

MID SUSSEX WELLBEING

The Mid Sussex Wellbeing Team is here for all your health and wellbeing needs.

Our Wellbeing services are aimed at anyone over 18 years of age.

The Team can provide you with information, advice, and support to access services in and around Mid Sussex to improve your wellbeing.



mid sussex wellbeing

Find us online at:

midsussex.westsussexwellbeing.org.uk
community-connections.org.uk

mid sussex wellbeing

support
reduce drinking
free local service
weight loss family
feel well advice
information
reduce drinking
eat well health checks
free local service
signposting advice
weight loss
and it's free
advice
signposting
free local service
wellbeing
get active
quit smoking
help

CONTACT US

Mid Sussex Wellbeing Team

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wellbeing@midsussex.gov.uk

midsussex.westsussexwellbeing.org.uk

community-connections.org.uk

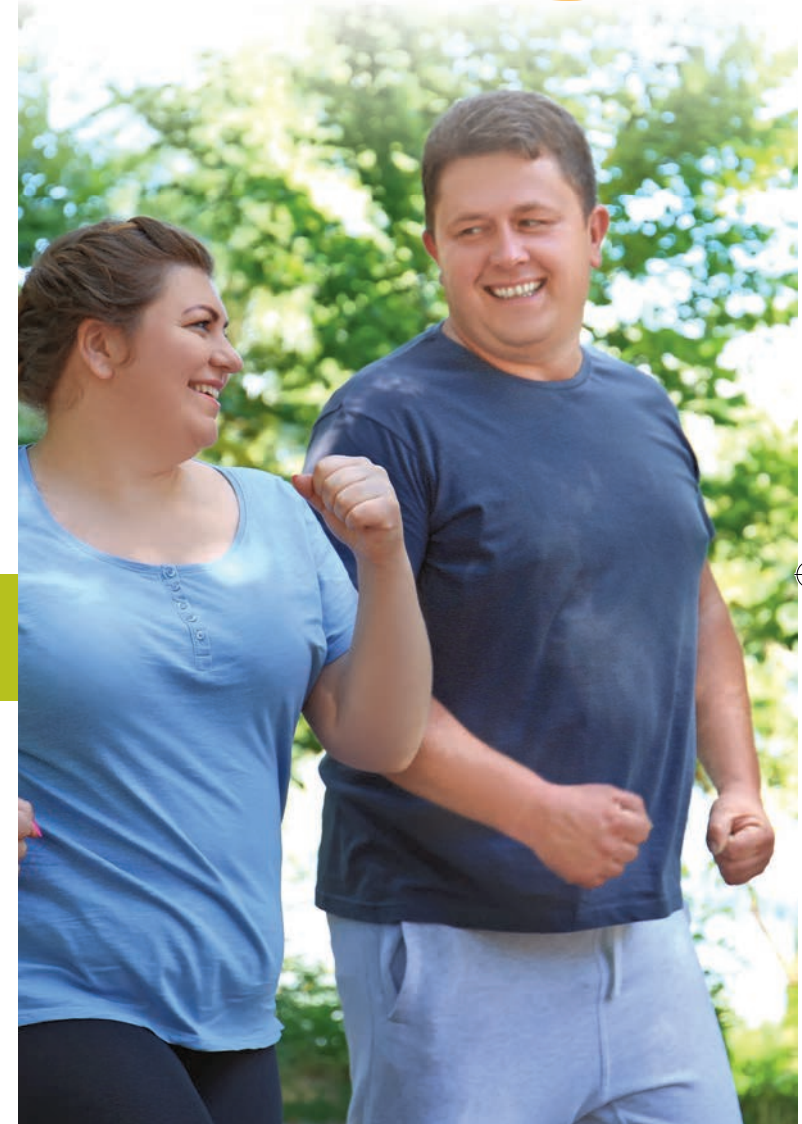
Oaklands, Oaklands Road,
Haywards Heath, West Sussex,
RH16 1SS

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 @MSDCwellbeing

mid sussex wellbeing



YOUR HEALTH AND WELLBEING

Free information, advice and support for
adults in Mid Sussex



WELLBALANCED

Wellbalanced is designed to improve strength, stability, balance, and mobility. A 12-week course delivered by trained Postural Stability instructors to support those who have concerns about their balance.

Improves self-confidence and the ability to walk with assurance.



WEIGHT MANAGEMENT

The Wellbeing 12-week Weight Management groups support clients to maintain a sustainable lifestyle change.

The course is delivered by Wellbeing Advisors trained in weight management, motivation, and behaviour change.

The course incorporates how to make positive food choices, increase activity levels and practical ways to create and sustain healthy eating habits.

Programs available across Mid Sussex.



ALCOHOL REDUCTION

We offer a free and confidential service designed to support clients who are concerned about their level of drinking, and would like to explore their relationship with alcohol and ways to reduce it.



WORKPLACE HEALTH

The Workplace health service offers FREE Wellbeing MOTs to staff members based in Mid Sussex. Employees receive tailored support from a qualified and friendly Wellbeing Advisor during their 30-minute appointment. The employer receives an anonymised report with recommendations following the MOTs. Workplaces can also organise a health talk, both in person and online at a convenient time for employees. We cover a variety of topics that are both engaging and informative.

1:1 APPOINTMENTS

Wellbeing 1:1 appointments are available with our Advisors to support those who would like more individual guidance towards lifestyle change.

This service is available across Mid Sussex in Burgess Hill, East Grinstead and Haywards Heath.

STOP SMOKING

The Smoking Cessation service helps those who want to quit smoking.

Up to 12 weeks of one-to-one behavioural support and NRT (nicotine replacement therapy) is offered.

Support will be given by fully trained Wellbeing Advisors throughout.