**District Dispatch**

Looking after your health has never been more important, and sometimes, just a few small changes can make a big difference to your overall wellbeing. That’s where the Chichester Wellbeing programme comes in. This free service is available to adults who live or work in the district and is designed to support people in making healthier lifestyle choices. The goal is to help reduce the risk of serious health conditions such as heart disease, stroke, Type 2 diabetes, and some forms of cancer.

At the heart of the programme is a dedicated team of Wellbeing Advisors who offer personalised support in areas such as weight management, healthy eating, smoking cessation, alcohol reduction, falls prevention, and increasing physical activity. These advisors work closely with individuals to help them make manageable lifestyle changes that can lead to lasting improvements in health. Free one-to-one appointments are available for anyone looking to explore healthier habits or make specific changes.

One of the standout services is the Alcohol Wellbeing Service, which is free, confidential, and tailored to support adults aged 18 and over who live or work in West Sussex. Whether someone is looking to cut back on drinking or simply reassess their relationship with alcohol, the service offers flexible one-to-one support via phone, video call, or face-to-face meetings. Many people have already benefited from this compassionate and non-judgemental approach.

For those who want to quit smoking, the programme offers a 12-week, one-to-one confidential service. Research shows that people are three times more likely to quit smoking with professional support than by going it alone. These sessions are available either in person or over the phone, depending on what suits the individual best. More information is available at: [**www.chichesterwellbeing.org.uk/topics/smoking/chichester-stop-smoking-service**](http://www.chichesterwellbeing.org.uk/topics/smoking/chichester-stop-smoking-service)or by calling 01243 521041.

Physical activity is another key focus. For those who are currently doing less than the recommended 150 minutes of exercise per week, the team runs a free 10-week course on walking with poles, led by a qualified Nordic Walking Instructor. In addition, there are various other 10-week programmes aimed at helping inactive adults become more active, which you can find more about at: [**www.chichesterwellbeing.org.uk/topics/being-active/active-for-life**](http://www.chichesterwellbeing.org.uk/topics/being-active/active-for-life)**.**

The HeartSmart Walks programme also offers volunteer-led guided walks at different locations across the Chichester District. These walks take place two to three times a week throughout the year and are designed to be inclusive for all ages and abilities, offering a great way to stay active and meet new people. You can find out more at: [**www.chichesterwellbeing.org.uk/topics/being-active/healthy-walks**](http://www.chichesterwellbeing.org.uk/topics/being-active/healthy-walks)

The Wellbeing team also supports local businesses through its Workplace Health Advisor, who works directly with employers and staff to promote healthier habits in the workplace. Free wellbeing check-ins are offered on-site, followed by tailored advice to address the specific needs of each organisation.

The team also run 12-week weight loss workshops focused on healthy eating, which I have attended myself with positive results and would thoroughly recommend. Other services include one-off falls prevention workshops, and a 24-week course for individuals who are concerned about falling or have experienced a fall in the past. This course aims to help participants feel more confident and steadier on their feet.

In addition to these services, the team also signposts individuals to other helpful resources provided by the council and its partners. Whether someone is feeling lonely and wants to connect with local groups, or is facing financial difficulties and needs further support, the Wellbeing team is there to help.

To learn more about how the Chichester Wellbeing team can support you or a family member, visit: [**www.chichesterwellbeing.org.uk**](http://www.chichesterwellbeing.org.uk), call 01243 521041, or email: wellbeing@chichester.gov.uk.

Best wishes,
Councillor Tracie Bangert

Cabinet Member for Communities and Wellbeing
Chichester District Council

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