

Free For All – NHS supported New Years Resolutions 2017



We all want to be healthy and happy this year. What better time to form a good New Years Resolution? And what better if the New Years Resolution is free? Therefore I have put together a little leaflet pointing out a few opportunities in Bracknell, that may help you in your quest for better health. You may not know about some of the resources.

But first, go to www.nhsevents.info to sign up for the Newsletter on our website for information about free self care resources in Bracknell & Ascot. We send you short and non-promotional information about opportunities that are generally free and government funded.

Free Weight Loss Classes with Slimming World

If you are obese (BMI over 30, for a BMI calculator scroll down on www.nhsevents.info) you qualify for a free slimming world voucher from your GP surgery. They may print it for you or ask you to make a nurse appointment. (Note, if you have diabetes you even qualify with a BMI of 28)

Free / reduced cost Gym membership

Go and see your practice nurse for a so called “Activate” Referral for free / reduced price exercise.

Health Walks

One, two and three mile walks with a visit to the cafe afterwards. Every Saturday at 10.30am. Call 07443 499207 for more information. Postcode: RG12 7DE.

Sandhurst Health Walks

One hour walk, open to all abilities. Monday to Friday, 9.30am. Start from Sandhurst Town Council, Yorktown Rd, Sandhurst, Berkshire GU47 9BJ. **Call 01344 774754**

Summer evening walks for people of average fitness are also available from Horseshoe Lake car park on Wednesdays at 7pm, starting on Wednesday, 27 April. Visit the Health Walks website for more information.

REGISTER TO BE EMAILED FIRST ABOUT FREE LOCAL NHS EVENTS, RESOURCES, COURSES AND NEW SERVICES

Name
E-mail

FORTHCOMING EVENTS



South Hill Health Walks

One, two and three mile walks with a visit to the cafe afterwards. Second and fourth Saturday of the month at 10.30am. **Call 07443 499207** for more information.

Smoking Cessation

Free service with <https://www.smokefreelifeberkshire.com/> call **0800 622 6360** or text **QUIT** to **66777**.

Supported Beginner Exercise

- Bracknell Leisure Centre - Thursday (11-noon) January 12th to February 16th [FREE 6 week course]
- Great Hollands Community Centre - Fridays 10:30 – noon [£2] Starts 13th Jan
- Priestwood Community Centre - Mondays 10am -11:30am [£2] Starts 16th Jan
- The Parks Community Centre – Tuesdays 6pm – 7pm [£2] Starts 17th Jan

Alcohol Problems:

Drinking too much? Problems over Christmas with the family? Relationship on the rocks? Click <https://goo.gl/h1ys6s> for local AA information. If you tried AA and you are looking for a professionally led service, contact the <https://goo.gl/s2K2FH> for New Hope.

Loneliness

Bracknell and Ascot befriending scheme with Involve. Email reception@involve.community or <http://www.involve.community/befriending.php>

Drugs Problems?

New Hope is a professionally led service to help your daily life by either helping you to ditch drugs or prescribe drugs, which let you function in your environment better. Click <https://goo.gl/s2K2FH> for more information.

HealthMakers

For help to live with a chronic condition or health problem, contact Healthmakers for their new courses. A great community with inspiring people help you to fulfil your goals much easier. Its free coaching and much more. Contact: HealthMakers@berkshire.nhs.uk or telephone **01344 415947**.

Blood Pressure

Start taking control of your Blood Pressure and buy your own equipment. Go to <http://nhsevents.info/blood-pressure/> for more information and to download a clinically approved BP monitoring chart in accordance with NICE guidelines.

Free Falls Assessment



Learn to check your pulse and do it regularly.

Bowel Cancer Screening Awareness

If you are over 60 you qualify for screening. Don't throw away your kit, you could be throwing away your life. <http://nhsevents.info/missing-a-beat-check-your-pulse/> for information on how to get a new kit and how to do the test.

Cervical Screening - Smear

Ladies over the age of 25 years can have a smear every 3 years. Women between 50 and 64 can have a smear every 5 years. Contact your GP surgery if you have forgotten your smear.

Free NHS Health Checks

If you are over 40 and haven't done your free NHS Health Check, yet, hurry and book it before you forget it. Contact your GP surgery and ask for a Free NHS Health Check appointment. More information: <http://www.nhs.uk/Conditions/nhs-health-check/Pages/NHS-Health-Check.aspx>

Free NHS Chlamydia Screening Home Testing Kit

If you are under 25 years old and concerned about Chlamydia, a sexually transmitted disease, **text REACH followed by your full name and address to 80010.**