

Hello from the city's **Healthy Lifestyles Team**

We are a local service providing support to those wishing to lead a healthier lifestyle

As the city opens up following a long period of restrictions it's a good time to focus on health and wellbeing. This edition offers lots of top tips plus a special focus on **Easing Back into Activity** which we hope will inspire you and give you the confidence to move more to feel healthy and happy. Enjoy!

If you need support or, further information about our services email

healthylifestyles@brighton-hove.gov.uk

or call **01273294589** visit:

www.brighton-hove.gov.uk/healthylifestyles



Our Healthwalks **Brighton & Hove Healthwalks** have provided friendly, volunteer-led walks for nearly 20 years!

We have now resumed a lot of our walks in parks and green spaces across the city and everyone is welcome. There are walks for all ages and abilities, and most of our regular walkers say their mental and physical health has improved and they have made new friends.

Starting a Healthwalk is a fantastic way to get out and about again post lockdown.

For more information and to register for walks please contact the team, and also keep an eye on our dedicated Healthwalks webpage and Facebook pages.



This autumn we welcome our new volunteer co-ordinator so look out for her as she gets out and about to meet all the walkers and volunteers.

For more information and to register for walks please contact the team and also keep an eye on our dedicated Healthwalks webpage and Facebook.



...It has been such a joy to be outdoors with others on a healthy walk



Our Stop Smoking Service

How would you benefit from stopping smoking?
Physically, financially, mentally?

Stoptober begins on 1 October and there's never been a better time to quit!



Stopping smoking is the best thing you can do for your own health – and of those around you. You'll start seeing the benefits immediately, not just for your health but also your finances.

Becoming smokefree can make people feel calmer and more positive, and evidence suggests it can improve mental health as much as taking antidepressants.

If you're over 18, live or work in Brighton & Hove and are looking for support to quit, contact the team about our Stop Smoking Service.



...Thank you for your great and consistent support. I truly believe I would not have been able to overcome my addiction without your support and advice



Our Health trainers can help you improve your health this autumn – winter.

This could be helping you set goals, keeping you motivated or finding other local support.



You can access free advice and will be encouraged to understand the benefits of improving your lifestyle and deciding what changes are important to you.

Have you ever wondered what stops you making healthy choices? We can help you understand what stops you and how to deal with any challenges which can make it more difficult.

If you're 18+ you can access our service; just contact the team. One of us can meet you up to six times; currently on the phone/email.



...There was kind encouragement without being judgemental or patronising



Our Active for Life Programme for Children and Young People



Did you know those under the age of 18 should be active for 60 minutes a day?

Getting your quota doesn't have to be all in one go; it can be in small chunks throughout the day, and it's now easier to achieve this as the city has opened up. Our Active for Life sessions can help keep activity levels up and we are so pleased that we are starting to run sessions again with more to follow:

Active for Life Club (7-11)	Our fun & friendly after school sessions with a variety of games and sports
Young Dancers Collective (11-16)	Contemporary dance run in a professional studio. All abilities with beginners' welcome!
Girls Get Active (11-16)	A fun introduction to the gym for young women with optional Zumba, Spin, Pilates, Yoga and HIIT
StreetGames (11-18)	StreetGames keeps young people active while making new friends. Choose a sport or activity to take part in each week



October Half Term Activities



Our ever-popular Soup & Stomp events will be back at October Half Term.

Come along as a family to make a warming soup, before heading out on a Health Walk, then back to eat the soup!

For information about current sessions and any new offers as restrictions lift please contact us.

- In addition, there are lots of free resources online to get active as a family such as
- **Active Hub - Your School Games:** Active Recovery online bank of resources, and the
 - **NHS 10 Minute Shake Ups - Disney Shake Up Games - Change4Life** (www.nhs.uk)
Disney inspired 10-minute activity challenges for primary aged children.

Skateboarding, BMX riding and scootering anyone?



The city has some great skateparks where we run beginners skateboarding tuition with equipment provided.

Our 'Go Skate' mental wellbeing programme for 12-16 year-olds happens at Brighton Youth Centres Skatepark. Our mobile skatepark is available for hire on request.

For information contact the team on 01273 294589 or visit: www.brighton-hove.gov.uk/goskate and www.brighton-hove.gov.uk/skateparks





Eat well for Better Health

Many of us, for a host of reasons, have gained weight during lockdown.

Simply making small, simple changes to what and how much you eat and drink can really help you lose those pounds and boost your health. There is lots of information on www.nhs.uk/better-health/ and the NHS Weight Loss Plan App is free to download.

“... the team really helped me to think about my diet a bit more carefully too”



Yummy Harvest Bakes

The common view is that baking and healthy eating don't go together. However a few tweaks can make a cake healthier without compensating on taste. We can swap butter for oil which makes the cake lighter and use fruit as a healthy option as it's naturally sweet.

We hope you enjoy our Healthier Spiced Apple Cake recipe. You can also find more healthier baking ideas under **10 tips for healthier baking - Heart Matters magazine** (bhf.org.uk)



Spiced Apple Cake

Ingredients

- 500g apples
- 100g sugar
- 150ml sunflower oil
- 250g SR flour
- 100ml milk
- 1 tsp baking powder
- 2 eggs
- 1 tsp cinnamon
- 1 tsp mixed spice

1. Preheat the oven to 190 °C and line a baking tin with baking paper, if available. Alternatively, you can thinly grease your tray with a little bit of oil.
2. Peel the apples and cut them into quarters. Remove the cores and cut the apples into thin slices. Put them in a bowl.
3. Mix the flour, baking powder, cinnamon and spice in a large mixing bowl.
4. Take a separate bowl. Whisk your eggs, sugar, oil and milk thoroughly. Add them to the flour mix and combine.
5. Toss your apples into the mixture and stir well.
6. Pour the mixture in your baking tin and bake for 1 hour (or until it is well risen and golden on top). Leave it cool for 10 min and enjoy!
7. TOP TIP: Wrapped up tightly, you can freeze your cake.

CLANG as your 5 a day for positive wellbeing!

Research shows there are 5 simple things to incorporate into daily life to improve wellbeing. CLANG is a good way to remember what these are:

As lockdown eases, it is still important to pay attention to our wellbeing and that of those around us.

For the CLANG leaflet go to:
www.brighton-hove.gov.uk/five-ways-mental-wellbeing/

For further resources to help improve your enjoyment of life, self-confidence and engagement with the world go to:

Every Mind Matters

www.nhs.uk/oneyou/every-mind-matters

For young people

YMCA Online digital wellbeing
<https://e-wellbeing.co.uk/>

In need of immediate support?

Call the Sussex Mental Healthline for direct mental wellbeing support and signposting to other services. 24/7
0300 5000 101.

Suicidal? Need someone to talk to?

Call Samaritans on 116 123 and go to
www.preventingsuicideinsussex.org.

Also, the Grassroots Suicide Prevention App has ideas on keeping safe from suicide:

www.prevent-suicide.org.uk/find-help-now/stay-alive-app



Connect - with others



Learn - new things



be Active - to feel good



take Notice - of your senses and what's around you.



Give - to promote positive feelings

The less alcohol
you drink, the
lower your risk
for cancer



Alcohol causes 7 types of cancer, including breast, mouth and bowel cancer.

Find out about the link between alcohol and cancer and how to cut down <https://alcoholchange.org.uk/alcohol-facts/fact-sheets/alcohol-and-cancer>

It's safest not to drink more than 14 units of alcohol a week. If you are under 18, pregnant, or trying to become pregnant, the advice is to not drink any alcohol. Get support with your alcohol or drug use at www.brighton-hove.gov.uk/alcoholanddrugs

Easing back into activity

If you took a break from activity during the pandemic you are not alone!

The uncertainty of the last 18 months along with lockdown and the need for physical distancing made it challenging to remain active.

Thanks to the vaccination programme we are now able to revisit some of our familiar activities in a Covid-safe way.....

TAKEPART is back

Monday 20 September
- Sunday 26 September



TAKEPART everyone



It is timely that the award-winning TAKEPART Festival **is back**.

As we begin to adapt to a new normal it's a good time to celebrate active living for healthy, happy lives by trying something new or returning to a much-loved activity.

There are many ways to get involved – join with organisations and communities from across the city who are providing **FREE** have-a-go “try it” sessions.

You can also TAKEPART from the comfort of your own home! Tune in to an online “TAKEPART talk”; from sea swimming to skating, for all ages and abilities; there's something for everyone!



How will you TAKEPART?

www.brighton-hove.gov.uk/takepart

 #takepartBH

 facebook.com/BHhealthylife

01273 294589

FREE



ActiveAgeing for You!

The pandemic has been very challenging for everyone, and after long periods of shielding, socially distancing, or simply isolating to keep ourselves safe, many people tell us they feel hesitant about emerging post-lockdown.



Wednesday
22 September
10am – 2pm

For details on how to book and for information about other TAKEPART Active Ageing events go to the TAKEPART webpage or contact the team.

However, being active as we age is an excellent way to boost our health, so getting back into activity, when you are ready, could be very beneficial and help you feel more like your old self.

For those looking for confidence-building advice come along to our Healthy Lifestyles Active Ageing advisory morning at King Alfred Ballroom.

Book an appointment with one of the team, who will help you consider which activities you might enjoy and how to approach getting started.

You can also chat to us about healthy eating and then make yourself a healthy drink using our new smoothie bike.



Need more support with ActiveAgeing?

It's out there for you! Get in touch with our team using the contact details on the back page.

You can also get help and information on other services & activities from **Ageing Well; Brighton's one-stop shop** for the over 50's. It provides vital support to older people keeping them safe and connected in their community.

Call **07770 061072** for a chat or visit **ageingwellbh.org**



You can also find out about the fabulous **Ageing Well festival** which runs from **20 September - 4 October** and features a selection of activities to help you age well. Visit **www.ageingwellfestival.org/**

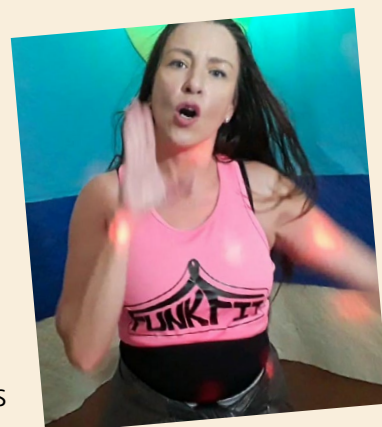
Looking for a session to try on a regular basis?

Our Active for life sessions offer a warm welcome and friendly face.

We support residents to get active offering free or low-cost classes for all ages and 1-2-1 advice for adults. This attracts people from all walks of life, levels of experience and all shapes and sizes; we welcome everyone.

Our Autumn/winter offer includes both covid safe face-to-face sessions and online activities. For adults we currently run Zumba, Pilates, Couch to 5K, In Shape for Life and Dancing for Health with more on offer as things continue to open up. For more information about our Children & Young People work go to page 3.

Call us, or go to **www.brighton-hove.gov.uk/activeforlife** for up to date info or book a 'Try it' session on the TAKEPART webpages (see p6).



Support for Carers



Can be found through the **Carers Hub** who can be contacted on **01273 977 000** or by email at **info@carershub.co.uk** Visit **carershub.co.uk**

Walking back to health..

Healthwalks are an excellent way to pick up your activity levels after a break.

The team run an extensive programme (see front page) and also two social walks for LGBTQ+ people, to improve fitness and get some fresh air. There's a shorter seafront and longer Downland walk to enjoy.



Healthwalks for people with a learning disability & their carers:

We are thrilled that this fun and supportive walk is up and running again. It takes place every Thursday, 10.30 - 11.30am at St Ann's Well Gardens. Walkers can also take part in Diary Challenges covering nature, colour, using the senses and discovering new things about the world around them.



Walking and Wheeling Month 2021

This October, children of all ages and their families will be encouraged to enjoy the benefits of walking.

Primary schools in the City will be taking part in Walk to School for Clean Air whilst Early Years settings will be involved in Walking and Wheeling for Clean Air Week/Month.

This is a great opportunity to focus on the physical and mental health benefits of being active as well as to improve the environment and road safety in the community.

Find out more at Walking to school (brighton-hove.gov.uk) and www.brighton-hove.gov.uk/walking-and-wheeling-clean-air-october-2021 (where you can also order free resources for early years settings)



Car Free Day - A liveable city for everyone



Car Free Day is celebrated across the world on or around 22 September. It encourages people to walk, cycle or use public transport, instead of using their car for the day.

The local theme of this year's Car Free Day is 'A liveable city for everyone', celebrating active and inclusive travel in Brighton & Hove.

A week-long programme of events and offers will take place across the city between 18 and 25 September. Find out more at: www.brighton-hove.gov.uk/car-free-day





The UEFA Women's EUROS is coming to Brighton!

The UEFA Women's EUROS is happening in Brighton next summer!

In the run up to the tournament, the local legacy team is encouraging women to get involved with the beautiful game by organising a range of events, including several for **TAKEPART** 2021.



Join our online talks:

Let's play! at 7pm and **Let's Lead!** at 7.45pm both on **20 September**.

Follow this by coming along to a **Women's Football Night** at Stanley Deason Community Leisure Centre on **23 September**.

Find out more and book your talk place visit: **TAKEPART** Everyone brighton-hove.gov.uk/takepart
To register for tickets for the Women's EURO 2022 matches, visit: <http://ow.ly/aRtt50FoVqc>

This Girl Can coming soon!

If you identify as being female and live in Brighton & Hove – keep an eye out for our new This Girl Can campaign over the coming months!

For inspiration, check out: www.sportengland.org/campaigns-and-our-work/this-girl-can



Did you know?



Any resident aged 16 and under in Brighton and Hove can swim for FREE in any public session?

Call **0845 803 5519** for more information or to register!
Swimming pools include Prince Regent, St Luke's and King Alfred Leisure Centre.

City Cycle map update...

Did you know there is now an excursions element to the city's online cycle map?

Linking to the National cycle network, these are perfect for cyclists looking for a day out.

For arts & culture lovers still wanting physical distancing this autumn there are new themed city rides, first of which is a cyclists' guide to the city's extensive commemorative plaque scheme. Future rides are proposed around public art and architecture.
www.brightonandhovecyclemap.com

New routes to explore brightonandhovecyclemap.co.uk

Customise and create your own cycle map



... I feel ready to get back into being active now

Sea Swimming as the cold weather returns...

With heaps of health benefits and the beach right on our doorstep, open water swimming is becoming popular.

Thinking of taking the plunge?

Remember, there are lots of great local clubs and coaches who you can support you if need some extra help and we also recommend checking with your doctor before sea swimming for the first time; especially if you have underlying health issues.

Here are our tips for safe sea swimming:

- Never swim alone and go to a familiar spot
- Wear a bright hat, a tow float and wetsuit for buoyancy and warmth
- Take a mobile phone in a waterproof pouch
- Check the weather and tidal information – if in doubt don't go out
- Enter the water gradually and never dive or jump in
- If you find yourself in trouble, FLOAT to live by leaning back and gaining control of your breathing.
- Wrap up warm after your swim – a warm drink helps too!

Celebratory return to the stage

Dance Active 2021 at The Brighton Centre on Saturday 11 December

Are you involved in a community dance group and would you like the chance to work towards a performance in December?

We are looking for groups of children and young people to join the cast of Brighton and Hove Dance Active; our annual showcase of all things dance!

Get in touch with the team for more information.



Brighter Outlook

Almost half (47%) of women in the UK do not check their breasts regularly.

But most breast cancers are found because women have spotted new or unusual changes. To see how to do regular checks and learn the signs and symptoms, visit www.speakupagainstcancer.org/breast-cancer

23% of breast cancer cases in the UK are preventable and doing regular physical activity keeping will reduce your risk by up to 25%

Look after your sexual health

Many sexually transmitted infections (STIs) have no symptoms, if you've had unprotected sex you can get a free STI or HIV home test from www.brightonsexualhealth



If you have breast cancer, keeping active will help during treatment and can help prevent recurrence. For support from our Cancer Exercise Specialists around physical activity that is right for you, contact brighteroutlook@albioninthecommunity.org.uk

The Power of nature for wellbeing at work

With many of us being confined to our homes recently our desire for outside space has grown

It seems that nature can 'buffer' the negative effects of lockdown so why not try to bring nature into your working day:

- Walk and talk!
- Travel actively
- Walk outside during breaks
- Socialise outdoors
- Organise volunteering at green spaces
- Create growing spaces on site
- If you are working from home - fill your space with plants
- View nature from your desk if you can

This recent toolkit supports organisations to understand the power of nature to enhance wellbeing at work.

For more information on workplace health support from our team visit: www.brighton-hove.gov.uk/workplacewellbeing Improve health and wellbeing in your workplace.



Why not sign up to the TAKEPART At Work challenge?
See the TAKEPART website for details.



Together Co
Social Prescribing

Together Co

Social Prescribing helps people aged 18+ in Brighton and Hove get linked in with their community

We can help you to reconnect with other people, start new (or old!) hobbies, and access information, advice and guidance around a range of topics. To find out more please call us on **01273 229 382** or visit our website: www.togetherco.org.uk

The West Hove Prescribe To Thrive Partnership

are offering **free** Social Prescribing sessions for all West Hove residents with ongoing physical or mental health concerns, or who feel they need a boost to stop their health declining.

To find out more, email socialprescribing.togetherco@nhs.net or call **01273 229382**, or speak to your GP Practice about Social Prescribing.

Covid 19 Vaccinations

have helped to turn the tide on Covid 19, they are safe and reduce illness and death.

We encourage everyone to have the vaccine even if they have had COVID-19. Even though you may have been vaccinated, there's a chance you could still give COVID-19 to someone else so continue to stay safe – wash your hands and wear a mask in enclosed spaces, including public transport.

Local information about vaccinations can be found here CovidBrightonHove.org.uk and here www.healthwatchbrightonandhove.co.uk/news/vaccinations-covid-19



Vaccinations and Black, Asian and Minority Ethnic People:

The top 10 questions Imams and Scholars get asked about vaccinations:

www.bbsi.org.uk/wp-content/uploads/2020/12/BBSI-Vaccines-2020-1.pdf

A short video clip: youtu.be/b2Ald__Ahbl

There are also a range of translated resources here:

www.sussexhealthandcare.uk

keepsussexsafe/sussex-covid-19vaccination-programme/translated-covid-19-resources

Extra Covid-19 support

If you need extra support and don't have anyone who can help you, contact our community advice and support hub.

www.brighton-hove.gov.uk/coronavirus-help

If you can't get online, call **01273 283117** (option

Support for those living with disabilities



Get support in British Sign Language (BSL):

www.brighton-hove.gov.uk/BSL-pandemichelp

For easy read guides about the current coronavirus (Covid-19) situation visit:

www.sussexpartnership.nhs.uk and search 'coronavirus info for people with a learning disability'

If you need to talk through concerns specific to the person you care for please contact Brighton & Hove Community Learning Disability Team.

Call **01273 295550**

(Monday to Friday 9am to 5pm) or email SCDS@brighton-hove.gov.uk

Local and national support for people with disabilities: www.brighton-hove.gov.uk/peopledisabilities

Activities for people with learning disabilities



Mencap have made some fantastic activity sheets to help people with a learning disability to keep busy. The sheets cover everything from keeping active, to planning meals and creative activities.

Download an activity sheet: www.mencap.org.uk



Get in touch with the Healthy Lifestyles Team

We are currently offering telephone consultations, support sessions and activities to help with making healthy lifestyle choices. As restrictions are lifted our services will again start to include community based and face-to face sessions and activities. For more information, to keep up with changes to services and to register please contact our friendly team and/or follow us on social media.

Call: **01273 294589**

Email:

healthylifestyleteam@brighton-hove.gov.uk

Website:

www.brighton-hove.gov.uk/healthylifestyles



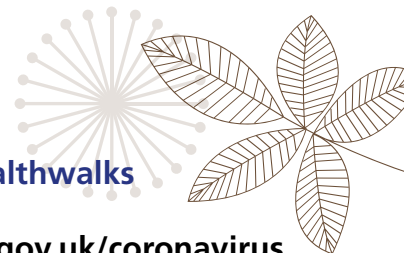
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*Please note the information in this newsletter was accurate at the time of printing.

For local Covid info: www.brighton-hove.gov.uk/coronavirus

For community support go to:

www.brighton-hove.gov.uk/neighbourhoods