

Healthy Lifestyle, Wellbeing and Mental Well-Being services

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Weight Management

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

– self referral accepted by telephone 01942 404799

ihl.wigan@nhs.net

For programme enquiries:

www.harrogate.gov.uk/fit4life

Physical Activity

Active Health:

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

01423 500600 ext 58206

active.lifestyles@harrogate.gov.uk

North Yorkshire Sport:

North Yorkshire Sport want to get inactive people active. They will talk people through the various options that are open to them by ringing 01423 226303

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

Smoking

Stop Smoking Service (Smokefree Life North Yorkshire)

Enquiries: 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

Tel: 01723 330730

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.harcvs.org.uk/Wheretoturn

01423 504074

cvs@harcvs.org.uk

Well-being and Mental Well-being

For people who are dealing with social isolation or need to increase their general mental wellbeing, there are a few services available:

Connecting to well-being:

One of the Five Steps to Mental Wellbeing is to connect with the people around you: your family, friends, colleagues and neighbours. Harrogate Borough Council will triage referrals using the Active Health service referral form to activities which connect people. Eg:

- lunch club - two course meal with tea/coffee
- social club - bingo, arts and crafts - plenty of tea and chat
- carpet bowls
- painting
- range of exercise classes
- table tennis
- badminton
- mindfulness, movement and meditation
- yoga
- pilates

The triage team will work with the patient and also recommend voluntary sector approaches or the Living Well Team if they are deemed more suitable.

To refer, tick the ‘Connecting to well-being’ box on the [Active Health referral form](#)

More information is available at www.harrogate.gov.uk/wellbeing

Living Well

Do you know adults who are currently **not** eligible for on-going social care support and who:

- are lonely and / or socially isolated;
- have had a recent loss of a support network, including bereavement;
- have had a loss of confidence due to a recent change / event; or
- require face-to-face information, advice and guidance.

This may be older people, or people with physical, learning disabilities, sensory impairment or mental health needs.

Living Well is a personalised service, and what the coordinators do varies with each individual. They spend time with individuals on a one-to-one basis to:

- identify what is important to them, what potential networks of support they have and what their priorities are;
- work with individuals to achieve the outcomes that are important to them;
- help them make simple changes to their lifestyle and their home environment, to help people be more active, improve mobility and independence and reduce the risk of falling;
- identify barriers and challenges to maintaining or improving their wellbeing and independence, and help to remove those barriers: for example, finding ways for a person to attend a local community group.

More information here on the service: <https://www.northyorks.gov.uk/living-well-north-yorkshire>

Patients can self refer or anybody from the NHS can refer (so long as consent is gained) by telephoning NYCC Customer Service Centre (01609 780780), Choose Option 2 for social care and ask to refer to Living Well.

Some GP practices are piloting a Living Well Coordinator offering appointments within their practice.

Self-referral to IAPT

Patients are able to self-refer to IAPT by phoning: 01423 852137 / www.northyorkshireiapt.co.uk

Reading Well Book Collections and Wellbeing Bags (Library)

Reading Well supports people to understand and manage their health and wellbeing using helpful reading. The books are all chosen and endorsed by health experts, as well as by people living with the conditions covered and their relatives and carers. Reading Well books are freely available to borrow from any North Yorkshire Library (listed here: <https://www.northyorks.gov.uk/local-libraries>). The books are free to request and exempt from any charges such as overdue charges. Items may be requested in advance via the library catalogue which is online here: <https://capitadiscovery.co.uk/northyorkshire/>

Specific booklists are attached which you may feel are appropriate for use as a tool with patients. Further information about the national Reading Well scheme can be found at: <https://reading-well.org.uk/>

Libraries also have Wellbeing Bags available for individuals and groups to borrow from their local library to enable them to try a variety of self-help activities. The bags will loan for 3 weeks but can be renewed assuming they are not requested. They include activities and information such as colouring, puzzles and self-help books. Each bag contains a number of items and a folder of information/activities to encourage people to practice self-care and enhance mental wellbeing. Wellbeing Bags are free to borrow from all the North Yorkshire Libraries and can be requested by groups and individuals through the online catalogue.

Please contact Claire Thompson, Outreach Librarian (Claire.Thompson@northyorks.gov.uk) if you require further information.