

To access lifestyle and wellbeing services:



Call:
01628 857311



Visit:
www.livewellstaywellbucks.co.uk



Ask:
Your health or social care professional



Provided by Buckinghamshire County Council, NHS Aylesbury Vale Clinical Commissioning Group and NHS Chiltern Clinical Commissioning Group



Live Well, Stay Well

Here to help you improve your health and wellbeing



Would you like to:

- ...live a healthier life and feel better about yourself?
- ...reduce your chance of developing long term health conditions?
- ...know more about your physical health condition, take less medication and manage it better with support?
- ...feel happier and improve your mood, as well as your physical well being?

How we can help

Changing habits and lifestyle is not always easy and sometimes we need a bit more support to help us achieve our goals. As part of this service, we can help you take some small steps to a healthier lifestyle.

Live Well, Stay Well can also support with the emotional challenges of managing a long term health condition, such as:

- Diabetes
- Heart Disease
- Stroke
- Chronic Obstructive Pulmonary Disease (COPD)
- Irritable Bowel Syndrome (IBS)
- any other long-term physical health condition.

How does it work?

Your first appointment will be a brief conversation over the telephone. This will help us understand your needs and direct you to the person or service who can best help you.

Having set yourself a goal or a 'personal plan', you will have the opportunity to select from a wide range of services to ensure you achieve success.

Services* designed to support you include:

- Lifestyle services (e.g. weight management, stop smoking, physical activity, drink sensibly services)
- Long term conditions self-management courses
- Telephone support and self-help materials
- Nutrition advice from the Community Dietetic Service
- New digital technologies (e.g. Apps and on-line health programmes)

What if I'm not sure what lifestyle changes I will benefit from?

Why not take our **5 minute health habit test** to find out?

www.livewellstaywellbucks.co.uk



** Most of our services are free. You will be notified of charges if they apply.*