



Health and Wellbeing Information



All Ages

<p>NHS app</p> 	<p>The NHS App gives you a simple and secure way to access a range of NHS services. You must be aged 13 or over to use the NHS App. You also need to be registered with a GP surgery in England or the Isle of Man.</p>	<p>NHS App and your NHS account - NHS</p>  <p>Search for 'NHS app'</p>
<p>Live Well Website</p> 	<p>Find over 3,000 health, well-being and support services in Cheshire East for all ages.</p>	<p>https://www.cheshireeast.gov.uk/livewell/livewell.aspx</p> <p>Search for 'Live Well Cheshire East'</p>
<p>Libraries</p>	<p>Please click on the link for more information about the many activities and services offered by Cheshire East Libraries, including their Health and Wellbeing offer.</p>	<p>Library services in Cheshire East</p> <p>Health and wellbeing offer from libraries</p> <p>Search for 'Library Services Cheshire East'</p>
<p>Lifestyle on Prescription</p>	<p>A resource designed to support you to make small changes to start to feel happier and healthier. Whether this is finding out what changes you can make to your lifestyle, or where you can get support.</p>	<p>Your lifestyle prescription</p> <p>Search for 'Lifestyle on Prescription Cheshire East'</p>
<p>One You Cheshire East</p> 	<p>A free local lifestyle service, designed to support Cheshire East residents in making small and sustainable changes to improve your health, wellbeing and quality of life, helping you to live a healthier lifestyle.</p> <p>Our programmes are delivered in-person, online or via a digital app, and we are here to help you manage your weight, be physically active, stop smoking or improve your balance and mobility.</p>	<p>Home One You Cheshire East</p> <p>Search for 'One You Cheshire East'</p>







Children and Young People

<p>Visyon</p> 	<p>Visyon can support you and your family, with your mental health and emotional wellbeing.</p> <p>As a young person, you can call us on 01260 290000 for more information. There is no need for a referral from your doctor or school and our services are free of charge.</p> <p>If you need immediate support and Visyon is closed please get in touch with Cheshire Mental Health Crisis Line on 0800 145 6485, Staffordshire Crisis Team on 0300 123 0907, call 999 or go to A&E.</p>	<p>YOUNG PEOPLE visyon</p> <p>Search for 'Visyon Congleton'</p>
<p>Youth Fed 'Your Mind Matters'</p> 	<p>Any young person aged between 8-25 in Cheshire experiencing mild to moderate mental ill health such as anxiety and depression.</p> <p>The Your Mind Matters team provides strengths-based early intervention therapy offered as 1-2-1 or in groups, helping young people to build confidence, knowledge and resilience.</p> <p>YourMindMatters@YouthFed.org</p>	<p>Mental Health - Youth Fed</p> <p>Search for 'Youth Fed Your Mind Matters'</p>
<p>Lifestyle on Prescription</p>	<p>If you're aged 11-16, knowing what to do to keep yourself healthy can be hard. This guide could help you on that journey into becoming your best version of you.</p>	<p>job00000 NHS PresentationDocument Amended Proof5</p> <p>Search for 'Lifestyle on Prescription Cheshire East'</p>

Families

<p>CEC Family Hubs</p> 	<p>Family hubs support children and young people from 0-19 (or up to 25 for young people with special educational needs and disabilities), and their families in a wide variety of ways.</p> <p>Please visit the website to find out more.</p>	<p>Family Hubs</p> <p>Search for 'Cheshire East Family Hub'</p>
<p>Henry</p> 	<p>Supporting the whole family to make positive lifestyle changes, creating healthier and happier home environments, and building healthier communities.</p> <p>Email address for referrals is startforlifesouth@cheshireeast.gov.uk</p>	<p>Parents HENRY</p> <p>Search for 'Henry parents'</p>

Adults

<p>Lower my Drinking app</p> 	<p>If you drink regularly, reducing your consumption even just a little bit can be a really effective way to improve your health, boost your energy, lose weight and save money. And with the free Lower My Drinking app, it's even easier to stay on track with your drinking goals.</p>	    <p>Search for 'Lower my drinking app'</p>
<p>NHS Central Cheshire Talking Therapies</p> 	<p>Offers a range of talking therapies, advice and information for people aged 16 and over, who have mild to moderate symptoms of anxiety and depression.</p> <p>The service will guide you through addressing challenges, overcoming problems, and working towards the goals you set using a range of psychological interventions. You can find out more information on the service by visiting the website.</p>	<p>https://www.talkingtherapies.cwp.nhs.uk/</p> <p>Search for 'Central Cheshire Talking Therapies'</p>

Older Adults

<p>Everybody Health and Leisure Recondition Programme</p> 	<p>On-demand exercise videos and weekly live classes, designed specifically for Cheshire East residents, aged 18+, who are inactive or new to exercise. Available to access at any time, including balance exercises, flexibility exercises, aerobics exercises and strength exercises.</p>	<p>https://everybody.org.uk/what-we-offer/get-fit-and-healthy/health/recondition-cheshire-east/</p> <p>Search for 'Recondition Everybody Health and Leisure'</p>
<p>'Steady on Your Feet' platform</p> 	<p>An interactive self-assessment tool, strength and balance exercise videos, home safety advice, and signposting to local services. These online resources are designed for anyone who is worried about feeling unsteady on their feet.</p>	<p>www.steadyonyourfeet.org/cheshire</p>  <p>Search for 'Steady on your feet cheshire'</p>
<p>Age UK</p> 	<p>Age UK Cheshire works with older people to support them in living their best life...</p> <p>relieving loneliness, so that older people feel connected,</p> <p>combatting poverty, so that older people have enough to live on, and</p> <p>increasing independence, so that older people can live the lives they want to lead.</p>	<p>www.ageukcheshire.org.uk</p> <p>Search for 'Age UK Cheshire'</p>
<p>AbilityNet</p> 	<p>AbilityNet's friendly technology volunteers provide free IT (information technology) support to older people and disabled people of any age, in the UK.</p> <p>Every volunteer is disclosure-checked and can help with all sorts of IT challenges, from setting up new equipment, fixing technical issues, showing you how to stay connected to family, using online services and much more.</p> <p>You can call the helpline on 0300 180 0028 during UK office hours or complete the online form.</p>	<p>Request Free IT Support at Home AbilityNet</p> <p>Search for 'AbilityNet'</p>

