

Reed Wellbeing



Signposting Manual

Greater Manchester

reedwellbeing.co.uk

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Greater Manchester Services

Greater Manchester Health Hub

<https://www.gmhealthhub.org/>

The Greater Manchester Health Hub provides tools and tips including stopping smoking and understanding more about how you're feeling for a healthier lifestyle and a happier you.

Greater Manchester Moving

<https://www.thatcounts.co.uk/find-an-activity>

The Greater Manchester Moving website allows you to search for activities happening in your local area.

GM Active

<https://www.gmactive.co.uk/>

GM Active is a collective of 12 leisure and community organisations from across Greater Manchester that are all part of the same movement, to get more people physically active.

NHS Resources

Keeping Healthy

Healthy Weight

<https://www.nhs.uk/live-well/healthy-weight/>

Healthy Lifestyles

<https://www.nhs.uk/live-well/healthy-body/>

Smoking

<https://www.nhs.uk/live-well/quit-smoking/>

Nutrition

<https://www.nhs.uk/live-well/eat-well/>

Physical Activity Guidelines

<https://www.nhs.uk/live-well/exercise/>

Active10

<https://www.nhs.uk/oneyou/active10/home>

Sleep

<https://www.nhs.uk/live-well/sleep-and-tiredness/>

Alcohol Consumption

<https://www.nhs.uk/live-well/alcohol-support/>

Mood

<https://www.nhs.uk/conditions/stress-anxiety-depression/>

Change4Life www.nhs.uk/Change4Life/

Online resources about living a healthier lifestyle.

Useful Apps



NHS Weight Loss Plan

Develop healthier eating habits, be more active and get on track to start losing weight with the this easy to follow NHS 12-week diet and exercise plan.

Search your app store for **NHS Weight Loss Plan**



Change4Life recipe planner

The FREE Smart Recipe app from Change4Life is an easy way of helping you and your family eat tasty, healthier meals the whole family will love.

Search your app store for Change4Life Smart Recipes



Couch to 5K

It's an easy to follow programme known the world over, and perfect for those new to running and need some extra support and motivation along the way.

Search your app store for One You Couch to 5K



Drink Free Days

Understand more about your current drinking and risk levels.

Search your app store for One You Drink Free Days



NHS Smokefree

A 4 week programme of practical support and encouragement, and tailored advice in the palm of your hand.

Search your app store for NHS Smokefree

How do I dispose of my clinical waste in Greater Manchester?

Disposing of your clinical waste is very important for you, your house hold and your community's safety:

Do not use other bins

Example:

Discard sampling lancet device in 1.8L sharps bin. Test strip(s), quality control solution and wipes when cleaning the device can be disposed in the clinical waste bag.

Do not put used needles or other sharps in:

- Any type of household bin (for example, recycling or general rubbish)
- A container that's no longer needed, such as drink bottle or can. Needles can cause injuries and used needles can carry blood-borne viruses that may be passed on to other people.

- **Type in your post code for anywhere across the UK to see your areas clinical waste procedures:**

<https://www.gov.uk/request-clinical-waste-collection>

- Alternatively, if you are mobile and able to leave your home, give your GP a call and enquire if they are equipped to dispose of your waste.

Bolton

Local Support and services

Health Improvement Team

01204 462128

Email: boltonhips@boltonft.nhs.uk

<http://www.boltonft.nhs.uk/services/health-improvement-practitioners/>

NHS health improvement practitioners aim to support people to live healthier lives by working with them to make small but important changes to their lifestyle.

Getting Active and Staying Active

The USN Bolton Arena - Bolton Middlebrook Leisure Trust

01204 488100

Email: info@boltonarena.com <https://www.boltonarena.com/>

The USN Bolton Arena offers a range of sporting and recreation activities that can be accessed by everyone in their local community. Includes a fitness suite, outdoor football facilities and state of the art tennis facilities.

Bolton Community Leisure <https://www.boltonleisure.com/>

Family friendly leisure centre's across Bolton, bringing people together through the importance of physical exercise. Offer a range of community focused activities.

Sport and Active Living Service

01204 332323

Email: sportandactiveliving@bolton.gov.uk <https://www.getactivebolton.co.uk/>

The Sport and Active Living service works with a wide range of partners from the voluntary, public and private and community sector to provide a broad and diverse range of services. The aim is to widen opportunities for people living and working in Bolton to become more active, and by doing so, to improve their health, well-being and quality of life.

Wellbeing

Primary Care Psychological Therapy Service

01204 483100

<https://www.gmmh.nhs.uk/bolton-psychological-therapy-service/>

Bolton's Primary Care Psychological Therapy Service (Bolton IAPT) provides free, confidential talking therapies for adults aged 16 years and over. They can work with you to help address a range of problems that you might be experiencing such as; depression, anxiety, panic, stress, OCD and more.

Smoking Cessation

Bolton Smoking Cessation

<http://www.boltonft.nhs.uk/services/smoking-cessation/information/>

Quitting smoking is the best thing you can do for your health, and there has never been a more important time to quit. You are more likely to succeed in quitting smoking with advice, support and stop smoking medication.

Alcohol Support

Achieve Bolton 01204 483

090

<https://www.gmmh.nhs.uk/achieve>

Provides support for alcohol addiction. Committed to improving health and social outcomes for service users and families allowing more people to make a meaningful recovery from drug and alcohol misuse.

Weight Management

Nutrition and Dietetics for Adults

01204 462695

<http://www.boltonft.nhs.uk/services/nutrition-and-dietetics-foradults/information/community-based-clinical-dietetics-services/>

A community nutrition and dietetic service aiming to improve the nutritional health of people in Bolton.

Bury

Local support and services

Bury Live Well Service

0161 253 7575

Email: Livewell@bury.gov.uk

<https://www.bury.gov.uk/livewell>

Bury Live Well service comprises of 2 teams. Health Trainer Team and Exercise Referral Team.

Health trainer team, help with stop smoking, healthy eating, reducing alcohol, breast feeding support and sleep clinics.

Exercise referral team support individuals with long term health conditions to become more active, physically stronger and improve quality of life.

The team provide face to face consultations/appointments, as well as on the phone.

There is a single point of access for this team and 1 referral form.

The support and contact for that referral is for 12 months.

Getting Active and Staying Active

Walking for Health – Bury: Walk with Me

<https://www.walkingforhealth.org.uk/walkfinder/bury-walk-me>

Various led walks ranging from 30 – 90 minutes through Townships of Bury, including health specific walks.

Cycling Projects – Bury Wheels for All <https://cycling.org.uk/locations/bury-wheels-for-all>

‘Pedal away’ guided rides aimed at enjoying cycling regardless of age or ability as well as park rides using your own or a borrowed bike.

Bury Leisure

<https://www.bury.gov.uk/buryleisure>

Bury leisure encourage local people across the borough to be more active, more often and support communities with adopting a happier, healthier, more active lifestyle.

Wellbeing

Bury Healthy Minds

<https://www.penninecare.nhs.uk/healthymindsbury>

Offering support for those who have difficulty sleeping, low mood, stress, worries/anxiety, low self-worth or panic attacks. Also help with long-term health problems, chronic pain and eating difficulties.

Smoking Cessation

Healthy Bury Stop Smoking

0845 223 9001

<https://theburydirectory.co.uk/services/bury-lifestyle-service>

Free service with venues at various community centres, GP surgeries and other NHS buildings throughout Bury East, Bury West, Prestwich, Radcliffe, Ramsbottom and Whitefield.

Alcohol Support

One Recovery Bury 0161 253

6488

www.onerecovery.org.uk/bury

Worried about your drink or drug use? One Recovery offers an option of activities, one-to-ones and group work to design a care plan personally tailored to you, enabling you to be in charge of your recovery.

Achieve Recovery Services

0161 271 0020

Email: achievebury@gmmh.nhs.uk <https://www.gmmh.nhs.uk/achieve>

Aims to provide a service which has a sustainable impact on health and wellbeing of the residents of Bury and reduce the impact of alcohol and drug misuse of children, young people and families.

Weight Management

Bury Council Lifestyle Service

0161 253 7554

<https://theburydirectory.co.uk/categories/health-wellbeing>

Free personalised support held at sport centres, community centres and GP surgeries.

MoreLife in Greater Manchester

<https://www.more-life.co.uk/what-we-do/our-services/in-your-area/greatermanchester/>

Offer free adult weight management services for individuals who are eligible across Manchester, Bury, Stockport, Tameside & Glossop.

Manchester

Local support and services

The Big Life Group – Be Well

0161 470 7120

<https://www.thebiglifegroup.com/service/be-well/>

Be Well can help you find a way to live and feel well whatever twists and turns life brings.

Manchester City Council – Help & Support Manchester

<https://hsm.manchester.gov.uk/kb5/manchester/directory/directory.page?directorychannel=4>

Find information about organisations and services that can offer support around eating well, physical activity and healthy lifestyles. As well as access to mental health services and support around drugs and alcohol.

Manchester Health & Wellbeing Service - BUZZ

0161 271 0505

<https://buzzmanchester.co.uk/move-more>

Aim to improve the health and wellbeing of people and communities in Manchester, including a Physical Activity Referral Service.

Getting Active and Staying Active

Communities 4 All

0161 205 6663

<http://www.c4all.org.uk/community-events/>

Offer a range of activities including cycling, gardening, walking and more.

Manchester Leisure Centres

https://www.manchester.gov.uk/directory/47/sports_clubs_and_leisure_centres/category/307

Information of leisure centres that can be accessed across Manchester that offer a wide range of activities including; indoor and outdoor leisure facilities, gyms, sports facilities, swimming pools and dance studios.

Parkrun – Heaton Park Weekly 5k timed run

<https://www.parkrun.org.uk/heaton/>

Wythenshawe Forum Trust

01619354020

<https://www.everyoneactive.com/centre/wythenshawe-forum/>

Wythenshawe Forum Centre is a community hub, making it possible to access a wide range of health and wellbeing provision on one site. Includes a spacious airconditioned gym, dance studio, health suite, swimming pool and a large sports hall.

Wellbeing

Irish Community Centre 0161 256

2717 www.irishcommunitycare.com

Over 50's social groups running weekly in 4 different city venues. Reducing social isolation and loneliness.

Smoking Cessation

Be Smoke Free – Manchester

0161 823 4157

<https://www.changegrowlive.org/be-smoke-free/home>

Manchesterbesmokefree@cgl.org.uk

Support, information and advice around stopping smoking.

Alcohol Support

Manchester Integrated Drug & Alcohol Service (MIDAS)

0161 226 5526

<https://www.changegrowlive.org/manchester>

A dedicated team to support those with drug or alcohol related issues to create tailored plan to tackle the problem.

Weight Management

MoreLife in Greater Manchester

<https://www.more-life.co.uk/what-we-do/our-services/in-your-area/greatermanchester/>

Offer free adult weight management services for individuals who are eligible across Manchester, Bury, Stockport, Tameside & Glossop.

Oldham

Local support and services

Oldham Council <https://www.oldham.gov.uk/hsc/services/categories/15>

Directory of health and wellbeing services available across Oldham.

Getting Active and Staying Active

Oldham Council 0161 770

3000

https://www.oldham.gov.uk/info/201022/get_oldham_active

Information on guided walks, yoga and Pilates, dance and movement, swimming, locations of green spaces, cycling and running clubs/facilities.

Oldham Active

0161 207 7000

Email: info@ocll.co.uk <https://oclactive.co.uk/>

Oldham Community Leisure offer the largest range of leisure facilities, activities and gyms with swimming pools in Oldham.

Action Together - Zumba Fitness

07752058505

<https://actiontogether.org.uk/community-activities/community-activitydirectory/104669>

Open to anyone wanting to get fit, activities held at Crossley Centre.

Parkrun <https://www.parkrun.org.uk/oldham/>

Weekly 5k timed run.

Wellbeing

Oldham Healthy Minds 0161 716

2777

<https://www.penninecare.nhs.uk/healthymindsoldham>

Offering support and treatment if you're experiencing difficulty sleeping, low mood, depression, stress, worry or anxiety, feelings of hopelessness or panic attacks.

Smoking Cessation

Oldham's Stop Smoking Service

0800 288 9008

<https://www.positive-steps.org.uk/services-for-adults-and-families/stop-smoking> Provide a free individual service within Oldham to anyone who would like to stop smoking.

Alcohol Support

Turning Point – Rochdale and Oldham

0300 555 0234 <http://wellbeing.turning-point.co.uk/rochdale-and-oldham/hubs/oldham-hub/>

For anyone who is affected by drugs and alcohol and wants support to make a change.

Weight Management

Oldham Healthy Weight Team

01706 901763

<https://www.pat.nhs.uk/our-services/healthy-weight-team.htm>

Provide support to children and adults to prevent or reduce weight gain.

Heywood, Middleton and Rochdale

Local support and services

Living Well – Heywood, Middleton and Rochdale

01706 751 190

<https://www.livingwellrochdale.com/>

Offer one-to-one support to help you make positive health and wellbeing lifestyle changes that last.

Getting Active and Staying Active

Link4Life

<https://link4life.org/>

Link4Life manages 11 leisure and cultural facilities across the borough, making it possible for Rochdale's communities to get active, learn and have fun.

Walk and Talk Health Walks

01706 751 190 <https://www.livingwellrochdale.com/service/walk-and-talk-health-walks/>

Weekly free, fun and friendly short walks led by trained volunteers.

Parks & Gardens in Rochdale

<http://www.rochdale.gov.uk/leisure-and-culture/parks-and-countryside/parks-andopen-spaces/Pages/default.aspx>

18 different parks & gardens, 10 of which have the 'Prestigious Green Flag Award'.

Exercise Referral Scheme

01706 751 190

<http://www.rochdale.gov.uk/health-and-wellbeing/be-active/Pages/exercise-referralscheme.aspx>

12-week programme taking part in a range of activities at leisure and community centres. GP, practice nurse or health advisor referral.

Hollingworth Lake <http://www.rochdale.gov.uk/leisure-and-culture/Pages/hollingworth-lake.aspx>

A permanent wildlife exhibition and regular programme of guided walks.

Healey Dell Nature Reserve

<https://www.visitrochdale.com/things-to-do/healey-dell-nature-reserve-and-tearooms-p85871>

Beauty spot and wildlife sanctuary.

Parkrun - Rochdale

<https://www.parkrun.org.uk/watergrove/> Weekly 5k timed run.

Wellbeing

Living Well Coaches 01706 751

190

<https://www.livingwellrochdale.com/service/living-well-rochdale-coaches/>

1-1 and/or group support for up to 12 months at local community venues. GP or selfreferral.

Rochdale Mind

01706 752 338

<http://www.wellbeingrochdale.info/>

Offering help for depression, anxiety, stress, suicidal thoughts and generally managing mental wellbeing.

Smoking Cessation

Living Well Coaches 01706 751

190

<https://www.livingwellrochdale.com/service/living-well-rochdale-coaches/>

1-1 and/or group support for up to 12 months at local community venues. GP or selfreferral.

Rochdale Borough Council Stop Smoking

01706 751 190

<http://www.rochdale.gov.uk/health-and-wellbeing/smoking-and-nichetobacco/Pages/stop-smoking-clinics.aspx>

Free weekly clinics in Rochdale, Middleton and Heywood.

Alcohol Support

Living Well Coaches 01706 751

190

<https://www.livingwellrochdale.com/service/living-well-rochdale-coaches/>

1-1 and/or group support for up to 12 months at local community venues. GP or self-referral.

1-2

Mind Rochdale 01706 752

340

<http://www.wellbeingrochdale.info/Pages/Subjects?KC=99>

Groups offering the opportunity to talk to others going through similar situations in a safe and supportive environment. A space to share coping strategies.

Weight Management

Nutrition Support Team – Heywood, Middleton & Rochdale

01706 901 763

<https://www.pat.nhs.uk/our-services/healthy-weight-team.htm>

Offer a range of programmes and courses designed to help families, adults and children looking to achieve a healthier weight.

WISE Choices 01706 751

190

<https://www.livingwellrochdale.com//service/wise-choices/>

Free 12-weekly sessions for anyone with a BMI between 25-30 providing expertise on nutrition and weight management.

Salford

Local support and services

Spirit of Salford Helpline

0800 952 1000 (option 1)

<https://www.salford.gov.uk/spiritofsalford>

The Spirit of Salford Helpline is still available for you to get help, support and advice on lots of different issues that you might be facing at the moment including health and wellbeing, financial help and support, emergency help in a crisis.

Getting Active and Staying Active

Salford Community Leisure

0161 778 0439

<https://salfordcommunityleisure.co.uk/>

Salford community leisure provides gyms, swimming pools and leisure activities across Salford

Salford Health Improvement Service

0800 952 100 (option 2)

<https://www.salford.gov.uk/health-and-social-care/health-services/health-improvement-connect/getting-more-active/>

All the activities we run in the Health Improvement Service are at a low level, and support people to take the first steps to get more active. There is a whole range of different activities for people to join, and we'll help you to find something that suits you

Empower You

0161 464 4924

www.beyondempower.co.uk

The programme offers 8 weeks of support to engage disabled people to be more active, while working to make the activities of interest accessible, to support long-term independent engagement and maintenance of activity.

Salford City Council Allotments

<https://www.salford.gov.uk/sport-and-leisure/allotments/>

649 council-owned allotment gardens, 13-self managed sites. Rent charged annually and vary according to site facilities. Application form to apply.

Parkrun <https://www.parkrun.org.uk/worsleywoods/>

Weekly 5k timed run.

Wellbeing

Spirit of Salford

0800 952 1000

<https://www.salford.gov.uk/spiritofsalford>

Spirit of Salford Helpline has been set up for you to get help, support and advice on lots of different issues that you might be facing.

Self Help Services eTherapy

0161 226 3871

<https://www.selfhelpservices.org.uk/etherapy/>

This service offers online cognitive behavioural therapy (CBT), such as Beating the Blues or Living Life to the Full, and is very effective in helping people to overcome anxiety and/or depression.

Start in Salford

0161 351 6000

<https://www.startinspiringminds.org.uk/>

START is a Salford based mental health charity that uses creativity, connection and recovery interventions to help improve people's lives. We are passionate about providing the very best support for the people in our community who we are lucky enough to meet through our work

Mind in Salford

0161 710 1070

<https://www.mindinsalford.org.uk/>

We offer a variety of services to support the mental health and wellbeing of Salford people.

Smoking Cessation

Salford Specialist Stop Smoking Service

0800 952 1000

<https://www.salford.gov.uk/health-and-social-care/health-services/quit-smoking/stopsmoking-service/>

Supporting people in Salford to quit or reduce smoking.

Alcohol Support

Achieve Recovery Services <https://www.gmmh.nhs.uk/achieve>

Aims to provide a service which has a sustainable impact on health and wellbeing of the residents of Salford and reduce the impact of alcohol and drug misuse of children, young people and families.

Weight Management

Weigh Ahead

0800 952 1000

<http://services.salford.gov.uk/tapestry/HealthImprovement/referyourself.aspx>

A 6-week programme to support adults to lose weight.

<https://www.more-life.co.uk/what-we-do/our-services/in-your-area/greatermanchester/>

Offer free adult weight management services for individuals who are eligible across Manchester, Bury, Stockport, Tameside & Glossop.

Stockport

Local support and services

Healthy Stockport

0161 474 3141

Email: START@stockport.gov.uk <https://www.healthystockport.co.uk/>

Find Information, resources and support to help you take care of and protect your health and mental wellbeing now and in the future. Access free and confidential local support services to help you make positive lifestyle changes. Find out more about long term health conditions and what you can do to take care of yourself.

Getting Active and Staying Active

Life Leisure

0161 482 0900

<https://www.lifeleisure.net/health-wellbeing/exercise-referral/>

Life Leisure support local communities across Stockport by making it possible for people to access leisure, fitness and sports development facilities and programmes. The dedicated team work with local communities, giving the people of Stockport the confidence and motivation to engage in an active lifestyle.

Healthy Stockport 0161 474

3141

<https://www.healthystockport.co.uk/topic/move-more>

Free, confidential and local support with physical activity for those living in Stockport or registered with Stockport GP.

Walk Stockport <https://www.walkingforhealth.org.uk/walkfinder/stockport-walk-stockport> Free walks in Stockport ranging from 30 - 90 minutes in duration.

Parkrun <https://www.parkrun.org.uk/burnage/>

Weekly 5k timed run.

Wellbeing

Stockport and District Mind

0161 480 7393 <http://www.stockportmind.org.uk/>

An independent adult mental health charity to promote wellbeing in the community.

Stockport e-Therapy Service

0161 480 2020

<https://www.selfhelpservices.org.uk/service/stockport-etherapy-service-2/> Quick & confidential support through online interactive e-therapy programmes centred around Cognitive Behavioural Therapy (CBT).

Overcoming Worry Workshop

0161 480 2020

<https://www.selfhelpservices.org.uk/service/overcoming-worry-workshop-atstockport-community-fire-station/>

A workshop is for people who are experiencing negative issues related to worrying and would like to develop healthy coping strategies to manage symptoms and promote ongoing wellbeing.

Smoking Cessation

Healthy Stockport 0161 474
3141

<https://www.healthystockport.co.uk/topic/smoking>

Free, confidential and local stopping smoking advice for those living in Stockport or registered with Stockport GP.

Alcohol Support

Healthy Stockport 0161 474
3141

<https://www.healthystockport.co.uk/topic/alcohol>

Offering free, confidential and local support for individual lives in Stockport or registered with Stockport GP. Services offered include alcohol advice.

Weight Management

MoreLife in Greater Manchester

<https://www.more-life.co.uk/what-we-do/our-services/in-your-area/greatermanchester/>

Offer free adult weight management services for individuals who are eligible across Manchester, Bury, Stockport, Tameside & Glossop.

Healthy Stockport 0161 474
3141

<https://www.healthystockport.co.uk/topic/healthy-weight>

Free, confidential and local support on following a healthy diet for those living in Stockport or registered with Stockport GP with services.

NHS Stockport Weight Management

0161 426 9900

<http://www.stockportccg.nhs.uk/your-health/your-health-support/weightmanagement/>

Referral by GP. Choose to Change Programme to encourage lifelong eating habit changes.

Tameside

Weight Management

NHS – The Health Trainer Service

0161 716 2000

<https://www.tamesideandglossopccg.org/your-health/living-with-a-lung-condition/eating-well>

For Tameside residents. 6-month free service, day and evening times offering sessions such as cook and eat.

ABL Health

01204 570 999

<http://www.ablhealth.co.uk/tameside-and-glossop/what-do-we-do-in-tameside-and-glossop/>

Choose to Change (Weight Management Service). Encouraging to change eating habits, overcome barriers to weight loss, sensible food choices and becoming more active.

Slimming World – Hadfield Cricket Club

07930 981 492

<https://www.slimmingworld.co.uk/group/554043>

Mondays 7pm. Tuesdays 3 and 5pm. Wednesdays 9 and 11am.

Slimming World – Central Methodist Church

07444420356

<https://www.slimmingworld.co.uk/group/560996>

Saturdays 7, 9 and 11am.

Slimming World – Glossop North End AFC

07444420356

<https://www.slimmingworld.co.uk/counties/derbyshire/glossop>

Thursdays 7.30pm.

Physical Activity

Nordic Health Walks

0207 118 0607

<https://nordicwalkingtameside.co.uk/>

1-hour walks with a qualified instructor using poles for walking to enhance upper body workout. Different walks offered such as adventure walks and well-being walks.

Tameside Pilates (Ashton)

07768 000878

<https://www.tamesidepilates.com/>

Affordable, pay-as-you go Pilates in Ashton-under-Lyne, Stalybridge, Greenfield, Dukinfield and Droylsden.

Active Hyde

0161 368 4057

<https://www.activetameside.com/centre/active-hyde/>

Range of classes such as low impact aerobics, pilates, yoga, zumba, active back care, body balance, aqua fit and more.

Active Denton

0161 336 1900

<https://www.activetameside.com/activity/classes/>

Swimming pools with ladies only swims, general swims and aqua fit. Aerobic classes and mind and body classes.

Area5Fitness

07851 140 218

<http://www.area5fitness.co.uk/>

1-1 experience with personal trainer Ryan - the PT, work with client specific needs to work toward personal targets and build confidence.

Glossop Tai Chi

07582 129 851

<http://meiquantaichi.com/uk/classes/glossop>

Learn and practise Qi Gong for the health benefits and to remove energy blockages throughout the body. Work on exercises to promote coordination and balance.

Donahey's Hyde Town Hall Dance Class

0800 160 1770

<https://www.donaheys.co.uk/venues/hyde-town-hall/>

Learn to dance every Tuesday evening. 7.15pm beginner dancing lessons. Free social dance practice for everyone enrolled in the weekly courses. £47 for the 6-course fee.

Yoga in Glossop

07951 012 358

<http://yogainglossop.com/class-timetable/>

Taught in small groups to be suitable for all ages and stages of life. A requirement is to be able to get up and down unassisted. Drop in sessions £6.50 or £45 for the 8-week course.

Glossop Swimming Pool

01457 842 262

<http://glossopsport.co.uk/sports-facilities/glossop-swimming-pool>

50+ swimming on Tuesdays, Thursdays and Fridays at 2.45pm. Women only swim on Monday 8pm & Wednesday 2pm. General swim also available.

Unique Fitness & Spa – Ladies Only

0161 355 1602

<https://www.uniquefitnessandspa.co.uk/contact/>

Only place in MCR to offer a Boogie Bounce Class. Pay-as-you go £2.50 per session
Monthly memberships available.

Wellbeing

Tameside, Oldham & Glossop Mind

0161 330 9223 <https://www.togmind.org/content/home>
Counselling services, courses, workshops, advice and drop-ins.

Minds Matter 0161 343 5748
<https://www.thebiglifegroup.com/service/mindsmatter/>
Counselling, group sessions, 1-1, drop-ins and coaching. Self-referral or professional referral.

Making a difference Tameside
0161 343 2736
<https://makingadifferencetameside.com/>
Monday to Saturday 9.30 - 3.30pm. Health charity based in Ashton-under-Lynne aimed at helping those to improve social integration. Workshops to build self-esteem and relationship skills.

Action Together Tameside
0161 339 2345
<https://www.actiontogether.org.uk/get-help>
Provide opportunity for locals to be better connected with what's going on in local community and find support they need.

Local Library - Reading well books on mental health & self-help
<https://www.tameside.gov.uk/libraries/booksonprescription>

Smoking Cessation

SmokeFree Tameside 0161 716
2000
<https://www.tameside.gov.uk/health/smoking>
Weekly drop-ins or 1-1s in variety of locations in the daytime, evenings and on Saturday mornings. Self-referral service.

Alcohol Support

My Recovery Tameside 0161 672 9420
<https://www.changegrowlive.org/content/my-recovery-tameside>
Reduce and respond to alcohol related harm in Tameside.

Weight Management

MoreLife in Greater Manchester
<https://www.more-life.co.uk/what-we-do/our-services/in-your-area/greatermanchester/>
Offer free adult weight management services for individuals who are eligible across Manchester, Bury, Stockport, Tameside & Glossop.

The Health Trainer Service

0161 716 2000

<https://www.tamesideandglossopccg.org/your-health/living-with-a-lungcondition/eating-well>

For Tameside residents. 6-month free service, day and evening times offering sessions such as cook and eat.

Trafford

Local support and services

Health and Wellbeing Trafford

www.trafforddirectory.co.uk/wellbeing

Information on local services to help people quit smoking, achieve a healthier weight, be more physically active, better manage drug or alcohol problems, and deal with emotional and mental health problems.

Healthy Lifestyles Services

Liva– Digital health coaching for people from disadvantaged areas and BAME communities.

<https://www.trafforddirectory.co.uk/kb5/trafford/fsd/service.page?id=FUXiMECU004>

Voice of BME Trafford – Support for people from BAME communities to access NHS screening, support for healthy lifestyles and a lifestyle club.

office@voicebmet.co.uk

Manchester Deaf Centre – Advocacy and health improvement service for the deaf community.

<https://www.trafforddirectory.co.uk/kb5/trafford/fsd/service.page?id=BC8x-1RoICQ>

Pakistani Resource Centre – Support for people from the BAME community experiencing mental ill health.

<https://www.trafforddirectory.co.uk/kb5/trafford/fsd/service.page?id=oOfqqUL2p1c>

Age UK Trafford – a Good Health Bus for people aged 50+ offering healthy lifestyle support and advice in local communities. <https://www.ageuk.org.uk/trafford/>

Getting Active and Staying Active

Trafford Leisure

<https://traffordleisure.co.uk/>

Offer a wide range of leisure activities including gym and swimming at various leisure centre's across Trafford.

MileShyClub

<https://www.mileshyclub.com/>

Beginners' running and walking club that aims to take the scariness out of sport and encourage everyone, particularly those with health issues, to come try a short walk for absolute beginners (less than 20 minutes)

GoodGym

<https://www.goodgym.org/areas/trafford>

Community of runners that combine getting fit with doing good.

Sole Mother

<https://www.solemother.co.uk/>

Supportive community for women who want to get more active.

Empower You

<https://www.unlimitedpotential.org.uk/enterprise/innovation-projects/empower-you>

Support for disabled people to lead more active lifestyles.

Parkrun

<https://www.parkrun.org.uk/salewater/>

Weekly 5k timed run.

Age UK Trafford

<https://www.ageuk.org.uk/trafford/activities-and-events/>

Exercise classes for older people; health walks; online exercise videos.

Walking for Health

[Walk for Health - Trafford - GM Walking](#)

Short group walks over easy terrain, supported by friendly, trained volunteers.

Be Active Urmston

<https://www.beactiveurmston.org/>

Bringing the local community together through sport and leisure, BeActive Urmston offers welcoming, accessible and varied leisure, fitness and social facilities to people of all ages and abilities.

Wellbeing

Mental Health and Wellbeing

<https://www.trafforddirectory.co.uk/kb5/trafford/fsd/adult.page?newadultchannel=3-2>

Information on all the local support available in Trafford.

Trafford Psychological Therapies

0161 357 1350

<https://www.gmmh.nhs.uk/tpt/>

Provides talking therapy for adults of all ages: it is free, confidential, and proven to be effective.

Trafford Primary Care Mental Health and Wellbeing Service

0161 271 0919

<https://www.gmmh.nhs.uk/trafford-primary-care-mental-health-and-wellbeing-service/> The

Primary Care Mental Health Wellbeing Service (PCMHWS) is a new mental health and social prescribing service for people with a Trafford GP. They can provide short-term mental health support when you need it most.

Smoking cessation

Stop Smoking Support from GPs and Pharmacies

https://www.trafforddirectory.co.uk/kb5/trafford/fsd/advice.page?id=z_9CMfvYNQU

Support from GPs and Pharmacies, including those who can offer nicotine replacement therapy and e-cigarettes.

Stop Smoking Services 0300 4562400

<https://mft.nhs.uk/trafford/services/smoking-cessation/>

Free local support to increase your chances of quitting smoking.

Alcohol Support

Achieve Recovery Services

<https://www.gmmh.nhs.uk/achieve>

Aims to provide a service which has a sustainable impact on health and wellbeing of the residents of Trafford and reduce the impact of alcohol and drug misuse of children, young people and families.

Weight Management

Slimming World

<https://www.trafforddirectory.co.uk/kb5/trafford/fsd/advice.page?id=99kGBgsfRc#healthyweight>

Fully funded 12 week access to Slimming World group sessions for Trafford residents with a BMI of 25+ subject to eligibility criteria.

FitFans

<https://www.trafforddirectory.co.uk/kb5/trafford/fsd/advice.page?id=99kGBgsfRc#healthyweight>

Weight management support aimed at men with a BMI 25+, delivered by Foundation 92. For more information email FitFans@foundation92.co.uk or visit <https://www.elftrust.com/fitfans/> and select Salford City as your club (for Trafford residents).

Specialist Weight Management Service

0161 786 3336

<https://www.trafforddirectory.co.uk/kb5/trafford/fsd/service.page?id=tV9jamSwWN4>

Available to people who have a body mass index (BMI) of 30 or more. This clinical service is community based across Trafford and is designed to support people to succeed with gradual permanent weight loss using a lifestyle approach.

Wigan

Weight Management

Inspiring Healthy Lifestyles – Lose Weight Feel Great

01942 496 496

[Lose Weight Feel Great \(wigan.gov.uk\)](http://wigan.gov.uk)

Free service for those with a BMI 25-39.9 and GP registered. 12 consecutive weeks of healthy eating advice. Followed by 12-month motivational support.

Lose Weight Feel Great - For Men

01942 496 496

<http://www.inspiringhealthylifestyles.org/wigan/mwm.htm>

Free 12-week weight loss kick starter providing knowledge on how to stay fit and healthy.

Healthy Routes

01942 489 012

<https://www.wigan.gov.uk/Resident/Health-Social-Care/Healthy-Routes/index.aspx>

Free, friendly, confidential, practical and motivational support tailored to individual needs.

Slimming World – Clifton Street Community Centre

07854 252 501

<https://www.slimmingworld.co.uk/counties/greater-manchester/wigan>

Mondays 4.00pm, 5.30pm and 7.00pm. Tuesdays 4.30pm, 6.00pm and 7.30pm. Saturday 7.30am, 9.00am and 10.30am.

Slimming World – Winstanley Primary School

[07854757929](https://www.slimmingworld.co.uk/counties/greater-manchester/wigan)

<https://www.slimmingworld.co.uk/counties/greater-manchester/wigan>

Thursday 5:30pm and 7:00pm.

Slimming World - Standish Community Centre

07854 252501

<https://www.slimmingworld.co.uk/counties/greater-manchester/wigan>

Thursdays 5.00pm and 7.00pm-

Slimming World – Abram Community Centre

07773872122

<https://www.slimmingworld.co.uk/counties/greater-manchester/wigan>

Saturday 9am.

Slimming World - Wigan St Cuthberts & Norley Hall

07806 815 581

<https://www.slimmingworld.co.uk/counties/greater-manchester/wigan>

Thursday 7.00pm

Slimming World – Aspull British Legion

07957 004818

<https://www.slimmingworld.co.uk/counties/greater-manchester/wigan>

Wednesday 6.00pm. Thursday 7.30am and 9.00am

Slimming World – Bispham Methodist Church Hall

07789227871

<https://www.slimmingworld.co.uk/counties/greater-manchester/wigan>

Wednesdays 8.30am and 10.00am.

Physical Activity

Wigan Council – Every Move Matters

01942 488 481

<http://www.inspiringhealthylifestyles.org/wigan/every-move-matters.htm>

Free activity trackers to motivate keeping active along with a coach for support.

Wigan Council – Active Outdoors

01942 488 481

<https://www.wigan.gov.uk/BeWell/Outdoor-adventure/Index.aspx>

An outdoor activities team offering weekly fun walking, cycling and running sessions for all fitness levels and ability.

Wigan Council – Later Life

01942 488 481

<http://www.inspiringhealthylifestyles.org/wigan/active-later-life.htm>

Group and/or home-based strength and balance programme across various venues in Wigan. GP or Practice Nurse referral.

Functional Fitness MOT

01942 488 481

<http://www.inspiringhealthylifestyles.org/wigan/mot.htm>

Free fitness testing workshops to measure strength, balance, flexibility and aerobic fitness.

Inspiring Healthy Lifestyles – Lose Weight Feel Great

01942 496 496

[Lose Weight Feel Great \(wigan.gov.uk\)](http://www.wigan.gov.uk/lose-weight-feel-great)

Free service for those with a BMI 25-39.9 and GP registered. 12 consecutive weeks of healthy eating advice and tailored physical activity. Followed by 12-month motivational support.

Healthy Lifestyle Owned Parks – Haigh Woodland Park

[Haigh Woodland Park](http://www.wigan.gov.uk/haigh-woodland-park)

250-acre park with woodland, canal walks, golf and cycling route. Park-runs and Race4Life also take place here.

Healthy Lifestyle Owned Parks – Pennington Flash Country Park

[Pennington Flash Local Nature Reserve \(LNR\) \(wigan.gov.uk\)](http://www.wigan.gov.uk/pennington-flash-local-nature-reserve)

A bird watching site with a 70-hectre lake also offering walking, cycling and golf.

Healthy Lifestyle Owned Parks – Mesnes Park

[Mesnes Park \(wigan.gov.uk\)](http://www.wigan.gov.uk/mesnes-park)

A green space with formal gardens, waterfall and a lake.

Healthy Routes

01942 489 012

<https://www.wigan.gov.uk/Resident/Health-Social-Care/Healthy-Routes/index.aspx>

Free, friendly, confidential, practical and motivational support tailored to individual needs.

Wellbeing

Healthy Routes

01942 489 012

<https://www.wigan.gov.uk/Resident/Health-Social-Care/Healthy-Routes/index.aspx>

Free, friendly, confidential, practical and motivational support tailored to individual needs.

Think Wellbeing

01942 255 675

<https://www.gmmh.nhs.uk/think-wellbeing/>

Anyone registered with Wigan GP can access free NHS therapy. Two options are available; an online therapy or a 6-week course. Referral by GP.

Smoking Cessation

QuitBUDDY

01942 489 012

<https://www.wigan.gov.uk/Resident/Health-Social-Care/Healthy-Routes/Stop-smoking.aspx>

A-28 day stop smoking programme via text messages with daily advice and support, interactive tools for motivation and information on the health benefits.

Better Health – Quit smoking

<https://www.nhs.uk/better-health/quit-smoking/>

Download the free NHS Quit Smoking app, provides tips, tools, track your progress and daily support.

QuitPAL – App

01942 489 012

<https://www.wigan.gov.uk/Resident/Health-Social-Care/Healthy-Routes/Stop-smoking.aspx>

A-28 day stop smoking programme through an app with daily advice and support, interactive tools for motivation and information on the health benefits.

Healthy Routes

01942 489 012

<https://www.wigan.gov.uk/Resident/Health-Social-Care/Healthy-Routes/index.aspx>

Free, friendly, confidential, practical and motivational support tailored to individual needs.

Alcohol Support

Rehab 4 Addiction

0800 140 4690

<https://www.rehab4addiction.co.uk/country-wide/drug-alcohol-rehab-wigan>

Free helpline service to do initial assessment and then match individual needs to services offered in Wigan.

Healthy Routes

01942 489 012

<https://www.wigan.gov.uk/Resident/Health-Social-Care/Healthy-Routes/index.aspx>

Free, friendly, confidential, practical and motivational support tailored to individual needs.

Drink Aware

<https://www.drinkaware.co.uk/>

A website with tools, advice and resources such as a drinking tracker and an alcohol self - assessment test.

NHS App

<https://www.nhs.uk/oneyou/for-your-body/drink-less/>

Drink Free Days app giving support and practical advice to change drinking habits.

Reed Wellbeing

reedwellbeing.co.uk

