

Wiltshire Council Housing - Healthy living guide

Welcome to your Healthy Living guide where you will find all the information and support you need, to achieve a Healthy Home and Lifestyle.

Better homes

We have some great solutions for those of you who may have on-going damp issues, check out the link below:

Repairs and Maintenance - Wiltshire Council

www.wiltshire.gov.uk/article/5868/Repairs-and-Maintenance

Could you do with some help to de clutter? Many of us put off that big clear out. Find out where you can donate unwanted items here:

Salisbury Furniture Shop - The Trussell Trust

www.trusselltrust.org/shop/salisbury-furniture-shop/

Have you been putting off a spring clean or are you having difficulty in keeping on top of your housework? Here are some helpful links:

Helping someone who is hoarding - Mind

www.mind.org.uk/information-support/types-of-mental-health-problems/hoarding/about-hoarding/?gclid=EAIaIQobChMIhJLQmN2i-AIVRertC

Hoarding disorder - NHS (www.nhs.uk)

www.nhs.uk/mental-health/conditions/hoarding-disorder/

Are you interested in finding out how to keep your home secure:

wiltshirebobbyvan.org.uk/

If you are struggling with day-to-day tasks due to disability or mental health and need some support there is help at hand, look at this:

Adult care - Wiltshire Council

www.wiltshire.gov.uk/adult-care



Signs of damp



A tidy space



Better Homes
Better Neighbourhoods
Better Lives

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Better neighbourhoods

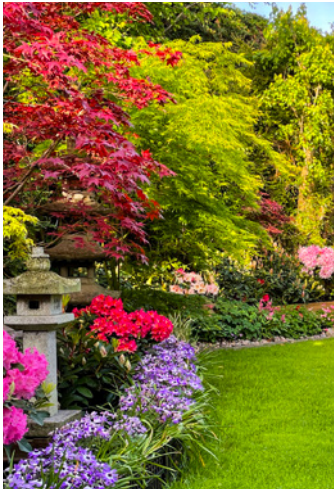
Making the most of your garden spaces

Gardening can come naturally to some of us, but this is not the case for many. If you feel that you could be doing more with your garden and need some tips for garden maintenance, vegetable growing, and planting bee friendly plants then look at this:

www.wildlifetrusts.org/actions/best-plants-bees-and-pollinators

Wildlife and The Environment (garden-care.org.uk)

garden-care.org.uk/



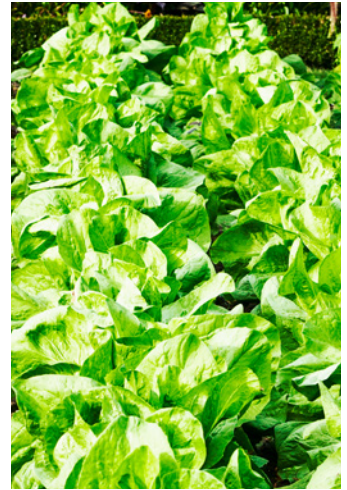
Traditional garden



Bee friendly flowers



Tomatoes



Lettuce leaves

Making the most of your communal outdoor areas

Our Small Improvement Bid opportunity could provide you and your community with support to access funds for communal garden improvements, more information and an on-line application form can be found here:

Small Improvement Bids application (wiltshire.gov.uk)

www.wiltshire.gov.uk/article/5107/Small-improvement-bids-scheme-2021-terms-and-conditions



Communal garden improvements

Better neighbourhoods

Yearly gardening competition

Don't forget we run our yearly gardening competition, there are some super prizes up for grabs, for more information contact the Resident Engagement team:

tenantparticipation@wiltshire.gov.uk or **0300 456 0117** option 5



Winners (Denise, Molly and Lesley)



Winners (Gemma and family)



Winner (Chris)

Allotments

Housing Newsletter and yearly Magazine

Our monthly digital Newsletter which is emailed to you has regular updates on Health and Wellbeing offers including communal garden improvement articles as does our yearly bumper edition housing magazine. Here is the magazine link:

www.wiltshire.gov.uk/housing-matters



Better lives

Your health

Do you think you could be doing more exercise? It maybe you like the idea of joining the gym but can't afford the fees or have low confidence, we can refer you to Wiltshire Councils Healthier Communities programme which can provide a year's free gym and swim membership at one of the county's Leisure Centres with specialised one to one support from a fitness coach. Here is the link:

Healthier communities - Wiltshire Council

www.wiltshire.gov.uk/leisure-healthier-communities

Wiltshire Councils Sports Development team have some great programmes running throughout the year with free sessions in the school holidays for younger folk, see what's going on in your area:

Club and coach development - Wiltshire Council

www.wiltshire.gov.uk/leisure-club-and-coach-development

It maybe you are unsure if you require some more exercise. Check out this Body Mass Index (BMI) link:

BMI calculator | Check your BMI - NHS | Please fill in your details (www.nhs.uk)

www.nhs.uk/live-well/healthy-weight/bmi-calculator/

You can access free support to improve your health from Wiltshire Councils Health Trainers, for more information take a look at the following:

Health Improvement Coaches

www.wiltshire.gov.uk/public-health-improvement-coaches

Find out how you and your community can access free health checks from the NHS:

NHS Health Check - NHS (www.nhs.uk)

www.nhs.uk/conditions/nhs-health-check/

You might want help to set up a walking group or access an outdoor gym, take a look at some of the county's parks and open spaces:

Parks and open spaces - Wiltshire Council

www.wiltshire.gov.uk/recreation-parks-open-spaces

Better lives

Food

Are you keen to improve your diet and look at some healthier mealtime options, check out some delicious and inexpensive healthy recipes here:

Healthy recipes and diet information - BBC Food

www.bbc.co.uk/food/diets/healthy

Cookery courses

Did you know we run cookery courses and demonstrations concentrating on healthy, easy and cost effective recipes? If you would like to join us then get in touch:

tenantparticipation@wiltshire.gov.uk or 0300 456 0117 option 5



A healthy dish

If you or anyone you know is at risk of going hungry or unable to obtain enough food please take a look at the help available:

Foodbank and Community Fridge - Salisbury Foodbank

salisbury.foodbank.org.uk/2019/04/24/foodbank-and-community-fridge/

Don't forget to check out Wiltshire Councils FUEL programme providing free activity and food in the school holidays for children:

FUEL programme - Wiltshire Council

www.wiltshire.gov.uk/leisure/fuel-programme

Better lives

Health and wellbeing

If you or anyone you know is struggling with their physical or mental health and need some support there is help at hand, look at this:

Prevention and Wellbeing Team | Your care Your support Wiltshire

adults.wiltshire.gov.uk/Services/1918

Did you know that evidence suggests there are five steps you can take to improve your mental health and wellbeing? Have a look at some things you can do to help you feel more positive and able to get the most out of life:

5 steps to mental wellbeing - NHS (www.nhs.uk)

www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing

Remember your health is important and you should contact your GP surgery if you have a health concern that is not an emergency. If you are not registered with a GP then take a look here to find a surgery near you:

Find a GP - NHS (www.nhs.uk)

www.nhs.uk/service-search/find-a-gp

Mental Health and finance support

Don't forget we have a dedicated income team who can offer support with mental health issues and those suffering financial difficulties:

Contact Housing Management - Wiltshire Council

www.wiltshire.gov.uk/housing-management-contact-details

Health for older people

Falls and their related injuries are a common and serious problem for older people. People aged 65 and older have the highest risk of falling. Having a fall can cause, pain, injury, loss of confidence and can be fatal, for more information on Health for older people click these links:

Health for older people - Wiltshire Council

www.wiltshire.gov.uk/public-health-older-people

Preventing falls & keeping your balance: the Saga guide - Saga

www.saga.co.uk/magazine/health-wellbeing/wellbeing/falls-guide

Age UK | The UK's leading charity helping every older person who needs us

www.ageuk.org.uk/



Better Homes
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Better lives

Family health

Spurgeons family centres are places where parents of children aged 0–11 years can share the challenges and joys of parenthood. The centres offer a range of activities and support services to help with all aspects of parenting, helping parents and carers to make sure their child gets the best start in life. To find out more here's their link:

Our Services – Spurgeons

Dementia Awareness

If you are concerned about or living with dementia support is available. Take a look at the following links:

Dementia Support Wiltshire | Alzheimer's Society ([alzheimers.org.uk](https://www.alzheimers.org.uk))

Social

It could be that you or a member of your family is housebound and feeling isolated as a result? The Resident Engagement Team host a weekly on-line quiz. The team also support customers in setting up face-to-face social and community groups. For more information get in touch with us:

tenantparticipation@wiltshire.gov.uk or 0300 456 0117 option 5



Our quizzers



Darts group

Find out what groups and activities are available throughout the county here:

Community Engagement | Silver Salisbury | Salisbury

www.silversalisbury.co.uk/

Better lives

Learning support

It may be that you need to learn new skills for employment or simply to use the internet. Free courses are available with Wiltshire Councils Family and Community Learning team, here is the link:

Wiltshire family and community learning - Wiltshire Council

www.wiltshire.gov.uk/family-learning

Employment support

Are you struggling to find suitable employment or need help with your CV and interview techniques? There is specialised support at hand. Here are the links:

Contact Jobcentre Plus: How to contact Jobcentre Plus - GOV.UK (www.gov.uk)

www.gov.uk/contact-jobcentre-plus

Find your nearest Salvation Army | The Salvation Army

www.salvationarmy.org.uk/map-page



Job interview

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www.wiltshire.gov.uk

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