.info/mental-health/insomnia-poor-sleep>

Meditation

After our chat, here's the link to the bedtime meditation we talked about. You might find it helpful: <https://www.nhs.uk/live-well/sleep-and-tiredness/bedtime-meditation/>

Buteyko breathing

Buteyko breathing is a way of breathing slowly and gently through your nose. It can help with asthma, anxiety, and sleep problems.

Here are some trusted online resources to get started:

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

<https://buteykoclinic.com/videos/>

HARMFUL SUBSTANCES



Gambling - Self referral and support groups

After our chat, here's a link to self-refer to the Northern Gambling Service. You might find it helpful: <https://www.northerngamblingservice.nhs.uk/>

Here's another link with more about free, confidential gambling support:

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

Alcohol units

Use the unit calculator to see how many units are in a drink or to check how much you're drinking:

<https://alcoholchange.org.uk/alcohol-facts/interactive-tools/unit-calculator>⁶

Alcohol referral

After our chat, here's a link to self-refer to the Sefton Alcohol Service:

<https://www.changegrowlive.org/sefton/referrals>⁷

Here's another link for AA support in the local area, which you might find helpful:

<https://www.alcoholics-anonymous.org.uk/find-a-meeting/>

Cocaine Anonymous

Cocaine Anonymous is a group where people share their experiences and support each other to overcome addiction.

You can find a meeting near you or join online here: <https://caukonline.org.uk/>

Marijuana Anonymous

Marijuana Anonymous is a group where people share their experiences and support each other to stop using marijuana. Find out more here: <https://www.ma-uk.org/>

⁶https://alcoholchange.org.uk/alcohol-facts/interactive-tools/unit-calculator?utm_source=chatgpt.com

⁷https://www.changegrowlive.org/sefton/referrals?utm_source=chatgpt.com

Talk to Frank

Talk to Frank offers honest non-judgemental advice on drugs and alcohol. It also features a confidential live chat, phone and text service. For more information visit <https://www.talktofrank.com/> or phone 0300 123 6600.

We Are With You - Drugs; Alcohol; MH support

We Are With You gives free help with drugs, alcohol, and mental health. They also support family and friends. Find out more here:

Drug and Alcohol Support | WithYou⁸

Smoke Free Sefton

Smoke Free Sefton gives advice and support to help you stop smoking. They are local and work with the NHS to offer advice, support and therapy. Most people who join quit within 12 weeks.

Find out more here: <https://www.sefton.gov.uk/Smoke-Free> or Call 0300 100 1000 (Mon–Fri, 9–5) or text **ABL** to 62277.

Smoke Free Sefton - Young people

Smoke Free Sefton helps young people to stop smoking and vaping.

Find out more at: <https://www.sefton.gov.uk/Smoke-Free>⁹

Call 0300 100 1000 or text **ABLTEEN** to 62277 to speak to their friendly team.

Vaping support

⁸<https://www.wearewithyou.org.uk/>

⁹https://www.sefton.gov.uk/Smoke-Free?utm_source=chatgpt.com

Quitting vaping can be hard, but there is support to help you stop safely. With the right advice, you can reach your goal.

Find tips and help here:

<https://www.nhs.uk/better-health/quit-smoking/ready-to-quit-smoking/vaping-to-quit-smoking/how-to-quit-vaping/>

Vaping - Quit

Find support to help you stop vaping for good. This website shares advice and resources across the UK: <https://howtostopvaping.co.uk/uk/>¹⁰

STRESS MANAGEMENT



Stress

After our chat, here are two helpful links about stress. They include tips you can try and places to get more support:

¹⁰https://howtostopvaping.co.uk/uk/?utm_source=chatgpt.com

<https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/stress/>

<https://www.nhs.uk/every-mind-matters/mental-health-issues/stress/>

Counselling adolescence

After our chat, here are two links with more information on where you can get help and support:

Mind: <https://www.mind.org.uk/for-young-people/how-to-get-help-and-support/finding-support/>¹¹

YoungMinds: <https://www.youngminds.org.uk/>¹²

Buteyko breathing

Buteyko breathing is a way of breathing slowly and gently through your nose. It may help with asthma, anxiety, and sleep problems. Here are some trusted websites to get started: <https://www.buteykobreathing.org/>¹³

Anxiety apps

After our chat, here's a link with more information on managing anxiety. It also includes a list of helpful apps you might find useful:

<https://www.keepingwellblmk.nhs.uk/self-help-resources/common-problems/generalised-anxiety-disorder-gad>¹⁴

Anxiety Self Help

¹¹https://www.mind.org.uk/for-young-people/how-to-get-help-and-support/finding-support/?utm_source=chatgpt.com

¹²https://www.youngminds.org.uk/?utm_source=chatgpt.com

¹³https://www.buteykobreathing.org/?utm_source=chatgpt.com

¹⁴https://www.keepingwellblmk.nhs.uk/self-help-resources/common-problems/generalised-anxiety-disorder-gad?utm_source=chatgpt.com

After our chat, you might find this link helpful: <https://www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/anxiety-self-help-guide>

Talking Matters

After our chat, here's the link for self-referral to therapy and counselling:

<https://www.mhm.org.uk/talking-matters-sefton>

Here are some useful support lines: Urgent mental health support - 0800 145 6570

Talking Matters (local Talking Therapies): 0300 303 2708

Think Differently, Cope Differently

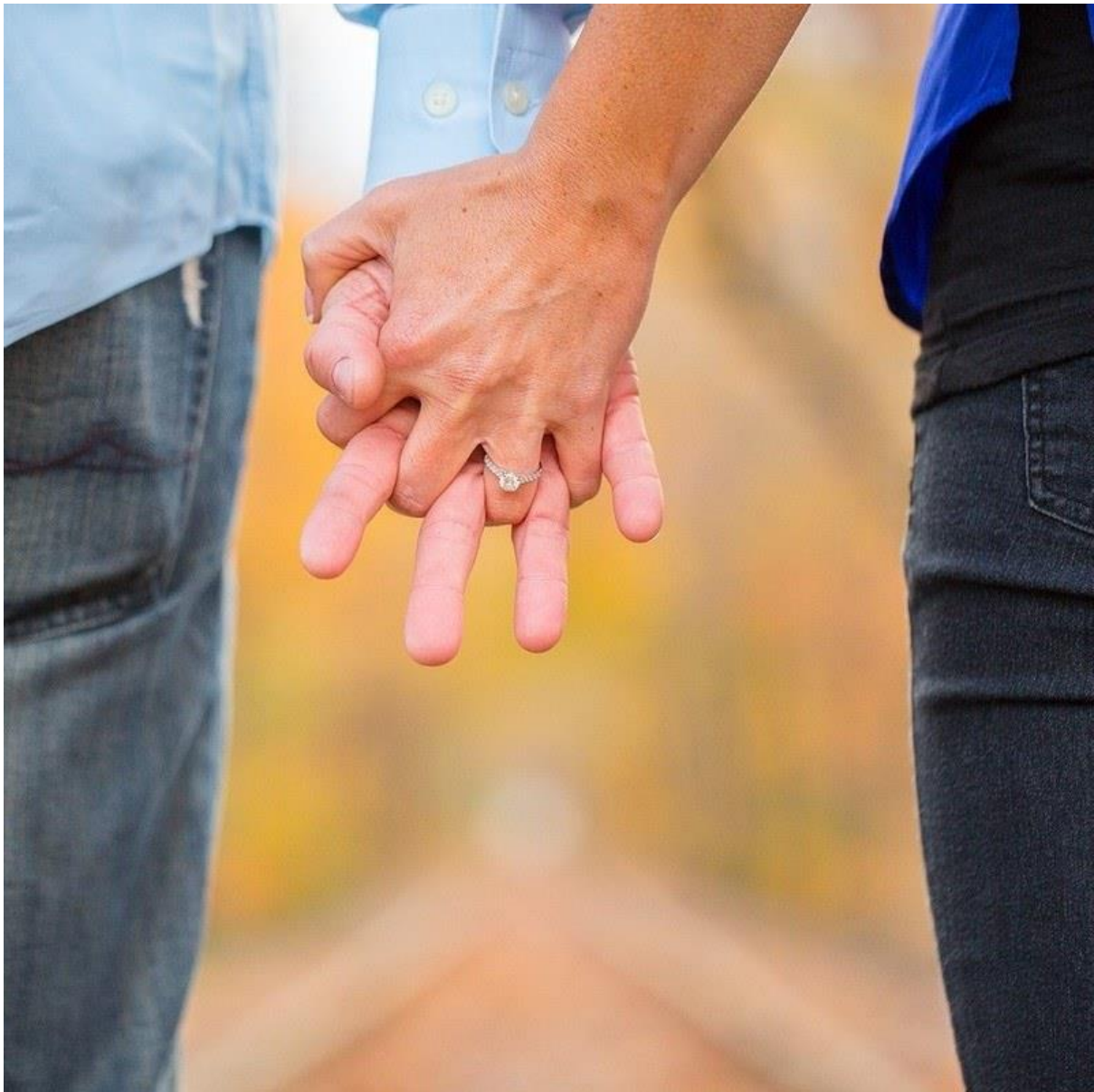
After our chat, here's some information on Think Differently, Cope Differently (TDCD). It's a programme to help you manage your own health, run over 5–6 weeks at Southport Community Centre.

You can self-refer through the Brighter Living Team: Call 01704 517810 or Email info@brighterliving.org.uk¹⁵

More details: <https://www.brighterliving.org.uk/portfolio/living-well-sefton/>

¹⁵<mailto:info@brighterliving.org.uk>

HEALTHY RELATIONSHIPS



Carers

After our chat, here's a link with more information about Carers UK. This charity offers help and support for people who are carers. You might find it useful: <https://www.carersuk.org/>¹⁶

Hammer Time

¹⁶https://www.carersuk.org/?utm_source=chatgpt.com

After our chat, here's some information on Hammer Time – Men's Shed. It's based at Norwood Road, Southport Community Centre. You can join by self-referring through the Brighter Living Team: Call 01704 517810, Email info@brighterliving.org.uk¹⁷

For more details: <https://www.brighterliving.org.uk/portfolio/mens-shed-aka-hammer-time/>¹⁸

Life Rooms

After our chat, here's a link we talked about that may help you find ways to improve your mental and physical wellbeing:

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

Parenting 2000 or Venus Centre

After our chat, here are links to counselling services you might find helpful:

Parenting 2000: <https://parenting2000.org.uk/>

Venus Centre: <https://www.venuscharity.org/service/counselling>

Love is Respect - relationships

Love is Respect is a national service that helps prevent unhealthy relationships and abuse. It gives young people support, advice, and tools to build healthy relationships.

For more information and interactive tools click here: <https://www.loveisrespect.org/>

¹⁷<mailto:info@brighterliving.org.uk>

¹⁸https://www.brighterliving.org.uk/portfolio/mens-shed-aka-hammer-time/?utm_source=chatgpt.com

NUTRITION



Portion sizes

Healthy eating means having a mix of different foods so your body gets all the nutrients it needs and to lower the risk of illness.

This Food Fact Sheet shows suggested portion sizes:

<https://www.bda.uk.com/resource/food-facts-portion-sizes.html>

Mediterranean Diet

Mediterranean diets can help lower blood pressure and cholesterol, which reduces the risk of heart disease.

Find out more here: <https://www.bhf.org.uk/information-support/heart-matters-magazine/nutrition/mediterranean-diet>¹⁹

¹⁹https://www.bhf.org.uk/information-support/heart-matters-magazine/nutrition/mediterranean-diet?utm_source=chatgpt.com

Low Carb Diet

After our chat, here are some links with more information about a low-carb diet that you might find interesting:

- Info from the British Heart Foundation:
<https://www.bhf.org.uk/information-support/heart-matters-magazine/nutrition/carbohydrates-and-low-carb-diets>
- A talk with more details: <https://www.diabetes.co.uk/in-depth/david-unwin-low-carb-not-just-diabetes/>