



**Nottinghamshire  
County Council**

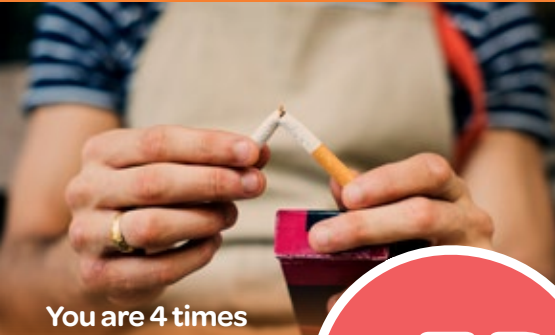


## QUIT SMOKING

For current smokers aged 12+

## LOSE WEIGHT

Adults with BMI 30-50  
Children 4 years+ with BMI 91st centile



You are 4 times more likely to quit for good with our help and support!



Lifestyle changes to help you lose weight and keep it off!



**FREE**  
integrated wellbeing  
service for  
Nottinghamshire\*  
residents

## MOVE MORE

Adults 18+ who are inactive

## DRINK LESS



Helping Nottinghamshire become more active!



Non-judgemental support to reduce alcohol intake!

\* Excluding city residents

# QUIT SMOKING

For current smokers aged 12+

Our Stop Smoking Service helps individuals quit smoking for good. Our dedicated and friendly stop smoking advisors deliver a range of 1-1 and drop-in sessions as well as phone and digital support. We provide a full range of free nicotine replacement therapy alongside weekly support from our stop smoking advisors. We will support you to understand why you smoke, manage your cravings, and deal with relapses.

# LOSE WEIGHT

Adults with BMI 30-50  
Children 4 years+ with BMI 91st centile

Losing weight and keeping it off can be hard. We take a realistic approach to weight management, no strict diets or exhausting exercise routines but a positive and realistic changes to achieve a healthy weight. All with the support of our friendly and positive advisors, providing you with encouragement, advice and maintaining a positive approach to managing your weight and health behaviours.

# MOVE MORE

Adults 18+ who are inactive

We offer physical activity (for those aged 18+ who complete less than 60-minutes moderate physical activity per week) – Getting more activity is important for everyone, no matter what your age or ability. We are here to support you with group activity sessions designed to be inclusive for all!

# DRINK LESS

We can support with simple, realistic messages to help reduce your alcohol intake. We deliver a range of 1-1 and group sessions that support people to reduce their alcohol intake and drink within the recommended guidelines. The supportive, non-judgemental sessions aim to raise awareness of the adverse health consequences associated with alcohol consumption.

## HOW TO REFER

Online: [www.yourhealthnotts.co.uk](http://www.yourhealthnotts.co.uk)

Or call us on 0115 772 2515

Telephone and Online Support Available



@hywnotts



@hywnotts



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