



crawley wellbeing



## Welcome to Crawley Wellbeing's Summer Edition

### Recent News Headlines:

We are regularly active on Facebook, here are some of the top headlines over the last few months:

**Regular physical activity lasting 45 minutes three to five times a week can reduce poor mental health** [www.bbc.co.uk/news/health-45116607](http://www.bbc.co.uk/news/health-45116607)

**One child in every class is severely obese.**

[www.theguardian.com/society/2018/jul/24/one-child-in-every-25-in-final-year-of-primary-school-is-acutely-obese](http://www.theguardian.com/society/2018/jul/24/one-child-in-every-25-in-final-year-of-primary-school-is-acutely-obese)

**Britain is winning the war on tobacco, with the number of people smoking cigarettes reducing over the last year**

[www.theguardian.com/society/2018/jul/03/britain-is-winning-the-war-on-tobacco-health-chief-insists](http://www.theguardian.com/society/2018/jul/03/britain-is-winning-the-war-on-tobacco-health-chief-insists)

**A survey of 1,000 parents and children showed the latter to have already consumed their sugar consumption for the year... in June.**

[www.bbc.co.uk/news/health-44483081](http://www.bbc.co.uk/news/health-44483081)

For more stories, give us a like on Facebook by following the link below:

[www.facebook.com/crawleychange4life/](http://www.facebook.com/crawleychange4life/)

### Shortcuts

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## What's new?!

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# Beginners' ballet for the over 50s

## A course to improve balance, strength and stability

Want to try something new and meet new people? Want to feel more confident and be more active? Crawley Wellbeing may have just the course for you!

We are offering you a fantastic opportunity to be part of a FREE beginners' ballet course. The course will cover the basic techniques of ballet in a friendly, fun and supportive environment. The experienced ballet teacher will adapt all the moves to the needs of the individual, ideal if you are just starting to become more active or if you have concerns about your mobility.



### **New Course starting Monday 10 September.**

Beginners' ballet for the over 50s  
A course to improve balance, strength  
and stability.

*When:* Mondays 12.30-1.15pm

*Where:* Louise Ryrie School of Dance  
and Drama  
St Elizabeth's Church Hall, Barnfield  
Road, Northgate  
Crawley RH10 8DS

**Cost: FREE**

To book a place on the next course or  
for more information, please contact  
Jacqui Thatcher  
on 01293 585350 or email  
[wellbeing@crawley.gov.uk](mailto:wellbeing@crawley.gov.uk)

Places are limited so call soon to avoid  
disappointment.

[www.crawley.gov.uk/wellbeing](http://www.crawley.gov.uk/wellbeing)

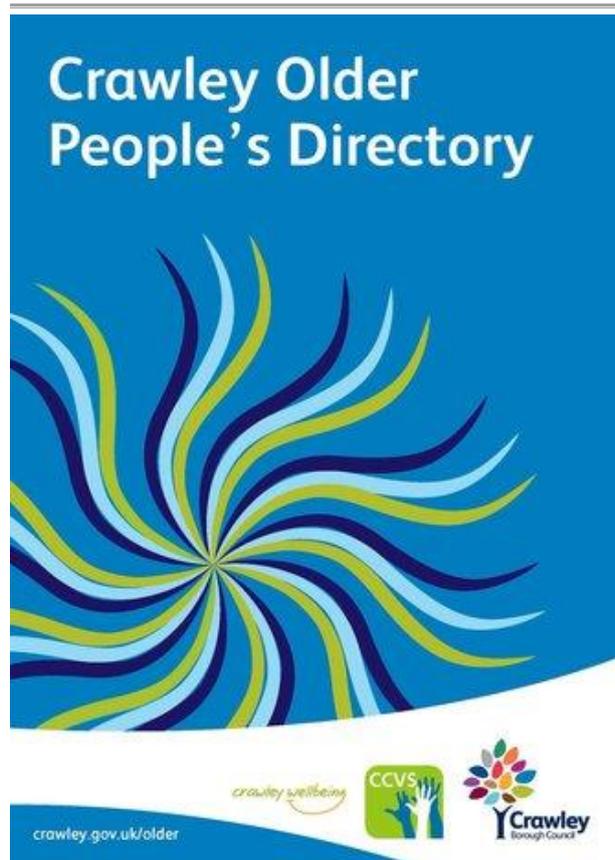
*crawley wellbeing*



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## Crawley Older People's Directory

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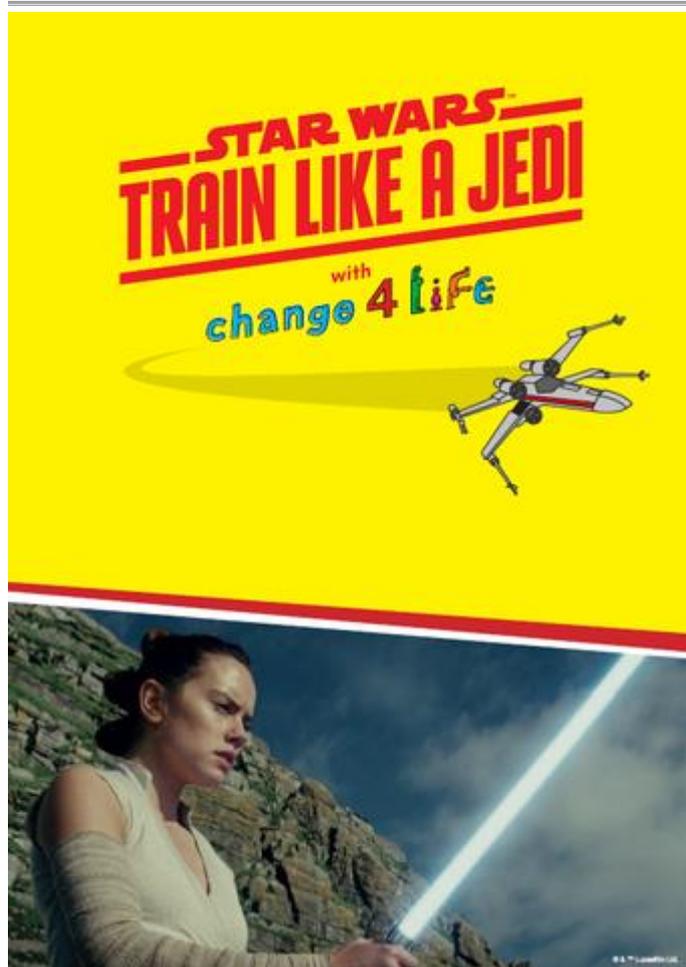
The updated Crawley Older People's Directory has recently launched. Free copies are available at Crawley GPs and pharmacies.

You can also find them at: K2 Crawley, Crawley and Broadfield Library, Town Hall and The Hawth.

Click the picture for our online version.

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## Change4life



Calling all friends of the Resistance! Public Health England (PHE) and Disney UK have launched a brand new national Change4Life programme – Train Like A Jedi – to help kids get active and inspire a new generation of Resistance recruits.

Taking inspiration from everyone's favourite Star Wars™ characters Rey and Luke, it's time to get your kids active as they learn to master the ways of the Jedi with a fun play along video. The video features British Taekwondo athlete and double Olympic gold medalist Jade Jones, who alongside a special appearance from BB-8, leads kids through a series of Jedi inspired moves, which will prepare them to be ready for when the Resistance might need them!

**Have fun, work hard and Train Like A Jedi. May the Force be with you!**

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## Crawley Wellbeing's' Weight Management Programme (WOW)

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Crawley Wellbeing run a free 12 week weight management programme.

The course runs for an hour and a half and includes three main elements: a weekly weigh in, nutritional advice and exercise.

To qualify for the course you need a BMI of 25+, be over the age of 16, and live and/or work in Crawley.

Find out more by clicking the scales!

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## What people think of our WOW Programme

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*"The service really helped me and it can help other people too."*

**"Everyone is very welcoming and that makes it enjoyable"**

*"Since doing the program I feel a lot healthier, I have learnt a lot about nutrition"*

*"Since I started the program I have reduced my medication from twice daily to very infrequently"*

Over the last few months we have seen some excellent results on our weight management programme.

To you left is just a snapshot of quotes that our service users have given since completing our program.

As you can see, the program can help people tackle many aspects, from providing information about nutrition, creating an environment where people feel comfortable, to reducing the medication someone is taking.

**What are you waiting for?**

Call 01293 585317 to start your journey today

Have you attended one of our weight management programmes and have feedback for us?

**Email us at**  
[wellbeing@crawley.gov.uk](mailto:wellbeing@crawley.gov.uk)

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## Crawley Wellbeing Alcohol Service

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### Is drink sneaking up on you?

Catch it out and cut back.



Don't know where to start?

Contact Crawley Wellbeing on 01293 585317 for an appointment with Janet Fagan

The current alcohol guidelines for men and women weekly is **14 units**, which is the equivalent too;

*1.5 bottles of wine*

*14 single spirit drinks*

*6 pints of lager*

*4 large glasses of wine*

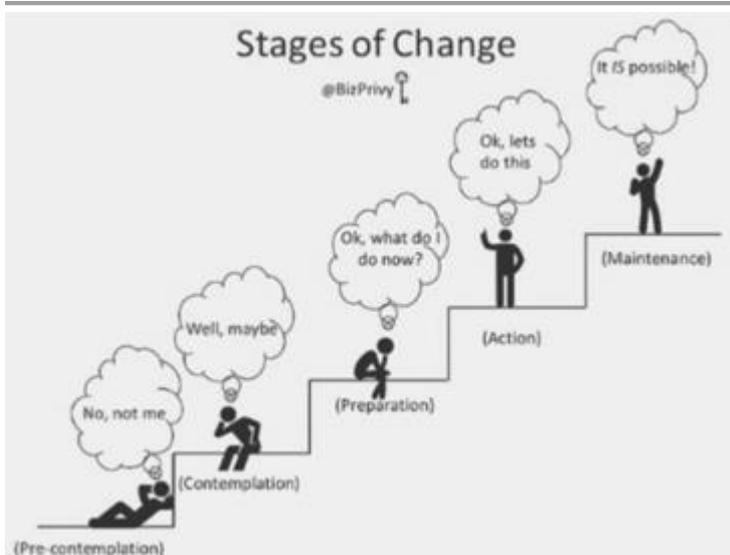
**Do you consume more than this and would like support and advice?**

Our in house alcohol advisor offers free 1-1 appointments.

To find out more contact us on 01293 585317 or email [wellbeing@crawley.gov.uk](mailto:wellbeing@crawley.gov.uk).

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## Are you ready to make a change?



Before we commit to a lifestyle change, we may be contemplating whether it is the right thing for us.

At this point, we tend to weigh up the pros: "*I will feel healthier*" and the cons: "*Exercise hurts*" towards making this change.

**Does that sound familiar to you?**

Our Wellbeing service can offer you support and guidance. For more information call 01293 585317 or email [wellbeing@crawley.gov.uk](mailto:wellbeing@crawley.gov.uk).

## Pre Diabetes Sessions

**Pre-diabetes Programme**



A FREE half day course to learn what you can do to help avoid type 2 diabetes for life

Call: 01293 585317 to book your place

Email: [wellbeing@ Crawley.gov.uk](mailto:wellbeing@ Crawley.gov.uk)

To find out more about Crawley Wellbeing visit: [www.crawley.westsussexwellbeing.org.uk](http://www.crawley.westsussexwellbeing.org.uk)



Crawley Clinical Commissioning Group

Have you been told by your GP or nurse that you are pre-diabetic?

If so you are eligible to join one of our pre-diabetes workshops, which will give you information about how to reduce your risk of developing type 2 diabetes.

The three hour workshop will cover;

Explanation of 'pre-diabetes'

Information about the causes and complications of type 2 diabetes

Ideas and discussion about what you can do to reduce your risks of developing type 2 diabetes

Help and support to set your own goals for the future.

To find out more email us at [wellbeing@ Crawley.gov.uk](mailto:wellbeing@ Crawley.gov.uk) or telephone 01293 585317.

## Crawley Wellbeing Stats (April to June 2018)

**353** unique people were **New to** Crawley Wellbeing Hub



From the months April-June, the Crawley Wellbeing hub engaged in 353 unique one to one interactions with people who live and work in Crawley.

**35** people completed our weight management programme this quarter.

**179 kg**  **Average weight loss** **4.90%** 

Unsurprisingly, on average the 35 people who completed our course saw some pretty impressive results. 179kg is 2.5 times the average weight of a human!



**9** people have seen a **Reduction in alcohol use.**

Over this period, nine people have seen a reduction in alcohol use, which is great news!

Over **4000** = Overall attendance for all classes held this quarter



We would like to say a massive thank you to the 4000+ attendees who participated in the various provisions we offer.

# FREQUENTLY ASKED QUESTIONS



## **Who is Crawley Wellbeing?**

Crawley Wellbeing is a free, friendly and impartial service from your local authority, the NHS and other partners. Each district and borough council (local authority) in West Sussex has its own Wellbeing service. They are all run in partnership with West Sussex County Council and the local NHS.

## **What do you offer?**

We can help you to find local wellbeing information and services. You can also get support for things like weight management, getting your family fitter, doing some regular exercise, dealing with stress, kicking a habit, or simply improving your general wellbeing.

## **I am interested in the services that you offer, what is the next step?**

If you would like to access our service, the first step would be to contact us, either by phone on 01293 585317, or email [wellbeing@crawley.gov.uk](mailto:wellbeing@ Crawley.gov.uk), alternatively simply pop into our office based at the K2 Crawley. From there, we can look at booking you in for a one to one appointment with one of our advisors, who can offer support and guidance to your specific need.

## **What do you offer for weight management?**

We currently run an in house programme (see above for information on WOW). We can also refer to an external weight management service who meet the specific criteria.

## **I am interested in your weight management programme, what is the next step?**

Great! You are ready to make some changes! The next step would be to book in for a one to one appointment with one of our wellbeing advisors. During this appointment we would discuss your current lifestyle, working with you to help you find your own motivation to change. We would then take some readings from our Tanita Scales, including; fat %, muscle mass, visceral fat, hydration etc. If you meet our requirements, and our motivated to do so, we can then book you in for an induction for the weight management programme with one of our advisors, who will then give you the all clear to go on to the course.

## **Does the service cost at all?**

Apart from a few concessions for some of our classes, Crawley Wellbeing is a free service.

## **Do you offer blood pressure, blood sugar and cholesterol checks?**

At this present moment we do not offer this service, the best way to get this checked is by going to a practice nurse at your local GP surgery. If you are over the age of 40 you should aim to get blood pressure, blood sugar and cholesterol checked every 5 years.

## **What are your opening hours?**

Our main hub service operates Monday-Friday, open during office hours and regular evening slots.

## **Do I have to be referred by my GP to access this service?**

No, you can self-refer to our service by contacting on in the ways mentioned above. You can now also self-refer on to our weight management programme too!

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**Crawley Wellbeing:** K2 Crawley, Pease Pottage Hill, Crawley, West Sussex. RH11 9BQ  
Tel: 01293 585317/585350.

**Join Crawley Change4Life:** Like us on Facebook, spread the word and be part of the revolution to make a Change4Life in Crawley.

**[Follow us on Twitter](#)**

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## General Data Protection Regulation 2018

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From time to time, we may ask you to provide personal information. Please be assured that Crawley Wellbeing (Crawley Borough Council) and West Sussex County Council (WSSCC) are fully committed to complying with The Data Protection Act 2018 and the General Data Protection Regulations (GDPR).

We ensure that your personal data is processed fairly, lawfully, kept safe and secure and retained for no longer than necessary.

You can view our Privacy Notices which explain how personal information is going to be used, what it is used for, who it might be shared with and why and for how long it is to be kept.

[www.crawley.gov.uk/privacyservices](http://www.crawley.gov.uk/privacyservices)

[www.westsussexwellbeing.org.uk/privacy-policy](http://www.westsussexwellbeing.org.uk/privacy-policy)



Crawley Clinical Commissioning Group

