**District Dispatch**

This month is Stoptober, the annual stop smoking campaign.

Quitting smoking is one of the best things that you can do for your health, but it’s not always easy to know the best way to go about it. We know that self-belief and confidence have a hugely positive impact on quitting success, and you’re three times more likely to quit if you have professional support from an advisor, compared to trying to do this by yourself. That’s why it’s really important to know that there’s lots of support available to help you quit smoking, including tailored advice from our Wellbeing team.

Our friendly advisors provide a free one-to-one confidential service for 12 weeks. These sessions can be face to face or over the phone, depending on which is more suitable for the individual. The team can also help you access free Nicotine Replacement Therapy if this is required. The month-long Stoptober campaign is based on the fact that people are five times more likely to quit for good if they make it to at least 28 days smoke-free, but our advisors are here to help you at any time of the year. Find out more at: <https://chichester.westsussexwellbeing.org.uk/topics/smoking/chichester-stop-smoking-service> or call: 01243 521041.

This is one of many services that our Wellbeing team provide, alongside free, friendly advice on becoming more active, losing weight, healthy eating, and managing stress and anxiety.

Our Alcohol Wellbeing Advisors are also on hand to support residents who want to reduce their alcohol intake. If someone recognises that they might be drinking too much on a regular basis, it can often be difficult to find the right support. Our Alcohol Advisors work with individuals to create a realistic plan that is manageable and suited to them.

A recent client was referred to the service, as they felt they had been drinking too regularly over a long period of time. They wanted help but were no longer able to attend some support groups that they had previously been part of. With support from the Alcohol Wellbeing advisors, this person was able to make a fantastic change for their health and cut down from over 50 units of alcohol a week, to less than 14.

The Wellbeing team also run weight loss workshops, which last 12 weeks and focus on healthy eating and sustainable weightless; and 24-week fall-prevention courses to help people who are worried about falling or who may have had a fall in the past to stay on their feet and feel steady. We also have a workplace health advisor who works to build links with small and medium sized employers across the district to help them support their employees with their wellbeing.

For residents who want to get more active, we organise free 12-week courses on ‘walking with poles.’ This course offers the opportunity to learn how to walk with poles with a qualified Nordic Walking Instructor and is designed for people who are looking to return to exercise and are currently doing less than the recommended 150 minutes of exercise each week. Find out more at: <https://chichester.westsussexwellbeing.org.uk/topics/being-active/active-for-life>.

The team also run a Heartsmart walks programme, which provides volunteer-led guided walks at locations around the Chichester District, with two to three walks per week throughout the year. These cater for all ages and abilities and give you the chance to not only exercise, but also meet new people. Take a look at the timetable of walks here: <https://chichester.westsussexwellbeing.org.uk/topics/being-active/healthy-walks>

If you would like to find out more about the Wellbeing team and how they may be able to help you or a family member, please visit: <https://chichester.westsussexwellbeing.org.uk/>;  call 01243 521041; or, email: wellbeing@chichester.gov.uk. They look forward to hearing from you!

Best Wishes

Tracie Bangert

Cabinet Member for Communities and Wellbeing at Chichester District Council

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| A logo with text on it  Description automatically generated | **Terri Foster**Senior Communications OfficerCommunicationsChichester District Council |

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| Ext: 21226 | Tel: 01243521226 | tfoster@chichester.gov.uk | Fax: 01243776766 | <https://www.chichester.gov.uk> |
| East Pallant House opening hours: 9am-4pm Monday to Friday |
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contact@chichester.gov.uk