

HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME



Suffolk and North East Essex

Signposting manual

Service provided by

xyla health & wellbeing
Part of Acacium Group

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National Signposting

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/>

Menopause

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

The app 'balance' is a **free** perimenopause and menopause support app with a wealth of personalised information, expert advice and many more functionalities.

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

An award winning, independent website providing up-to-date, accurate information about the menopause, menopausal symptoms and treatment options. Here you will find information on what happens leading up to, during and after the menopause, what the consequences can be, what you can do to help and what treatments are available.

Eating Disorders

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

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

Suffolk

Physical Activity and weight management

One Life Suffolk – Adult Weight Management

<https://onelifesuffolk.co.uk/lose-weight-adults/>

01473 718193

info@onelifesuffolk.co.uk

OneLife Suffolk provides up to 12 months of FREE adult weight management support, providing you with the tools, advice and guidance needed to improve your lifestyle, achieve your weight loss goals and more importantly sustain the changes made for good.

Active Suffolk (Prices Vary)

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

info@activesuffolk.org

01394 444605

Physical Activity classes specifically targeted at people with long term health conditions such as cancer, cardiovascular disease etc.

Abbeycroft Leisure Exercise Referral (Prices Vary)

<https://www.acleisure.com/community/active-living/>

Brandon Leisure Centre

T. 01842 819150

Email. kim.parr@acleisure.com

Bury St Edmunds Leisure Centre

T. 01284 753496

Email. jackie.chubb@acleisure.com

Haverhill Leisure Centre

T. 01440 702548

Email. mandy.felton@acleisure.com

Newmarket Leisure Centre

T. 01638 782500

Email. kim.parr@acleisure.com

The Gym Mildenhall

T. 01638 719710

Email. kim.parr@acleisure.com

Kingfisher Leisure Centre

01787 375656

Joe.harvey@acleisure.com

Hadleigh Pool and Leisure

01473 823470

Joe.harvey@acleisure.com

Walking for Health – FREE

<https://www.walkingforhealth.org.uk/walkfinder/east-england/stepping-out-suffolk-coastal#schemedetails>

01473 718193

info@onelifesuffolk.co.uk

Various gradings of walks are available from Grade 1 for up to 30 minutes on flat surfaces through to longer walks of up to 90 minutes at Grade 5 which can include uneven ground with stiles and a faster pace.

The Green Bike Project

http://www.orwellmencap.co.uk/green_bike.html

07733 214245

The Green Bike Project provides refurbished and recycled bikes in Ipswich. The project can also be contacted if your bike needs repairing.

Most Active County

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

Most Active County aims to encourage adults to stay active and organises sports events in Suffolk for locals to join.

Activlives

<https://activlives.org.uk/>

01473 345530

Independent charity in Suffolk that aims to keep people active and connected to their local community through sports, exercise and volunteering opportunities.

Park Run

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

Organised weekly 5km run (9am Saturday) Can be enjoyed at any pace.

Walking Britain

<https://www.walkingbritain.co.uk/Suffolk-walks-list>

With over 20,000 pages of free walking information, "Walking Britain" offers a wide range of walks in Suffolk. The routes range from easy circular walks to challenging mountain walks all the routes are free to download and print.

Walking For Health

<https://www.walkingforhealth.org.uk/walkfinder/East%20of%20England>

Website with a catalogue of local walks in Suffolk.

Walking Football

<https://www.suffolkfa.com/players/ways-to-play/walking-football>

A low impact way of playing football that was introduced and recommended for players 50 years and above to play the game on a level playing field. Located all over Suffolk and open to anyone who would like to join.

We Are Undefeatable

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

An inspirational website that provides ways of moving more aimed at people with health challenges.

SPOTWellbeing CIC

[SPOT Wellbeing - Home](#)

[SPOT Wellbeing - Home | Facebook](#)

07598678505

We are a team of Occupational and Physiotherapists working with people in Suffolk who are over 50. We run 1:1 and group sessions.

Man Vs Fat

Phone: 0333 006 8331

Email: football@manvfat.com

<https://www.manvfatfootball.org/Leagues/FindALeague>

Multiple locations across Suffolk! MAN v FAT Football is for men with a BMI of 27.50 or over. Over 90% of players lose weight and get fitter, why not join them from just £27.50 a month! Weight in before each game to track your progress, score points for weight loss AND goals on the pitch.

Men's Shed Association

Community spaces for men to connect, converse and create. The activities are often similar to those of garden sheds, but for groups of men to enjoy together. They help reduce loneliness and isolation, but most importantly, they're fun.

<https://menssheds.org.uk/>

There are multiple 'sheds' in the vicinity of Suffolk.

Smoking Cessation

One Life Suffolk - FREE

<https://onelifesuffolk.co.uk/stop-smoking/>

Client Services team on 01473 718193

8-week support programme which includes Carbon Monoxide monitoring, access to treatments (Champix, Zyban, Nicotine Replacement Therapy) for up to 12 weeks (product dependent) and direct supply of Nicotine Replacement Therapy.

Mental Health

Suffolk MIND

0300 111 6000

info@suffolkmind.org.uk

<https://www.suffolkmind.org.uk/services/>

Mental Health organisation which offers therapeutic and training services in mental health.

Wellbeing Suffolk

0300 123 1503

<https://www.wellbeingnands.co.uk/get-support/suffolk/courses/>

Wellbeing service providing courses in Positive wellbeing, Managing Worry, Mindfulness and Stress Control.

Samaritans

116 123

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

Samaritans is a unique charity dedicated to reducing feelings of isolation and disconnection that can lead to suicide.

Help For Heroes

0300 303 9888

<https://www.helpforheroes.org.uk/get-support/mental-health-and-wellbeing/>

Help for Heroes is a charity that provides numerous services including support with mental health issues for both current servicemen and women and veterans in the UK.

Norfolk and Suffolk NHS Foundation Trust

<https://www.nsft.nhs.uk/Pages/Home.aspx>

NSFT is the provider of NHS mental health services within Suffolk.

12th Man Peer Project

07771608327

<https://ipswichandeastsuffolkccg.nhs.uk/Portals/1/Content/Your%20health/Mental%20health/12th%20Man%20Side%20by%20SideSuffolk.pdf>

12th Man Peer Project provides men with a safe space to talk to other men about their mental health and offers them training and support around mental health.

Substance Abuse

Turning Point

<https://www.turning-point.co.uk/services/drug-and-alcohol-support.html>

Turning point provides support and services to those struggling with substance misuse in Suffolk.

Carer Support Services

Suffolk Family Carers

01473 835477

<https://suffolkfamilycarers.org/>

Suffolk Family Carers offers support, information, advice, replacement care and workshops for carers.

Suffolk Carers Matter

01284 333035

<https://suffolkcarersmatter.org.uk/>

Suffolk Carers Matter offers support and advice to carers.

<https://www.suffolk.gov.uk/care-and-support-for-adults/caring-for-someone/health-and-wellbeing-support-for-carers/>

Local council advice on carers support services.

Dementia

Alzheimers

0333 150 3456

www.alzheimers.org.uk

Services for people with dementia and their carers.

Dementia Together

08081 688 000

<http://www.dementia-together.com/>

Provides information and advice for those with dementia and their carers in the Suffolk area.

Domestic Abuse Support Services

Bury St Edmunds Womens Aid

01284 753085

<https://burystedmundswomensaid.org.uk/>

Provides support for survivors of domestic abuse and provides safe beds in Bury St Edmunds.

Anglia Care Trust

01473 622888

<https://angliacaretrust.org.uk/services/community-safety/>

Provides a domestic abuse outreach service.

Leeway Support

0300 561 0077

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

Providing support for domestic abuse sufferers in the Waveney area.

Lighthouse Women's Aid

01473 228270

<http://www.lighthousewa.org.uk/>

Lighthouse Women's Aid is a charitable organisation based in Suffolk, UK providing emotional support to women and their children experiencing domestic abuse in their personal or family relationships.

Housing

Suffolk Council Housing Support

<https://www.suffolk.gov.uk/care-and-support-for-adults/how-social-care-can-help/homelessness-and-housing-support/apply-for-housing-related-support/>

Suffolk government webpage to visit if looking to apply for housing related support.

Sanctuary Supported Living

<https://www.sanctuary-supported-living.co.uk/find-services/suffolk>

This webpage provides a list of supported living locations/services within Suffolk.

East Suffolk Council Housing Support

<https://www.eastsuffolk.gov.uk/housing/how-to-register/>

Support on how to register for housing support in East Suffolk.

West Suffolk Council Housing Support

<https://www.westsuffolk.gov.uk/housing/>

Support on how to register for housing support in West Suffolk.

Libraries

Suffolk Libraries

<https://www.suffolklibraries.co.uk/visit/locations-and-times>

Libraries in Suffolk can be used to access the internet via their computers.

Learning Disability Community Services

Norfolk and Suffolk Foundation Trust- Learning Disabilities

<https://www.nsft.nhs.uk/learning-disability>

Webpage with NSFT services for those with learning disabilities.

Scope

0808 800 3333

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

Scope is a national charity that aims to provide support and advice to those with disabilities.

Mencap

0808 808 1111

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

Mencap provide a wide range of support services to those with learning disabilities.

Papworth Trust

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

Papworth Trust is a local charity in the East of England that can help those with learning disabilities by supporting in finding work, housing, care etc.

Suffolk Coalition of Disabled People

01473 557577

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

The Suffolk Coalition of Disabled People enables the voices of disabled people in Suffolk to be heard and understood. Their website has a range of information and support.

Disability Advice Service- East Suffolk

01394 387070

<http://www.daseastsuffolk.org/>

Disability Advice Service can be emailed or called directly for any support needed by those with disabilities living in the East Suffolk region.

North East Essex

Physical Activity and weight management

Essex Lifestyle Services – Provide

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

E: provide.essexlifestyles@nhs.net

T: 0300 303 9988

The Get Active course - is a free 3 week introduction to exercise programme. This programme will give you the opportunity to: Try a range of gentle taster exercise sessions, Access information and support and benefit from free/ discounted exercise vouchers.

ACE Lifestyle

<http://acelifestyle.org/>

0800 022 4524

My Weight Matter - 12 week structured course using the latest evidence and guidance from the NHS and other nationally accepted sources. Devised by dietitians, psychologists and exercise specialists, the programme combines dietary advice, physical activity and tips to help you gain control.

Active Essex

<https://sportsuite.activeessex.org/a-z>

Provides a directory of physical activity classes and events in Essex.

Let's Keep Moving

07730040559

<https://www.activeessex.org/lets-keep-moving-clacton/>

Let's keep moving in Clacton encourages older adults to increase their activity levels and offers support sessions for this purpose.

Walking Britain

<https://www.walkingbritain.co.uk/Essex-walks-list>

With over 20,000 pages of free walking information, "Walking Britain" offers a wide range of walks in Essex. The routes range from easy circular walks to challenging mountain walks all the routes are free to download and print.

Harwich Sports Centre

01255 504380

<https://www.tendringdc.gov.uk/leisure/leisure-centres-and-pools/harwich-sports-centre>

Providing local community leisure facilities in Harwich.

Clacton Leisure Centre

01255 686688

<https://www.tendringdc.gov.uk/leisure/leisure-centres-and-pools/clacton-leisure-centre>

Providing local community leisure facilities in Clacton.

Dovercourt Bay Lifestyles

01255 686176

<https://www.tendringdc.gov.uk/leisure/leisure-centres-and-pools/dovercourt-bay-lifestyles-0>

Providing local community leisure facilities in Dovercourt.

Walks in Tendring

<https://www.tendringdc.gov.uk/leisure/sport-recreation/walks-tendring>

A list of walks 1.5 miles+ in the Tendring District area.

Walking for Health

<https://www.walkingforhealth.org.uk/walkfinder/East%20of%20England>

Website with a catalogue of local walks in North East Essex.

Cycling in the Tendring District

<https://www.tendringdc.gov.uk/leisure/sport-recreation/cycling-tendring>

A list of cycling routes in the Tendring District area.

Park Run

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

Organised weekly 5km run (9am Saturday) Can be enjoyed at any pace.

Colchester Fitness

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

Local gym in Colchester.

Colchester Leisure World

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

Gym franchise with locations in Colchester, Highwoods and Tiptree.

Man Vs Fat

Phone: 0333 006 8331

Email: football@manvfat.com

<https://www.manvfatfootball.org/Leagues/FindALeague>

Multiple locations across North East Essex! MAN v FAT Football is for men with a BMI of 27.50 or over. Over 90% of players lose weight and get fitter, why not join them from just £27.50 a month! Weight in before each game to track your progress, score points for weight loss AND goals on the pitch.

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<https://menssheds.org.uk/>

There is one 'shed' in the vicinity of North East Essex.

Smoking Cessation

Essex Lifestyle Services – Provide

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

E: provide.essexlifestyles@nhs.net

T: 0300 303 9988

The service offers a free programme offering a maximum prescription of 12 weeks Champix medication and nicotine replacement products as appropriate.

Mental Health

Health in Mind

<https://www.northessexiapt.nhs.uk/north-east-essex/about>

0300 330 5455

hpft.healthinmind@nhs.net

Health in Mind offers a range of different options for supporting you including; Cognitive Behavioural Therapy (CBT), Guided Self-Help (GSH), counselling, workshops and courses. Your initial assessment will assist with identifying the most appropriate option.

Futures In Mind

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

Futures in Mind offer support with recovery from mental health problems.

Samaritans

116 123

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

Samaritans is a unique charity dedicated to reducing feelings of isolation and disconnection that can lead to suicide.

Helps For Heroes

0300 303 9888

<https://www.helpforheroes.org.uk/get-support/mental-health-and-wellbeing/>

Help for Heroes is a charity that provides numerous services including support with mental health issues for both current servicemen and women and veterans in the UK.

Mind- Essex

01206 764600

<https://mnessexmind.org/>

MIND is a nationwide charity that offers support to those struggling with their mental health.

Substance Abuse

Open Road

0844 499 1323

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

Open Road provides services to support individuals on their journey to recovery from drug and alcohol addiction.

Futures In Mind

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

Futures in Mind provides advice and support for those with substance misuse issues.

Carers Support Services

Essex Carers Support

01255 474410

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

Essex Carers Support is a non-profit Charity that provides support and advice for Carers in Essex.

Carers First Essex

0300 303 1555

<https://www.carersfirst.org.uk/essex>

Providing support services for Carers in Essex.

Action for Family Carers

0300 770 8090

<https://affc.org.uk/>

Action for Family Carers (AFFC) is a local charity for unpaid carers and their families in Essex and offer support for those in need.

Dementia

Alzheimers Society

0333 150 3456

www.alzheimers.org.uk

Services for people with dementia and their carers.

North East Essex CCG- Dementia Information

<https://www.neessexccg.nhs.uk/dementia-1?route=dementia-1>

Website page with information around dementia and its symptoms.

Ageing

Age UK- Essex

01245 346106

<https://www.ageuk.org.uk/essex/>

Age UK Essex is a local charity working in the community to support older people.

Domestic Abuse Support Services

COMPASS

0330 333 7444

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

COMPASS is a single point of access funded by Essex County Council in partnership with the Office of Essex Police, Fire and Crime Commissioner to support victims of domestic abuse across Southend, Essex and Thurrock.

The Next Chapter

01206 500585

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

The Next Chapter is domestic abuse charity working across the areas of Tendring, Colchester, Maldon, Chelmsford, Braintree & Uttlesford. They provide free and confidential services to support people who are currently experiencing or have previously experienced domestic abuse.

<https://www.essex.police.uk/advice/advice-and-information/daa/domestic-abuse/support-helplines/>

A list of helplines and organisations for those who have experienced or are currently experiencing domestic abuse.

Housing

Essex Government Housing Webpage

<https://www.essex.gov.uk/housing>

This webpage provides links to individual councils who can support with local housing.

Peabody

01206 773000

<https://www.peabody.org.uk/care-and-support/care-and-support-services/care-and-support-services-in-essex/essex-outreach-support>

Peabody provides an outreach support service to those who need advice. This support is short term, open to all over the age of 16 and is not dependent on a certain housing status.

Sanctuary Supported Living

<https://www.sanctuary-supported-living.co.uk/find-services/essex>

This webpage details a range of supported living services/locations within Essex.

Libraries

Essex County Council Libraries

<https://libraries.essex.gov.uk/>

Libraries in Essex can be used to acquire access to the internet via their computers.

Learning Disability Community Services

Scope

0808 800 3333

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

Scope is a national charity that aims to provide support and advice to those with disabilities.

Mencap

0808 808 1111

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

Mencap provide a wide range of support services to those with learning disabilities.

North East Essex CCG- Learning Disabilities Information

<https://www.neessexccg.nhs.uk/learning-disabilities>

Webpage with information around NHS services for those with learning disabilities in Essex

Essex NHS Learning Disability Partnership

<https://www.hpft.nhs.uk/services/learning-disability-services/essex-learning-disability-partnership/>

Information around the learning disability partnership in Essex. Webpage also contains information on the community learning disability teams and how to refer to these teams.

Learning and Support Services

01371 502018

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

Learning and Support Services are there to help those with learning disabilities in Essex with a range of care services.