



Living Well is a partnership of services delivered by the Big Life group and Link4Life working together to help tackle the main causes of long term ill-health linked to lifestyle choice. Commissioned by Rochdale Borough Council, we provide integrated health and wellbeing services. Our services are free to use for anyone living in the borough who wants to:

- | | |
|----------------------------------|---|
| Reach a healthy weight | Reduce the risk of long-term ill-health |
| Eat healthily | Improve their oral health |
| Be more active and exercise | Tackle stress and low mood |
| Reduce their smoking or drinking | Find a healthier lifestyle for the whole family |

We understand that the current Coronavirus outbreak is one of the most challenging situations many have faced. Living Well has continued the service by redirecting face to face support to telephone, with WhatsApp and Zoom calls being available on request. We have a team of volunteers, champions and staff who are highly skilled in strengths based conversation, motivational interviewing techniques and wellbeing messages and they are here to support people in our communities.

We offer **Stop Smoking support**, providing vouchers for Nicotine replacement products by post and a vape option with the vape and products being delivered direct to your door. Advice on **Oral Health** via phone and post also offer handy hints to stay well during this time.

Health Trainers and Coaches are available to discuss what support is required, with coaching techniques being used to enable people to reach goals and stay connected with up to date advice. We also provide tools and techniques to encourage good well-being.

Our **Community Champions** are able to support with advice on debt and benefits and have friendly chats about any subject. **Wellbeing Activities over zoom** are available for residents and your patients, clients and services users. The sessions offered includes:

- | | |
|----------------------------------|--------------------------------------|
| 1 hour meditation | Early words together |
| Healthy cooking | How to stay active at home |
| Oral health chats | Lifestyle chat with a health trainer |
| Confidence building with a coach | Connect 5 awareness sessions |
| Crafty mindfulness | |

Our **Chatters calls** are for people who don't want to make changes but just want a simple friendly chat. Some chats already have been about favourite soaps, motorcycle restoration and local history. We use a strengths based approach in all we do and chat with people about the things they love, have knowledge in and skills they have a passion for.

During lockdown call us on **07702 691967** or refer by at email livingwellhmr@biglifecentres.com

Our office number is **01706 751190** and will direct you to the mobile number listed above.