



**“Find your
way to
healthier life.”**

**A BETTER
MEDWAY**

Easier ways to be healthy

Health Improvement Services

Brought to you by NHS Medway and Medway Council

www.abettermedway.co.uk

A Better Medway

A Better Medway is the face of health improvement services in Medway, provided by NHS Medway and Medway Council. We provide specialist support, advice, programmes and resources to help people living or working in Medway improve their health and well-being.

Find out more:

You can find more information about A Better Medway, and register for our email newsletter on our website www.abettermedway.co.uk

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Healthy eating

**A HEALTHY
MEDWAY**
Easier ways to enjoy your food

Our community food programme encourages people in Medway to make healthier food choices and enjoy a healthier diet. The programme provides healthy eating training and resources, cookery roadshows, healthy recipes and cookery courses.

Projects include the **Medway Cooks!** recipe collection (available to download from our website), **Medway Grows!** community allotment and the **Eat Out, Eat Well Award**.

For more information phone **01634 334309**,
email **change4life@medway.gov.uk**
or visit **www.abettermedway.co.uk/eating-healthily**



**“Easier ways to
enjoy healthy food”**



Health at work

**A BETTER
MEDWAY**
Easier ways to be healthy

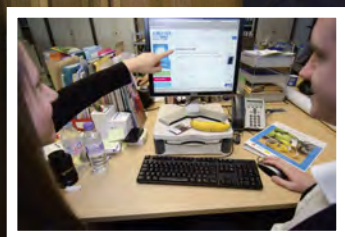
Businesses and organisations based in Medway (no matter how large or small) can become part of our Medway Healthy Workplaces scheme.

To help improve the health of your workforce, the scheme provides free services such as:

- ways to improve mental well-being;
- health MOTs;
- healthy eating ideas and challenges;
- exercise sessions;
- weight management clinics;
- stop smoking groups.

You can even sign up for something as easy as healthy eating tips, delivered weekly or monthly by email to your business.

For a free consultation about the health of your business, phone **01634 333890**, email **change4life@medway.gov.uk** or visit **www.abettermedway.co.uk/workplacehealth**



**“Easier ways to
motivate your workforce”**

Breastfeeding



Medway Breastfeeding Network is made up of local mums who have breastfed their own babies and have had extra training so they can give information and support to other mums. Local drop-ins offer a warm welcome to women interested in breastfeeding, whether pregnant, with a new baby or an experienced breastfeeding mum.

Visit www.abettermedway.co.uk/breastfeeding for details about:

- local support and events;
- tips on feeding in public;
- breastfeeding welcome venues;
- how you can volunteer to support families with breastfeeding.

For more information phone **01634 331054** or email ifp@medway.gov.uk



**“I’m enjoying
feeding my baby”**

Child measurement

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Easier ways to be healthy

The National Child Measurement Programme (NCMP) weighs and measures children in Reception Year (aged 4-5 years) and Year 6 (aged 10-11 years) during the school year.

The programme shares each child's results with their parents or carers, and offers specialist advice and services to support families in making lifestyle changes.

For more information about child measurement phone **01634 333781** or email **change4life@medway.gov.uk**



**“Easier ways to
support your child”**

MEND programme

**A BETTER
MEDWAY**
Easier ways to be healthy

MEND (Mind, Exercise, Nutrition, Do it!) is a free 10-week healthy lifestyle programme helping children and their families lead happier, healthier lives. Developed by experts in child health, MEND is for families with children aged up to 13-years-old.

MEND programmes offer a fun and creative environment for families to learn how to make healthier lifestyle choices and ensure their children have the best possible start in life.

The three programmes run in Medway are:



The MEND 2-4 programme is for children aged between two and four-years-old. It helps families deal with fussy eating and encourages children to eat a wider variety of foods. Sessions take place during the daytime in children's centres and community venues across Medway.



The MEND 5-7 programme is for children aged between five and seven-years-old who are above a healthy weight for their age. The programme helps families develop healthier habits and sets goals and rewards to encourage healthy behaviours.



The MEND 7-13 programme is aimed at children aged between 7 and 13-years-old who are above a healthy weight for their age. The sessions allow families to explore healthy behaviours while having fun, being active, boosting confidence and self-esteem. Sessions are run after school and use fun games, exercises and theory to promote a healthy lifestyle.



MEND graduates

Once children have graduated from a MEND programme, they have access to a range of exclusive healthy lifestyle services to help them maintain the changes they have made. The MEND graduates scheme includes weekly activity sessions, holiday events, trips and even discounts on local services.

To find out more about MEND phone **01634 333741**,
email **mend@medway.gov.uk**
or visit **www.abettermedway.co.uk/mend**

Early years

Our team works closely with children's centres, nurseries and pre-schools to promote a healthier lifestyle from an early age. Support can be offered through training, resources and project development.

For more information phone **01634 333103**, or email **ifp@medway.gov.uk**



“Easier ways to
maintain a
healthy lifestyle”

Tipping the Balance



Tipping the Balance is a community-based clinic helping people lead a healthier lifestyle. The main aims of the service are to:

- help people work towards a healthy weight;
- encourage healthy eating and physical activity;
- boost self esteem and confidence.

Any adult with a body mass index (BMI) greater than 30 kg/m² without conditions such as diabetes, previous stroke or ischaemic heart disease, can be referred to the service by their GP.

Tipping the Balance members have a series of appointments with a Specialist Health Improvement Practitioner (SHIP). The SHIP will advise and guide individuals through lifestyle changes that will help them achieve and maintain a healthy weight. Members will also have access to supermarket walks, group support sessions and walking groups.

For more information speak to your GP, phone **01634 333101** or email **tippingthebalance@nhs.net**



“Easier ways to
make a lifestyle
change”

Health walks

**AN ACTIVE
MEDWAY**
Easier ways to enjoy exercise

Medway Health Walks scheme organises short and social group walks to help people get the most out of walking for their physical and mental health. The groups are friendly and supportive, so are great for people currently doing little or no exercise, recovering from illness or lacking in confidence.

All walks are free, led by trained volunteer walk leaders, and graded to offer a variety of durations and distances.

For more information and to get involved, phone **01634 333720**, email **walking@medway.gov.uk** or visit **www.abettermedway.co.uk/getting-active/findasession**

**“Easier ways to
physical health”**



Cycling groups

**AN ACTIVE
MEDWAY**
Easier ways to enjoy exercise

Get fitter and more confident on your bike with free, guided cycling sessions for adults. Active Medway Cycling Groups take place across Medway at various times of the day, so you can enjoy cycling when it is convenient for you - whatever your ability.

All you need is a roadworthy bike and basic safety equipment. All rides are led by trained British Cycling Ride Leaders, who volunteer their time to show people the benefits of cycling.

For more information and to get involved, phone **01634 333720**, email **cycling@medway.gov.uk** or visit **www.abettermedway.co.uk/getting-active/findasession**

**“Easier ways to
get on your bike”**



Exercise sessions

**AN ACTIVE
MEDWAY**
Easier ways to enjoy exercise

Our team have accredited a number of community exercise sessions in Medway that we can recommend to you. We have visited and sampled sessions ranging from Zumba and Pilates, to Tai Chi and boot camps.

We have checked that these exercise instructors have suitable insurance, qualifications and customer service skills to deliver quality sessions for you. All sports clubs that have children's sessions have been awarded Clubmark status. Come and give one a try.

For more information and to get involved, phone **01634 333720**, email **medwayexercisereferral@nhs.net** or visit **www.abettermedway.co.uk/getting-active/findasession**



“Easier ways to
get active”

Exercise referral

**AN ACTIVE
MEDWAY**
Easier ways to enjoy exercise

We offer an exercise referral programme which residents of Medway can be referred to by their GP or practice nurse. People living with a long-term health condition are eligible for the programme, which is delivered in all of Medway Council's leisure centres.

During the 12-week programme participants experience the positive effects physical activity can have on their fitness levels and mental well-being; ultimately benefiting from an improved quality of life. There is a small charge for each activity session.

For more information speak to your GP, practice nurse, phone the team on **01634 333720** or email **medwayexercisereferral@nhs.net**



**“Easier ways
to get exercise”**

Case study - Matthew Burley

Matthew Burley feels like a new man since joining the exercise referral programme.

Since completing the 12-week programme, 24-year-old Matthew has significantly improved his strength and muscle control, which had hindered his progress with exercise in the past.

Just before his first birthday, Matthew Burley had a stroke, which left him blind and weak down the left side of his body. His sight returned after three months but doctors discovered he had been born with only Type 1 muscle fibres – most people are normally born with both Type 1 and 2 - which affected his mobility, causing him to be unstable on his feet and the need to walk with a frame. It also affected his ability to build muscle.

When Matthew, who lives in Rainham with his family, was given approval this year to take exercise regularly, he joined the exercise referral programme. His mum Pat encouraged him to join: "When Matthew left his residential college and returned to live at home, I felt that he still needed the support of a physio. Our GP referred us to a community physio, who visited Matthew at home. She told us about a gym-based exercise programme that would be able to support Matthew. He was invited for an induction and it went from there."

The programme, which is available in all of Medway Council's leisure centres, gave Matthew the chance to get regular hands-on experience using gym equipment, with help from an exercise instructor.

Pat said: "Matthew's goal was to improve his balance and ultimately walk unaided, as well as build some muscle. His instructor tailor-made the scheme to suit Matthew's needs and ability."

Matthew attended gym sessions once a week at Echoes and since completing the programme has continued to visit Echoes and a private gym three times a week. His weight has increased from six to nearly eight stone and his diet and confidence have also improved.

"Matthew just wanted to be like every other young person who goes to the gym," Pat said "Now he has his regular days where he knows he will be going to the gym and working out and he really looks forward to them. He's also recently been made Member of the Month.

"He feels so much better in himself, he is eating well and friends and family comment on how much stronger and grown up he looks; he is proud to show off his muscles.

"He looks very different and the course has helped his self-esteem and confidence tremendously; I'm so pleased.

"The programme is really supportive and tailor-made for young people like Matthew who have complex needs. I would definitely recommend it."



Sexual health

Medway Sexual Health Improvement programme educates and empowers people to make appropriate sexual-health-related lifestyle choices. Services include...

C Card condom distribution scheme

The C Card scheme is a free and confidential service for young people aged 13 - 20-years-old, offering access to sexual health advice and condoms in a range of non-clinical settings across Medway. There is also a free C Card mobile application available from online app stores.

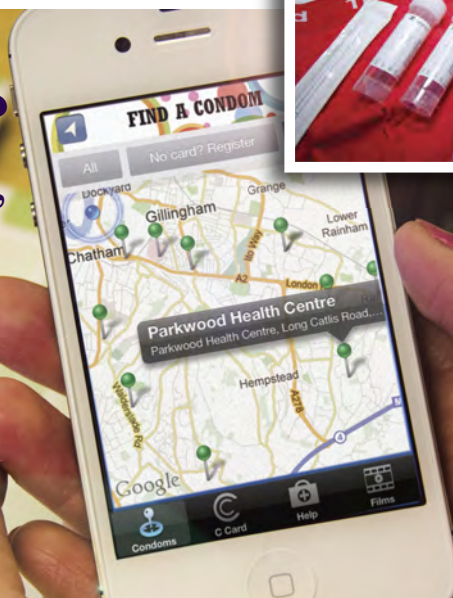
Chlamydia Screening Programme

Chlamydia is the most common Sexually Transmitted Infection amongst young people under 25-years-old. Chlamydia is easy to diagnose through self-testing and can be simple to treat with antibiotics. Young people can order a self-test kit from www.medwaysexualhealth.co.uk or by texting their name, house number and postcode to 07949 147136.

For more information phone **01634 335186**, email medwaysexualheath@medway.gov.uk or visit www.medwaysexualhealth.co.uk



“Easier ways to
safer sexual
health choices”



All of our sessions are provided by trained stop smoking advisors, who offer a non-judgmental and supportive service. They advise on the most suitable treatment for you and can provide nicotine replacement therapy and stop smoking medicines on prescription, as well as a wide range of tips to help deal with cravings.

A collection of various medical supplies and pharmaceuticals, including boxes of pills, blister packs, a syringe, a pen, and a small container, arranged on a wooden surface.

“Easier ways to quit smoking”





SMOKEFREE

Smoking in pregnancy

Medway Stop Smoking service provides a specialist service for pregnant women wanting to stop smoking. Our friendly advisors offer one-to-one appointments at various times and locations in Medway. Partners or other family members may also attend.

We understand the challenges that women face when trying to quit smoking and tailor our service to meet your individual needs. It is our aim to provide a relaxed and discreet environment where you feel comfortable to discuss your smoking habits. This specialist support is free and confidential.

Pregnant smokers are able to use nicotine replacement therapy to help manage your cravings when quitting, as this is far safer than continuing to smoke. We provide support to help you quit, whatever stage of pregnancy you are at.

For more information phone **0800 234 6805** or **01634 334800**, email **medwaystopsmokingservice@nhs.net** or visit **www.abettermedway.co.uk/smokinginpregnancy**



Tobacco control

Medway's Tobacco Control Alliance brings together public-sector organisations, community groups and individuals. The alliance takes positive steps to reduce harm from tobacco, including:

- Second-hand smoke
- Tobacco related litter
- Smokefree play areas
- Illegal tobacco
- Preventing uptake of smoking
- Smokefree sports.

You can help:

- Share what you know about illegal tobacco (fake brands or non-duty paid) being sold in Medway
- Report sales of tobacco to under 18's
- Report smoking in enclosed public spaces.

Just phone **01634 333333** to report these things confidentially.

For more information visit www.abettermedway.co.uk/smokefreeprojects



**“Easier ways to a
smokefree community”**

Your smile is part of your personality - giving you self confidence in everyday life. Your mouth and teeth are important for communication, social interaction, eating and nutrition.

Oral health plays a major part in our general health and well-being, and is influenced by the health choices that we all make. Poor oral health can be caused by smoking and tobacco use, alcohol and drug misuse, unhealthy diet, stress and mental health issues.

Poor oral health is associated with serious health problems including diabetes, heart disease, strokes, pneumonia, premature births, cancers and other major conditions.

Taking control of your oral health isn't difficult, follow these simple guidelines...

1. Brush your teeth and gums for two minutes twice a day

- Use a small amount of fluoride toothpaste. Fluoride strengthens enamel to protect it against decay
- Spit out the foam after brushing but don't rinse with water or mouthwash. Use mouthwash at a different time from brushing.

2. Cut down on how often you have sugary foods and drinks

- Avoid frequently sipping squash, fruit juice or fizzy drinks, and snacking on sugary foods
- Keep sugar to meal times and drink water between meals.

3. Visit your dentist regularly

- Take babies by six months of age when teeth are erupting
- Even if you have no natural teeth visiting the dentist is important.

How do you find an NHS dentist in Medway?

Dental practices in Medway offer appointments for NHS check-ups and treatment. Many practices will treat dental emergencies even if you are not a patient of the practice and do not have your own dentist. For more information phone the free helpline **0800 014 1538** or go to **www.medwaypct.nhs.uk**

Find out more information on oral health on our website
www.abettermedway.co.uk/oralhealth

The effects of stress can range from behavioural and appetite changes to sleeplessness and chest pains. Healthier lifestyle habits, such as increasing the amount of exercise you do and improving your diet, can reduce the amount of stress and anxiety you are feeling.

Research has identified **five ways to mental well-being**, which can help people feel better when built into their daily lives:

- **Connect** with the people around you - family, friends, colleagues and neighbours, at home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.
- **Be active** – exercise can make you feel good. Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Discover a physical activity you enjoy and that suits your level of mobility and fitness.
- **Take notice** - be aware of the world around you. Make time to enjoy your garden or Medway's green spaces. Visit local landmarks. Savour the moment, whether you are on a train, eating lunch or talking to friends. Reflecting on your experiences will help you appreciate what matters to you.
- **Keep learning** - try something new. Rediscover an old interest. Take on a different responsibility at work. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident, as well as being fun to do.
- **Give** - do something nice for someone. Thank someone. Smile. Volunteer your time. Join a community group. Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and will create connections with the people around you.

For more information about the five ways to well-being visit the **managing stress** pages on our website at www.abettermedway.co.uk/managing-stress

Alcohol

Drinking with friends and family is one way of socialising and celebrating. But for some people, their drinking can lead to longer-term health problems. If you regularly drink more than the lower-risk guidelines you could be putting your health at risk.

Women should **not** regularly drink more than 2-3 units of alcohol a day. Men should **not** regularly drink more than 3-4 units of alcohol a day.

Those who drink regularly should try to have two alcohol-free days per week. Health risks are not just limited to liver damage. People who regularly drink over the lower-risk guidelines put themselves at greater risks of the following conditions:

- Cancer of the mouth, throat, oesophagus or larynx
- Breast cancer in women
- Stroke
- Heart disease
- High blood pressure
- Pancreatitis
- Reduced fertility.

For more information about how you can cut down your alcohol unit intake or how you can receive training to advise people by making a brief alcohol intervention, please visit www.abettermedway.co.uk/drinking-sensibly or email healthimprovement@medway.gov.uk

**“Easier ways to
drink sensibly”**



Know how much you're drinking

If you're keeping an eye on how much you drink, you might find this guide useful. It shows you how many units there are in your drinks and the risk levels associated with regular drinking.



PINT OF LAGER 4% ABV
2.3 UNITS



PINT OF BITTER 5% ABV
2.8 UNITS



PINT OF STRONG BEER/LAGER/CIDER 5.2% ABV
3 UNITS



500ml CAN OF LAGER 3.8% ABV
1.9 UNITS



750ml BOTTLE OF WINE
13.5% ABV
10 UNITS



175ml GLASS OF RED OR WHITE WINE
13% ABV
2.3 UNITS



250ml GLASS OF RED OR WHITE WINE
13% ABV
3.3 UNITS



50ml GLASS OF FORTIFIED WINE (e.g. Sherry)
20% ABV
1 UNIT



25ml SINGLE SPIRIT AND MIXER
40% ABV
1 UNIT



50ml DOUBLE SPIRIT AND MIXER
40% ABV
2 UNITS



275ml BOTTLE OF ALCO-POP
5% ABV
1.4 UNITS



50ml DOUBLE IRISH CREAM LIQUEUR
20% ABV
1 UNIT

	Men	Women
Lower risk	No more than 3-4 units a day on a regular* basis	No more than 2-3 units a day on a regular* basis
Increasing risk	More than 3-4 units a day on a regular* basis	More than 2-3 units a day on a regular* basis
Higher risk	More than 50 units per week (or more than 8 units per day) on a regular* basis	More than 35 units per week (or more than 6 units per day) on a regular* basis

*Regular in this context means drinking at this sort of level every day or most days of the week; while for weekly drinking, it refers to the amounts drunk most weeks of the year.

Contact numbers

Healthy eating	01634 334309
Health at work	01634 333890
Breastfeeding	01634 331054
Child measurement	01634 333781
MEND programme	01634 333741
MEND graduates	01634 333741
Tipping the Balance	01634 333101
Health walks	01634 333720
Cycling groups	01634 333720
Exercise sessions	01634 333720
Exercise referral	01634 333720
Sexual health	01634 335186
Stop smoking support	01634 334800/0800 234 6805
Smoking in pregnancy	01634 334800/0800 234 6805
Tobacco control	01634 333333

Health and Lifestyle Team

The H.A.L.T health trainers provide free and confidential one-to-one support to people wanting to make a lifestyle change. They will help you set achievable goals around healthy eating, increasing exercise, smokefree living, drinking sensibly and emotional wellbeing. They offer up to ten free 30-60 minute sessions held in community settings, including their base - The Sunlight Centre.

For more information phone **01634 338892** or email **halt@sunlighttrust.org.uk**.

This information can be made available in other formats from **01634 333333**

If you have any questions about this leaflet and you want to speak to someone in your own language please phone **01634 335577**

বাংলা 331780
संख 331781
ગુજરાતી 331782

हिंदी 331783
ਪੰਜਾਬੀ 331784
Polski 332373

کوردی 331841
ଓଡ଼ିଆ 331786
اردو 331785

فارسی 331840
Русский 332374
Lietuviškai 332372