

Weight loss programme

- Free 12 week local weight loss programme
- Exercise and nutritional advice to help you lose weight and improve your health
- Health Trainers: tel 01274 322666

The NHS website: weight loss plan

- Free 12 week diet and exercise plan
- Advice, tips and weekly planner
- Web: www.nhs.uk/tools/pages/losing_weight.aspx

Walking for health

- Champions Show the Way, Bradford district: tel 01274 321911
- Riddlesden Rambles: tel 01535 683806

Bradford District Stop Smoking Service

- Free advice and support
- Tel 01274 437700

Project 6

- Free, confidential advice and support for those affected by drugs and alcohol
- Tel: 01535 610180
- Web: www.project6.org.uk

Champions Show the Way

- Free social activities and groups supporting health, wellbeing and recovery
- Tel: 01274 321911
- Web: www.bdct.nhs.uk/services/cstw

NHS Health Check

- Free health check for ages 40-74
- Get advice about reducing your risk of heart disease, stroke, kidney disease, diabetes or dementia
- Web: www.nhs.uk/nhshealthcheck

One You lifestyle quiz

- Get a free personalised health score
- Advice to help you to eat well, move more, be smoke free, drink less, check your health, stress less and sleep better
- Web: www.nhs.uk/oneyou

The NHS website

- Health A-Z
- Live well advice, tips and tools
- Care and support
- Health news
- Health and care services in your area
- Web: www.nhs.uk

Carers' Resource

- Free information, advice and support for carers
- Tel: 01756 700888
- Web: www.carersresource.org

Do-it

- Volunteering opportunities in your local community
- Web: www.do-it.org

My Wellbeing College

- 1 to 1 therapies, advice line, online and group courses to help you manage life's ups and downs
- Tel: 0300 555 5551
- Web: www.bmywellbeingcollege.nhs.uk