

## Sexual health services **S P**

Sexual health services include access to contraception, testing and treatment of sexually transmitted infections, plus support and information about safer sexual relationships. To find out more and where your nearest clinic is, visit:

[www.wiltshire.gov.uk/sexualhealth](http://www.wiltshire.gov.uk/sexualhealth)

## Substance Misuse Service **S P**

The Wiltshire Substance Misuse Service provides information, education, advice, support and guidance about alcohol and drugs. Free and confidential, the service provides support to adults seeking further information and advice as well as those needing a proper assessment and help.

**Call:** 0345 603 6993

**Visit:** [www.wiltshire.gov.uk/drugalcoholmisuse](http://www.wiltshire.gov.uk/drugalcoholmisuse)

**For further information on local activities that can help to get everybody active everyday visit: [www.activewiltshire.org.uk](http://www.activewiltshire.org.uk)**



# Wiltshire Council Health Improvement Services

**Wiltshire's  
community  
based Health  
Improvement  
Services provide  
free support and  
advice to help  
people to lead a  
healthier lifestyle**



Information about Wiltshire Council services can be made available on request in other languages including BSL and formats such as large print and audio.

Please contact the council by telephone 0300 456 0100 or email [customerservices@wiltshire.gov.uk](mailto:customerservices@wiltshire.gov.uk)

# Health Improvement services include:

## The Health Trainer Programme **S** **P**

Health Trainers provide one to one support to help adults to lead healthier, more active and high-quality lives by taking more responsibility for their own physical and mental wellbeing. They will support adults to improve general wellbeing; build self-confidence and motivation; be more active; eat healthier food and be a healthy weight; reduce or stop smoking and drink less alcohol. In addition Health Trainers will also signpost to local services and activities.

**Call:** 0300 003 4566

**Email:** [health.trainers@wiltshire.gov.uk](mailto:health.trainers@wiltshire.gov.uk)

**Visit:** [www.wiltshire.gov.uk/healthtrainers](http://www.wiltshire.gov.uk/healthtrainers)

## Stop Smoking Service **S** **P**

The Wiltshire Stop Smoking Service offers free, friendly, non-judgmental advice for anyone who wants to stop using tobacco. Support can be found in over 100 locations across the county or over the telephone. We can help with evidence-based support and licensed medications to become smoke free.

**Call:** 0300 003 4562

**Email:** [wiltstopsmoking@nhs.net](mailto:wiltstopsmoking@nhs.net)

**Visit:** [www.wiltshirestopsmoking.co.uk](http://www.wiltshirestopsmoking.co.uk)

## Health Matters Programme **S**

A nurse led health advice and information service in twelve of Wiltshire's libraries. Weekly, half day, drop-in sessions provide an opportunity to have a chat with a health professional and to have easy access to leaflets and general health information.

**Visit:** [www.wiltshire.gov.uk/healthmatters](http://www.wiltshire.gov.uk/healthmatters)

**S** Self referral

**P** Professional referral

## Active Health (Physical Activity on Referral Scheme) **P**

The scheme provides a variety of physical activity opportunities. These programmes are available across the county in leisure centres and other local facilities, at a reduced rate. To find out more about Active Health please speak to your general practice.

**Call:** 01225 716674

**Visit:** [www.wiltshire.gov.uk/activehealth](http://www.wiltshire.gov.uk/activehealth)

## Mental health and wellbeing **S**

If you need to talk to someone about something that is troubling you, or are worried about your mental health, you can contact the Samaritans on 08457 90 90 90 at any time or make an appointment to see your GP. For more information visit: [www.wiltshire.gov.uk/mentalhealthwellbeing](http://www.wiltshire.gov.uk/mentalhealthwellbeing)

## Slimming on Referral **P**

The Slimming on Referral programme allows adults with a BMI of 30 or over (28 if certain health conditions are present) to attend a local Weight Watchers or Slimming World group for 12 weeks. Please speak to your doctor or practice nurse for further details.

To find out your BMI visit:

[www.nhs.uk/bmi](http://www.nhs.uk/bmi)

(GP referral only)

## Top tips on diet, activity and healthy weight

If you need further information about achieving a healthy weight, we have produced some information to help. Keeping to a routine, eating your **five a day** and aiming for **150 minutes** of moderate activity a week over at least five days are helpful pointers. For more information on healthy weight and top tips please visit:

[www.wiltshire.gov.uk/healthyweight4life](http://www.wiltshire.gov.uk/healthyweight4life)