

Search North Yorkshire Connect for more ideas:

www.northyorkshireconnect.org.uk

Healthy Lifestyles programme

- Free 12 week weight management programme
- Exercise and nutritional advice to help you lose weight and improve your health
- Craven Leisure Swimming Pool and Fitness Centre, Aireville Park, Skipton: tel 01756 792805

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

- Skipton Craven Walkers: tel 07984 781350
- South Craven Walking for Health: tel 01535 632734
- North Craven Strollers: tel 01792 824537

Smokefree life North Yorkshire

- Free weekly 1 to 1 or group sessions over 6-12 weeks
- Tel 0800 2465215 or 01609 663023
- Web: www.smokefreelifenorthyorkshire.co.uk

North Yorkshire Horizons

- Free, confidential advice and support for those affected by drugs and alcohol
- Tel: 01723 330730
- Web: www.nyhorizons.org.uk

Living well in North Yorkshire

- Free 1 to 1 support to help you make simple changes to improve your life
- Tel: 01609 780780
- Web: www.northyorks.gov.uk/living-well-north-yorkshire

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

Community First Yorkshire

- Volunteering opportunities in your local community
- Web: www.communityfirstyorkshire.org.uk/volunteering/

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