

## **Active Health**

Harrogate Borough Council offer Tier 2 weight management (Fit4Life) for anyone 18 or over with BMI >25 – self referral accepted

01942 404799

[ihl.wigan@nhs.net](mailto:ihl.wigan@nhs.net)

Harrogate Borough Council also offer other Active Health Schemes for people who are:

- living within the Harrogate district
- aged 18 years or above
- low to moderate risk health conditions
- severe coronary heart disease or early post myocardial infarction/coronary artery bypass graft/angioplasty (cardiac rehab classes only)
- mild to moderate mental health problems (for example, depression, anxiety or stress)
- diabetes type 1 and 2
- post physiotherapy musculoskeletal conditions (for example, knee, hip, shoulder)

Further details and referral forms can be accessed from:

[https://www.harrogate.gov.uk/info/20115/sport\\_and\\_active\\_lifestyles/908/active\\_health](https://www.harrogate.gov.uk/info/20115/sport_and_active_lifestyles/908/active_health)

For programme enquiries: [www.harrogate.gov.uk/fit4life](http://www.harrogate.gov.uk/fit4life) 01423 500600 ext 58206  
[active.lifestyles@harrogate.gov.uk](mailto:active.lifestyles@harrogate.gov.uk)

## **Smoking**

Stop Smoking Service (Smokefree Life North Yorkshire) Enquiries:

[www.smokefreelifenorthyorkshire.co.uk](http://www.smokefreelifenorthyorkshire.co.uk) - web referral form and information

0800 2465215 / 01609 663023 OR Text QUIT to 66777

## **Drug/Alcohol**

Horizons

[www.northyorks.gov.uk/article/24540/Alcohol](http://www.northyorks.gov.uk/article/24540/Alcohol)

01723 330730

[info@nyhorizons.org.uk](mailto:info@nyhorizons.org.uk)

Anyone can make a referral to the North Yorkshire Horizons service e.g. self-referrals, family members and professionals

## **Voluntary Services**

Harrogate and Ripon Centres for Voluntary Service have a fully searchable "Where to Turn" Community Directory which gives access information for hundreds of community activities and services to support good health and well-being.

[www.harcv.org.uk/Wheretoturn](http://www.harcv.org.uk/Wheretoturn)

01423 504074

[cvs@harcv.org.uk](mailto:cvs@harcv.org.uk)