

Health Advice and Guidance



Introduction

As we continue to navigate COVID-19 and adjust to a new way of living, prioritising your health and wellbeing can be difficult. This booklet contains advice on how to take care of your physical and mental health and information on where to get further support.

All the information contained in the booklet is also available on the council's website.

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Resident Support Scheme during Coronavirus

This section looks at support available to the community from North West Leicestershire District Council.



The Community Hub will be closing on the 30th of September. After this time, our housing team and customer services will be supporting residents with food parcels and other support.

Shopping services, prescription deliveries or befriending calls previously done by the Hub will no longer be offered. Instead, these services can be accessed by residents directly such as Morrison's doorstep delivery, Red Cross for prescription collection and various agencies for befriending such as Age UK.

For more information, call our housing team on **01530 454545** or follow:

<https://my.morrisons.com/doorstep-deliveries/>

<https://www.redcross.org.uk/get-help>

<https://www.ageuk.org.uk/services/befriending-services/>

Advice for Staying Healthy: Alcohol Advice

This information is designed to help people to adopt a healthier lifestyle through taking some simple steps. It includes why changes should be made and the support available to help achieve it. Here we are looking at **alcohol**



We often drink alcohol to change our mood, unwind, relax and reduce stress, particularly in difficult and anxious times. Occasional light drinking is perfectly healthy and enjoyable for many people. However, the after effects of alcohol can make you feel more stressed and can impact on how we function in our everyday life and our relationships with others.

Drinking more alcohol than recommended can cause many negative effects on health. Alongside the long-term effects such as increased risk of serious health conditions, there can be more immediate health issues such as a negative impact on sleep and mental health.

Here are a few simple tips to help:

- **Drink and think in units** - the recommended limit is to not drink more than 14 units a week; that means about six pints of lager or a bottle and a half of wine
- **Keep a drinking diary** - keeping a drinking diary for a few weeks will help you understand your drinking pattern
- **Pace yourself** - enjoy each drink slowly. It can help to only drink the drinks you really enjoy and skip the ones you're drinking for the sake of it
- **Try drinking low alcohol and alcohol-free drinks**
- **Stay hydrated** - have a glass of water before you have alcohol and alternate alcoholic drinks with water or other non-alcoholic drinks
- **Eat before and while you drink** - it will slow down the alcohol being absorbed into your bloodstream and help you pace yourself
- **Manage your weight** - alcohol contains lots of calories. Calories from alcohol are 'empty calories', they have no nutritional value
- **Have a few days off every week** - having a few alcohol-free days each week is a good way to cut down and give your body a rest
- **It's fine to say no!** - not everyone drinks alcohol, and it's fine to say no



Call Drinkline, which is the national alcohol helpline, if you are worried about your own or someone else's drinking. Call free on **0300 123 1110** (weekdays 9am-8pm and weekends 11am-4pm)

Turning Point is the commissioned substance misuse service for Leicestershire, Leicester and Rutland: <https://www.turning-point.co.uk/services/drug-and-alcohol-support.html>

Advice for Staying Healthy: Healthy Eating

This information is designed to help people to adopt a healthier lifestyle through taking some simple steps. It includes why changes should be made and the support available to help achieve it. Here we are looking at **healthy eating**



Eating a balanced healthy diet is a key part of maintaining good health and can help you to feel your best. It is recommended to proportion your food and drink between the different food groups to maintain a healthy body weight. You may be limited due to the availability of certain foods, but the following suggestions can help you to form a healthy diet and provide you with the necessary nutrients.

Here are a few simple tips to help:

- Aim for at least 5 portions of vegetables and fruits daily
- Base your meals around starchy foods such as potatoes, rice or pasta - choose wholemeal or high fibre versions if possible
- Include dairy or dairy replacements such as soya (choose unsweetened, calcium-fortified versions)
- Eat beans, pulses, fish, eggs and meat as a source of protein
- Meat is a good source of protein, vitamins and minerals, but try to eat less red and processed meats where possible
- Small amounts oils and spreads
- Drink plenty of water (6 to 8 glasses a day)

There are hundreds of recipe ideas, include specific store cupboard recipes and budget meals for large families at www.bbcgoodfood.com.

Change4Life has lots of advice, guidance, recipes and tips for healthy eating. Follow the link: <https://www.nhs.uk/change4life>

Healthy Eating

Eat Well Guide

The Eatwell Guide shows how we should be proportioning our food between each food group to achieve a healthy balanced diet.

The Eat Well Guide is available at www.nhs.uk/livewell/eatwell



Managing your weight

There are a number of resources available to support you or your family on a safe and sensible weight loss journey.

- The [NHS Weight Loss Plan](#) is a good starting point. A plan that has been downloaded over 7 million times and is recognised by Health Professionals
- The [Leicestershire Weight Management Service](#) view healthy eating, diet and exercise hand in hand. More information on portion control, healthy snacks, staying hydrated, good sleep and local advice and support is available here
- NHS [Lose weight - Better Health - NHS \(www.nhs.uk\)](#) has a weight loss plan, easy meals, tips on eating well for less and a BMI calculator

For further information on how you can get support to achieve and maintain healthy weight, please visit: www.leicestershirewms.co.uk or telephone **0116 3051510**.

Advice for Staying Healthy: Older People

This information is designed to help people to adopt a healthier lifestyle through taking some simple steps. It includes why changes should be made and the support available to help achieve it. Here we are looking at **older people**.



Ageing is inevitable for us all. By leading a healthy lifestyle into adulthood and beyond, many people remain fit and active as we get older. In many cases this helps the body to fight off some of the illnesses, ailments and injuries more common among older people.



Department of Health and Social Care (2021) Physical Activity Guidelines: Infographics. Available at: [Physical activity guidelines: infographics - GOV.UK \(www.gov.uk\)](https://www.gov.uk/physical-activity-guidelines-infographics) (Accessed 21/09/21)

Some physical activity is better than none: even light activity brings some health benefits compared to being sedentary. If you are unable to do standing exercises, begin by trying these gentle seated exercises:

- Knee Raises – sit in an upright position with knees and feet together. Hold chair arms for support. Raise one knee, keeping knee bent then return to start position
- Knee Extension – Sit in an upright position with knees and feet together. Hold chair arms, extend one leg, keeping knee straight. Point toes upwards and bring/tilt foot back towards you

Older People

Healthy At Home

We think being physically active is more important than ever. Being active in a way that is right for you can improve your physical health, help you manage stress and anxiety and just generally make you feel better.

More information regarding Healthy At Home and movement recommendations for Older People can be found at:

<https://active-together.org/healthyathome>

https://www.nwleics.gov.uk/pages/healthy_at_home

Steady Steps

Active Together are implementing a free postural stability programme called Steady Steps. Steady Steps is a 24-week programme tailored to those who has previously fallen or worry about falling and is designed to improve balance and stability.

People are eligible for the Steady Steps programme if they are aged over 65, are at risk of falling or have fallen less than three times in the past 12 months.

Contact Tom: tom.bodle@nwleicestershire.gov.uk or **01530 454839** for more information.

Here are some top tips to help prevent falls:

- **Look after your feet** - make sure your shoes/slippers keep your foot firmly in place. Avoid narrow heels, open backs or worn soles
- **Stay well** - eat healthily and regularly and always take your medicines on time and as prescribed
- **Look after your eyes** - have your eyes tested regularly – it's free if you're over 65
- **Stay active, stay steady** - try to do 30 minutes of moderate activity every day to help you maintain balance and muscle strength – this could be split into 3 x 10 minute sessions across the day.
- **Look after your home** - replace worn floor coverings, remove clutter and ensure your home is well lit.

By visiting <https://www.active-together.org/falls-prevention> you can watch a video produced by Leicester, Leicestershire and Rutland (LLR) Falls Prevention Group which demonstrates a series of simple exercises designed to help you improve your health and wellbeing and reduce your risk of falling.

For further information on being active at home, working from home and wellbeing at home please visit:

<https://active-together.org/healthyathome>

Advice for Staying Healthy: Physical Activity

This information is designed to help people to adopt a healthier lifestyle through taking some simple steps. It includes why changes should be made and the support available to help achieve it. Here we are looking at the importance of **physical activity**.

Physical Activity can have a positive impact on our health, lifestyle, motivation and energy.

For good physical and mental health, adults should aim to be physically active every day. Physical activity has a range of benefits including reducing stress, improving social connectedness and improving health outcomes in the future. It is important to note that any activity is better than none, and more is better still.

It is recommended that adults aged 19 to 64 should aim to accumulate at least 150 minutes of exercise each week. This can be achieved in “snacks” – such as moving for 3 x 10-minute periods for 5 days throughout the week.

Adults should aim to minimise the amount of time spent being sedentary, and when physically possible should break up long periods of inactivity with light physical activity.

Useful Resources

North West Leicestershire Health and Wellbeing:

https://www.nwleics.gov.uk/pages/living_healthily

Sport England Active at Home Guide. A guide to being active at home during the coronavirus outbreak:

www.sportengland.org/news/new-booklet-help-older-adults-keep-active

When it comes to finding ways to move, there is no one-size-fits-all solution. In fact, there are many, many ways to be active. Check out these websites for suggestions:

www.weareundefeatable.co.uk

<https://www.active-together.org/toolsandresourcesmakeyourmove>

Physical Activity

Being physically active doesn't have to mean going to the gym or going for a run. It also includes activities such as gardening, cleaning, carrying shopping, walking, yoga. It's important to start somewhere!

There are various opportunities for physical activity within North West Leicestershire. These include outdoor routes, groups and sessions such as an allotment project, cycling lessons, yoga, walking football and steady steps.

For information on local activities, please contact:

Georgia James: georgia.james@nwleicestershire.gov.uk, 01530 454735

Tom Bodle: tom.bodle@nwleicestershire.gov.uk, 01530 454839

https://www.nwleics.gov.uk/pages/walking_and_running or follow us on [facebook@nwlhealthteam](https://www.facebook.com/nwlhealthteam) or [twitter@nwlhealth](https://twitter.com/nwlhealth)

National Forest

The National Forest is right in the heart of the country, embracing 200 square miles of the Midlands. It is a great place to take a walk, ride a trail, admire a view, get some fresh air and enjoy the psychological benefits of being out in nature - the National Forest is a natural playground with many things to do.

For more information, please visit <https://www.nationalforest.org/>



Advice for Staying Healthy: Smoking

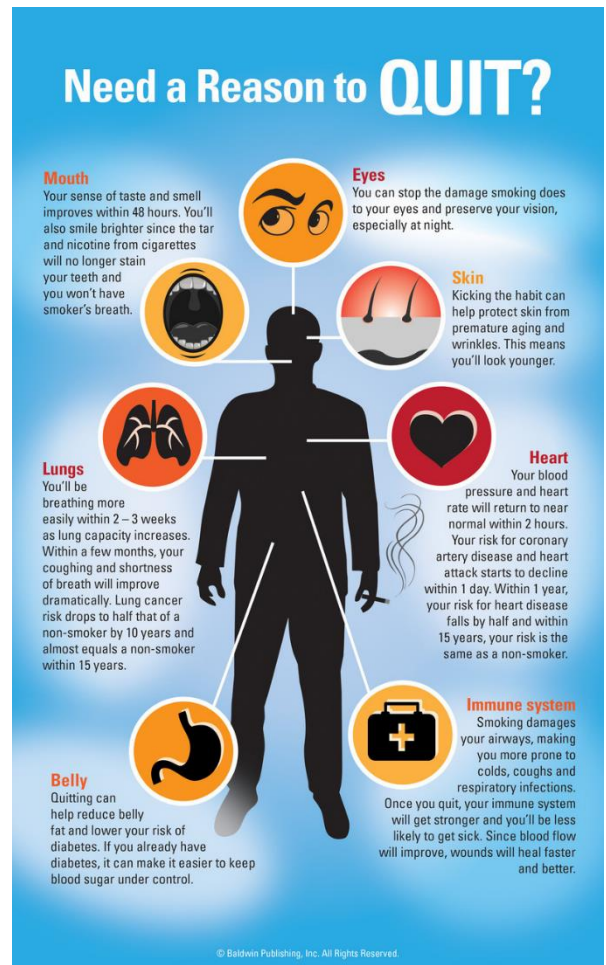
This information is designed to help people to adopt a healthier lifestyle through taking some simple steps. It includes why changes should be made and the support available to help achieve it. Here we are looking at **smoking**.

Giving up smoking at any age is the most beneficial thing you can do to improve your health. Taking steps to reduce or stop smoking will offer many health benefits, including improving lung function and reducing the risk of lung infections such as bronchitis and pneumonia.

Smoking also has a negative impact on children and young people. Those that live in a household where there are other smokers are three times more likely to become regular smokers themselves.

Here are a few simple tips to help you quit:

- Think positive - you might have tried to quit smoking before and not managed it, but don't let that put you off
- Make a plan to quit smoking - make a promise, set a date and stick to it
- Identify when you crave cigarettes - a craving can last 5 minutes. before you give up, make a list of 5-minute strategies to distract you
- Get some stop smoking support - if friends or family members want to give up, suggest that you give up together
- Get moving - even a 5-minute walk or stretch cuts cravings and may help your brain produce anti-craving chemicals
- Make a list of reasons to quit - keep reminding yourself why you made the decision to give up



UVA Health (2021) Infographic: need a reason to quit smoking? Available at: [Infographic: Need a Reason to Quit Smoking? \(uvahealth.com\)](https://uvahealth.com/infographic-need-a-reason-to-quit-smoking/) (Accessed 21/09/2021)

Did you know that you're up to 4 times more likely to quit successfully with expert help and advice? You can call **Quit Ready** on **0345 6466666** or text 'Ready' to **66777**

For further advice including a personal quit plan, please follow the link:

<https://www.nhs.uk/better-health/quit-smoking/>

Advice for Staying Healthy: Mental Health

This information is designed to help people to adopt a healthier lifestyle through taking some simple steps. It includes why changes should be made and the support available to help achieve it. Here we are looking at **mental health and wellbeing**.

Looking after our mental health is as important as looking after our physical health. Mental health problems are more common than people think. One in four people will be affected by mental illness in any year.

Following the steps below can help to protect good mental health and wellbeing:

- **Keep active** - exercise can lift your mood, be an outlet for stress and help you sleep better
- **Eat well** - certain vitamins and minerals found in oily fish, fruit and vegetables and wholegrain foods can provide vital nutrition to help with common mental health problems
- **Stay hydrated** - water is important for mental health. Alcohol dehydrates and is a depressant so drink in moderation
- **Talk about your feelings** - ask for help from friends, family or community group. It isn't a sign of weakness to talk about your feelings; it's part of taking charge of your wellbeing
- **Be creative** - read a book, listen to music, play a game, draw or paint
- **Take a break and relax** - learn relaxing breathing techniques or go for a walk. Give yourself space to think, rest and play
- **Connect with nature** - get as much sunlight and fresh air as you can as this can have huge benefits on your mood and reduce stress levels

Find out more about mental health: www.mind.org.uk

For free useful resources and information visit: www.getselfhelp.co.uk

For expert advice and practical tips visit: <https://www.nhs.uk/every-mind-matters/>

Mental Health Matters

Mental Health Matters offer support services in North West Leicestershire. People can self-refer to this service on **0300 323 0189** or email

leicestershireandrutlandmhm@nhs.net. There is also a 24/7 free helpline service for people to call if feeling they need to chat with someone on **0300 323 0187**.

If you are worried about your own mental health or someone's you care about and it doesn't seem to be getting better, please talk to your GP. For further help and support, contact the Samaritans on **116 123** or jo@samaritans.org

If you need urgent NHS mental health support, call the central access point, open 24/7 on **0808 800 3302**.

Advice for Staying Healthy: Feelings about restrictions easing

This information is designed to help people to adopt a healthier lifestyle through taking some simple steps. It includes why changes should be made and the support available to help achieve it. Here we are looking at **feelings about restrictions easing**.



Lockdown has been very difficult and brought about many challenges for people. With restrictions now easing you may not feel entirely positive about the changes.

These feelings could change on a daily basis but it's important to remember that there is no 'right' or 'wrong' way to feel about restrictions easing. These feelings will be shaped by your lockdown experience, challenges you have faced as well as how the situation has affected you and your loved ones.

You might feel:

- Anxious or scared that the risk may increase for you or your family – such as returning to the workplace and school
- Stressed - about the future and finances
- Unprepared – not feeling ready for restrictions to end and you may want to stay in your lockdown routine
- Under pressure – to adapt back to a different routine

What could help?

- Talk about your feelings – open up to trusted friends or family. It isn't a sign of weakness to talk about your feelings; it's part of taking charge of your wellbeing
- Talk to your line manager and colleagues about how you are feeling
- Keep active - exercise can lift your mood and be an outlet for stress

Advice for Staying Healthy: Sleep

This information is designed to help people to adopt a healthier lifestyle through taking some simple steps. It includes why changes should be made and the support available to help achieve it. Here we are looking at the importance of **sleep**.

We can all suffer from periods of disruption to our sleep, particularly in difficult and anxious times. Problems with our sleep can affect how we function in our everyday life and our relationships with others, including family, friends, carers and work colleagues.

POLAR.

SLEEP HYGIENE TIPS

Sleep plays an essential role in optimizing health and well-being. Conversely, inadequate sleep can cause a whole host of negative mental and physical side effects.

Incorporate the below tips and techniques to ensure you get a great night sleep and wake up feeling revitalized to take on the day!



Polar (2021) Sleep hygiene tips: infographic. Available at: [Sleep hygiene tips | Infographic | Polar Blog](#) (Accessed 21/09/2021)

Advice for Staying Healthy: Suicide Prevention

This information is designed to help people to adopt a healthier lifestyle through taking some simple steps. It includes why changes should be made and the support available to help achieve it. Here we are looking at **suicide prevention**.

Help for suicidal thoughts

If you're feeling like you want to die, it's important to tell someone. Help and support is available right now if you need it. You don't have to struggle with difficult feelings alone.

You could phone a helpline. These free helplines are there to help when you're feeling down or desperate. Unless it says otherwise, they're open 24 hours a day, every day. There is also a range of support available online.

- **Samaritans (www.samaritans.org)** – call **116 123**
Email jo@samaritans.org
- **Start a Conversation (www.startaconversation.co.uk)** - suicide prevention website for Leicester, Leicestershire and Rutland (including support for those bereaved by suicide)
- **Campaign Against Living Miserably (www.thecalmzone.net)** CALM specifically exist to reduce male suicide and talking to men about how they're feeling.
Call **0800 58 58 58** – 5pm to midnight every day
Visit the webchat page (thecalmzone.net/help/webchat)
- For people under 35 - **What is papyrus hopelineuk? (papyrus-uk.org/hopelineuk)**
Call **0800 068 41 41** – Monday to Friday 10am to 10pm, weekends 2pm to 10pm, bank holidays 2pm to 5pm. Text **07786 209697**
Email pat@papyrus-uk.org
- For children and young people under 19 - **ChildLine (childline.org.uk)**
Call **0800 1111** – the number won't show up on your phone bill
- **Mens Health Forum (www.menshealthforum.org.uk)**

Talk to someone you trust. Let family or friends know what's going on for you. They may be able to offer support and help keep you safe. There's no right or wrong way to talk about suicidal feelings – starting the conversation is what's important.

For advice on how to start a conversation, follow the link for a short online suicide awareness training course: <https://www.relias.co.uk/hubfs/ZSA-GatewayModule-10012020/story.html>

Who else you can talk to? If you find it difficult to talk to someone you know, you could:

- Call your GP – ask for an emergency appointment
- Call **111** out of hours – they will help you find the support and help you need

Suicide Prevention

Important

For urgent help, contact Turning Point 24/7 crisis support on **0808 800 3302**

Is your life in danger? If you have seriously harmed yourself, call 999 for an ambulance or go straight to A&E.

Tips for coping right now

- Try not to think about the future – just focus on getting through today
- Stay away from drugs and alcohol
- Get yourself to a safe place, like a friend's house
- Be around other people
- Do something you usually enjoy, such as spending time with a pet

Worried about someone else?

If you're worried about someone, try to get them to talk to you. Ask open-ended questions like: "How do you feel about...?" Don't worry about having the answers. Just listening to what someone has to say and taking it seriously can be more helpful.

Self-Harm

Free online self-harm support for 14-19 year olds: <https://www.selfharm.co.uk/>

Suicide Bereavement

If you've been affected by suicide, please take a look at the following resources:

Support After Suicide Partnership: <http://supportaftersuicide.org.uk/>

The Tomorrow Project LLR provides one-to-one confidential support for those in Leicestershire and Rutland. Contact bereavement.leics@tomorrowproject.org.uk or call **0115 880 0280**

Survivors of bereavement by suicide (SOBS): <http://uk-sobs.org.uk/> or call **0300 111 5065**

Advice for Staying Healthy: Male cancers

This information is designed to help people to adopt a healthier lifestyle through taking some simple steps. It includes why changes should be made and the support available to help achieve it. Here we are looking at **male cancers**.

Prostate Cancer – signs and symptoms:

- Needing to pee more frequently, often during the night
- Needing to rush to the toilet
- Difficulty in starting to pee (hesitancy)
- Straining or taking a long time while peeing
- Weak flow
- Feeling that your bladder has not emptied fully
- Blood in urine or blood in semen (rare)

What increases the risks of developing prostate cancer?

- Age – most men diagnosed are over 65 but can affect younger men also
- Genetics and family history
- Lifestyle factors - being obese increases risk of more advanced prostate cancer
- Other medical conditions

For further information on prostate cancer please visit www.cancerresearchuk.org/about-cancer/prostate-cancer

Penile cancer - signs and symptoms:

- Bleeding from your penis
- A foul smelling discharge
- A rash on your penis
- A thickening of skin or raised patches on your penis
- Difficulty in drawing back your foreskin (phimosis)
- A change in the colour of your penis/foreskin or patches of skin

Who is at risk?

- Men over the age of 50
- Men who carry the human papillomavirus (HPV) – a common infection and for most people it causes no harm but some types of HPV cause genital warts, which can increase the risk of penile cancer.
- More common in men with a tight foreskin (phimosis)
- Men who smoke

For further information on penile cancer please visit www.cancerresearchuk.org/about-cancer/penile-cancer

Male cancers

Testicular cancer - signs and symptoms:

- A lump or swelling in the testicle
- A feeling of heaviness in the scrotum
- Discomfort or pain in a testicle or the scrotum

Who is at risk?

Younger men are more likely to get testicular cancer. Most common type of cancer to affect males between the ages of 15 and 49 years old.

For further information on Testicular cancer please visit

www.cancerresearchuk.org/about-cancer/testicular-cancer/risks-causes

Remember these are signs and symptoms for information only, but if you have any concerns please visit your GP.

Advice for Staying Healthy: Menopause

This information is designed to help people to adopt a healthier lifestyle through taking some simple steps. It includes why changes should be made and the support available to help achieve it. Here we are looking at **the menopause**.

The symptoms of the menopause can affect you both physically and mentally therefore it's very important to look after yourself during this time.

Common symptoms include:

- Hot flushes
- Night sweats
- Difficulty sleeping
- Joint pains and aches
- 'Brain fog'/ memory and concentration issues
- Mood swings/low moods and anxiety
- Vaginal dryness
- Discomfort during sex
- Lack of energy
- Lower libido
- Changes in skin elasticity or thickness

It's important to remember that symptoms differ in severity and frequency for each person. Always see your GP if menopausal symptoms are concerning you.

Self-care tips to improve health during menopause

Diet and Nutrition

- Try to eat a diet that is low in salt and saturated fats to reduce risk of cardiovascular disease
- Ensuring to get enough vitamin D and calcium in diet will help protect you from osteoporosis
- Eat plenty of fruits, vegetables, low fat milks and yogurts
- Avoiding possible trigger foods such as spicy food and caffeine which can cause hot flushes and night sweats

Regular Exercise

- Helps to improve and maintain physical health
- Reduces chances of developing osteoporosis
- Helps mental health and wellbeing
- Relaxing activities such as Yoga and Tai Chi help with mood swings

Menopause

Healthy Lifestyle

- Drink alcohol in moderation - alcohol is a trigger for hot flushes and night sweats. Try not to exceed 14 units of alcohol a week
- Stop smoking – smoking triggers hot flushes and also increases your risk for cardiovascular disease and osteoporosis
- Go to your health screening and speak to GP about symptoms if you are worried – especially if bleeding returns
- Discuss treatment options for menopausal symptoms including HRT and non-hormonal medication with GP
- Getting enough sunlight – vitamin D is important to keep bones strong
- Cognitive Behavioural Therapy (CBT) talking therapy can help with low mood and anxiety
- Speak to your employer if menopause symptoms are affecting your work to discuss if any adjustments are possible such as a desk fan
- Make sure to have 'me time' to be able to relax, such as practicing mindfulness or meditation

For more information, please visit www.nhs.uk/conditions/menopause

Advice for Staying Healthy: Preventing the risk of Diabetes

This information is designed to help people to adopt a healthier lifestyle through taking some simple steps. It includes why changes should be made and the support available to help achieve it. Here we are looking at **preventing the risk of diabetes**.



Three out of five cases of type 2 diabetes can be prevented or delayed by keeping a healthy weight, eating well and being physically active.

To find out if you are at risk of diabetes visit <https://riskscore.diabetes.org.uk/start>

You may be at risk of type 2 diabetes if:

- You are over 40 and white, or over 25 and African-Caribbean, Black-African, Chinese or South Asian
- There is a family history of diabetes
- You are overweight
- You have high blood pressure
- History of a heart attack or stroke
- History of schizophrenia, bipolar illness or depression, or if you are receiving treatment with anti-psychotic medication
- You've had polycystic ovaries, gestational diabetes, or a baby weighing over 10 pounds

There are things you can do to prevent type 2 diabetes

Keeping a healthy weight

- You should make sure your overall weight and body mass index (BMI) are within the healthy range. Visit www.diabetes.org.uk and www.nhs.uk to get help with this
- Check waist measurement – you can be at risk of type 2 diabetes with a large waist measurement
- A healthy measurement is different depending on your gender and ethnicity; generally, the aim is:
 - 80cm (31.5in) for all women
 - 94cm (37in) for most men
 - 90cm (35in) for South Asian men
- Eat a balanced diet
- Getting active

7 Key Steps to Diabetes Prevention

	Be more active.
	Eat fiber-rich foods.
	Eat whole grains.
	Lose weight.
	Make healthier choices.
	Don't Smoke.
	Drink in Moderation.

Diabetic Nation (2021) Diabetes prevention. Available at: [diabetes-prevention - Diabetic Nation](https://www.diabeticnation.org.uk/diabetes-prevention) (Accessed 21/09/2021)

Preventing the risk of Diabetes

For more information, please visit www.diabetes.org.uk and www.nhs.uk/conditions/Diabetes

Xyla Health and Wellbeing

Xyla Health and Wellbeing has been selected as one of five providers to deliver the NHS Diabetes Prevention Programme across the UK. This programme focuses on helping people to reduce their weight, increase their physical activity levels and improve their diet, empowering them to take charge of their health and wellbeing and learn how to prevent diabetes.

For more information, please contact info@xylahealth.com or call **0333 577 3010**

Exercise Referral

The Exercise Referral Scheme is a partnership between North West Leicestershire District Council, Active Together, local health authorities, local councils, G.P practices and other health care professionals.

It offers people who are inactive, have a long-term physical or mental condition access to appropriate physical activity. The scheme lasts for 12 weeks and gives individuals the opportunity to participate in exercise:

- At a reduced rate
- At a convenient venue in the local community
- Under the guidance of qualified exercise professional

For further information, please contact Tom Bodle on tom.bodle@nwleicestershire.gov.uk or call **01530 454839**

Advice for Staying Healthy: Families with children and young people

This information is designed to help people to adopt a healthier lifestyle through taking some simple steps. It includes why changes should be made and the support available to help achieve it. Here we are looking at **families with children and young people**.

As we are returning to a new normal, it's natural to feel daunted or anxious. There is lots of information available online to help families keep active and deal with the anxiety that can be experienced by all family members. We have collated some relevant resources that may be useful to you at this time.

Children's safety and welfare remains a top priority for North West Leicestershire District Council, and we are very conscious that at this difficult time with potential support services being removed it is more difficult than ever for children, young people and families to cope.

To help to support those needs and enable children and young people to reach their full potential, we have listed a number of websites and organisations that have specialised resources and information that we hope you will find useful.

For all this information and resources, please visit:

<https://www.active-together.org/active-families>

<https://www.nwleics.gov.uk/pages/safeguarding>

[U0180 CYP RESOURCE PACK LEAFLET 05.pdf \(nwleic](#)

https://www.nwleics.gov.uk/files/documents/mental_health_support_for_children_young_people_and_families_during_covid_19/U0180%20CYP%20RESOURCE%20PACK%20LEAFLET%2005.pdf
[fs.gov.uk\)](#)

Active Families

The Active Families Project is run by the Children and Families Wellbeing Service and Home Start North West Leicestershire and helps to support families with young children through their challenging times. For more information, please follow: <https://www.home-start.org.uk/> or contact Katie Hayes at katie.hayes@nwleicestershire.gov.uk

Youth Engagement Activator

North West Leicestershire Council have specific Youth Engagement Activators who aim to help rebuild communities following on from the pandemic, specifically focusing on mental health and wellbeing of young people. For more information, please contact Katie Hayes at katie.hayes@nwleicestershire.gov.uk

Advice for Staying Healthy: Additional services and contact information

Local Area Co-ordinators

Our Local Area Co-ordinator aim to improve the health and wellbeing of individuals and communities. This helps to reduce demand on public services, preventing people from reaching crisis, and requiring costly care and support service.

Contact them on: anna.christie@leics.gov.uk or **07951 486 235**

Children and Families Wellbeing Services

The Children and Families Wellbeing Services provide early help services to a child, young person or family. They provide support to those who have, or still are, suffering from domestic abuse or with their mental health and wellbeing, or need some extra help with SEND, parenting or supporting vulnerable young people, including those who are at risk of crime.

Call the Children and Family Wellbeing Service Triage Team on **0116 305 8727**

GoLearn!

GoLearn! is an adult learning service in Leicestershire.

For more information, please contact adultlearning@leics.gov.uk or call **0800 988 0308**

Enrych

Enrych empowers adults living with a disability or poor mental health, particularly those who are socially isolated, to live the most active and independent lives possible. Their personal assistant support is a one-to-one person-centered service to increase independence and confidence at home and in the community and access leisure and learning activities. Enrych offers a wide range of inclusive activities, details of which can be found at www.enrych.org.uk

