



Health and Well-being Help



The Well Connected programme helps us take part in activities and services that improve our well-being (how we feel about ourselves and our lives). It's sometimes referred to as social prescribing or community referral. More information is online at the Elament website – www.elament.org.uk/self-help-resources/well-connected-programme or download the free mobile app from the App Store or Google Play – search for Well Connected Lanarkshire.



Weight to Go is NHS Lanarkshire's free weekly weight management group. The programme is held in local leisure centres in partnership with North Lanarkshire Council and South Lanarkshire Leisure & Culture. It's free to all residents aged 16+ years who want to lead a healthier Lifestyle. For further information or to register please email: W2G@northlan.gov.uk or call your local leisure centre to book your space.

Active Health

The Active Health Programme supports individuals to become more physically active. It can also assist people recovering from minor or even more serious illness. There is a General Programme and a more Specialised Health Class Programme, with additional support. Speak to your Health Care Practitioner/GP for a referral. For more information visit www.activenl.co.uk/active-health



NHS inform is Scotland's national health information service. It provides accurate and relevant information to help you make informed decisions about your health and the health of people you care for. Visit: www.nhsinform.scot

The Well Connected programme helps us



Giving up smoking is not something you have to do on your own. There are local Quit Your Way services available to help you succeed. There are a variety of free stop smoking options available, and our helpful advisers are here to support you every step of the way. Find out more information by calling your local Quit Your Way team helpline on 07813 569 289 (Monday to Friday, 9am to 5pm). For more information about quitting smoking, call 0800 84 84 84 or visit the Quit Your Way website: www.nhslanarkshire.scot.nhs.uk/services/quit-your-way

Being Active Outdoors

Being active doesn't have to involve going to the gym, playing sport or exercising vigorously for long periods of time. There are various ways to build physical activity into your daily routine such as walking & cycling. For more information on Greenspaces, Play Parks and Outdoor Gyms visit www.nhslanarkshire.scot.nhs.uk/services/weight-management-service/green-health/



Spending time in nature, either yourself or with family and friends, benefits your physical and mental health. For groups and activities for all seasons, visit the Get Outdoors Lanarkshire website: www.getoutdoorslanarkshire.com

Occupational Therapy Community Clinics

Monthly clinics are delivered for adults who are facing their first experience of mild to moderate mental health issues. Connecting you with local services and activities that may help you to improve your mental health and well-being. To self-refer yourself please call:

- 1. Airdrie: 01698 753003
- 2. Coatbridge: 01698 754600
- 3. Cumbernauld: 01236 789902