

Healthy Living Information Sheet

Internet Links and Apps

General lifestyle information:

- **NHS offers: Live Well** (www.nhs.uk/livewell/Pages/Livewellhub.aspx) and www.nhs.uk/better-health/ provides information on most areas of lifestyle change, including tools and tips to help you be more active, stop smoking, reduce alcohol, manage your weight, reduce stress and eat well. There is a 12 week weight loss programme, home exercise workouts plus podcasts to increase flexibility or to help you to start running (from couch to 5K), plus much more.
- **Swindon Local offer** (<https://localoffer.swindon.gov.uk/home>) click on the 'staying healthy' tab to get to a range of information on local lifestyle services for stopping smoking, being more active, reducing alcohol, losing weight and healthy eating as well as online services.
- **Mental Health:**
 - Mental Health Foundation: offers a range of free wellbeing audio podcasts, which include mindfulness, relieving stress, physical activity and healthy eating - www.mentalhealth.org.uk/podcasts-and-videos/podcasts-for-your-wellbeing
 - NHS Every Mind Matters: offers expert advice and practical tips to help you look after your mental health and wellbeing- www.nhs.uk/oneyou/every-mind-matters
 - Fearne Cotton's HAPPY PLACE podcast series - www.officialfearnecotton.com/news/2018/2/26/happy-place-podcast

Fitness and food apps, podcasts and websites:

- **Change4Life Food Scanner app** is a free app which allows you to scan food packaging barcodes for sugar, fat and salt content (scroll to bottom of the page) www.nhs.uk/change4life/food-facts
- **Swindon travel choices** (www.swindontravelchoices.co.uk/) provides a comprehensive range of information on walking and cycling in Swindon, including a walking journey planner, a Swindon cycle map and ideas for local, circular walks.
- **My Fitness Pal** is a free website and free app that allows you to log and count your food calories and calories you burn from exercise - www.myfitnesspal.com/

Updated March 2022

Healthy Living Information Sheet

- **Couch to 5k** (a running plan for beginners) has a free app or podcasts- www.nhs.uk/Livewell/c25k/Pages/couch-to-5k.aspx
- **Walking apps and pedometers** are great if you want to increase the amount of walking you do. You can get free apps on your smartphone app or get a pedometer to track your steps and then try to increase them on a weekly basis. If you are fairly inactive a good starting app is the free Public Health England Active 10 app- www.nhs.uk/oneyou/apps/
- **Sport England** promotes a wide range of online classes, challenges and ideas for keeping active- www.sportengland.org/jointhemovement.

Local Services

- **Live Well Swindon** is a point of contact for information, advice, signposting and support to improve health and wellbeing. As well as being a point of contact, we also deliver a range of activities and programmes designed to inspire, motivate and assist people to live well and benefit from a healthy lifestyle.

Live Well Swindon offers a universal service, open to anyone although a significant proportion of the work is focused on those who are facing the greatest inequality. Our offer includes advice and support in the following areas:

- Stop smoking
- Being active
- Falls prevention
- Weight management
- Connecting to communities and volunteering
- Managing long-term health conditions and staying independent

Tel 01793 465513; email livewell@swindon.gov.uk

Healthy Living Information Sheet

- **Stop Smoking** advice is also available through your local pharmacies and GP practices.
- **Alcohol and drugs:** Swindon's drug and alcohol services programme, called IMPACT, is provided by Turning Point. This offers free information, advice and support. Tel 01793 328150 or email- IMPACTreferrals@turning-point.co.uk. [IMPACT Swindon & Wiltshire \(turning-point.co.uk\)](http://turning-point.co.uk)
- **Emotional/Psychological Health:** LIFT Psychology runs a free course to help people address the psychological side of making lifestyle changes. The service also runs many other courses that help people manage a range of physical health conditions (e.g. diabetes, persistent pain and cardiac conditions) as well as emotional health difficulties (e.g. anxiety and low mood). Book a place on any of the courses via the website <https://lift-swindon.awp.nhs.uk/> or call 01793 836836 or email: lift.psychology@nhs.net
- **Being Active** in Swindon is easy. Swindon has many sports clubs, leisure centres and gyms to help people to be more active and improve flexibility as well as lots of open space for walking and enjoying the outdoors. Also see the Live Well Hub information above.
 - **Swindon Town Community Foundation** organise activities for older people and also a men's and women's weight loss and physical activity programme for football fans and their friends (cost involved). More information is available at www.stfcfoundation.com
 - **Walking Netball** is a slowed down version of netball, designed for anyone looking to exercise in a relaxed, supportive and friendly environment (cost involved). Contact Mo Squires on 01793 423134 or email Maureen.Squires@GLL.org
 - **Park Run** offers free 5km walk or run for individuals or families, in Lydiard Park or Seven Fields, at 09.00 on Saturdays- www.parkrun.org.uk/lydiard/ or www.parkrun.org.uk/sevenfields/; Junior Park Run is 2km (ages 4-14 yrs only) on Sundays 09.00 at Lydiard park www.parkrun.org.uk/lydiard-juniors/
 - **Shin Splints** host a free weekly running club to support those who want a gentle introduction to running- <http://gouldings.wix.com/swindon-shin-splints>
 - **Cycling.** Swindon has fun, free, organised, guided rides of varying distances and difficulties, including for women only and families www.letsride.co.uk child and adult cycle training; bike maintenance courses and local clubs www.swindoncyclecampaign.org

Healthy Living Information Sheet

- **Active and Inclusive Swindon** promotes a range of inclusive sessions, disability sport clubs and Special Olympics opportunities
www.activeandinclusiveswindon.co.uk
- **Strength and Balance for Older Adults (Otago)** is an exercise programme to improve strength, balance and mobility. Cost - £3 per session. Contact Live Well Swindon.
- **Step out Swindon** offer 9 volunteer led walks per week, including one gentle 30 minute walk. Contact: Grahame Lee, Volunteer Scheme Co-ordinator- 07932 109209; gcleecplee@btinternet.com; or visit:
www.walkingforhealth.org.uk/walkfinder/step-out-swindon
- **Outdoor gyms:** There are 6 outdoor gyms- all free. There are instructions for exercises at each site. These are located at Mead Park, Cambria Bridge Recreational Ground, Quarry Road Recreational Ground, Tovey Way, Shaw Ridge and Eastbury Way Recreational Ground.

Cookery

Swindon Borough Council Adult Community Learning offer free cookery classes- the offer changes every term -

www.webenrol.com/swindon/Default.asp?page=list&cat=22&locationCollection=0&

These are available only if you meet certain criteria outlined here -

www.swindon.gov.uk/info/20032/schools_and_education/402/adult_community_learning/2/.