

The five ways to wellbeing

How to achieve positive mental health

- 1. Connect to people**
Speak to someone, socialise or ask for help.
- 2. Be active every day**
Move, stay active to lift your mood.
- 3. Take notice of what's around you**
Notice your thoughts, feelings and the world around you.
- 4. Keep learning**
Read, try something new.
- 5. Give**
Do something for someone.



1 in 4 of us will experience a mental health problem in any one year early action can prevent symptoms progressing.

Contact:

MIND – 0161 330 9223 www.togmind.org
YHO – 0161 690 0255 www.yourhealtholdham.co.uk

Useful services and organisations

Social Prescribing

Health, social and wellbeing support.
0161 339 2345
oldccg.socialprescribing@nhs.net

Physical Activity

Oldham Community Leisure – 0161 207 7000
www.nhs.uk/change4life

Environmental Services

Walking and Growing Activities – 0161 770 4067

Positive Mental Health

Oldham Healthy Minds Service – 0161 716 2777
www.penninecare.nhs.uk/healthyminds

Oral Health find a dentist

visit www.nhs.uk or call 0300 311 2233

Adult Learning Services

Oldham Lifelong Learning Service – 0800 525956
ebsontrackprospect.oldham.gov.uk/page/find-course

Oldham Libraries

0161 770 8035 – www.oldham.gov.uk/libraries

Your Health Oldham

0161 960 0255 – www.yourhealtholdham.co.uk

Get your free NHS Health Check

Are you over 40? Even if you feel great, you may be at risk of heart disease, stroke, diabetes and other health conditions.

Contact your Doctor for more information.

Your Health Oldham:

www.yourhealtholdham.co.uk or 0161 960 0255 will help you and your family lose weight, get fitter, stop smoking and improve your well being.

For additional copies of this MECC leaflet contact Public Health Oldham Council call 0161 770 4550

Notes:

MECC

Making every contact count in Oldham

Eat healthy Be active Live well



Smoking

Smoking increases the risk of

- Cancer, Heart disease and Stroke
- Secondhand smoke can increase a non-smokers risk of developing health problems



Benefits of quitting

After 24 hours:

Carbon Monoxide levels reduce and oxygen levels return to normal

After 48 hours:

Your taste and smell improves

After 3–9 months:

Breathing and coughing improves

After five years:

The risk of having a heart attack is halved



Cost of smoking

20 cigarettes a day

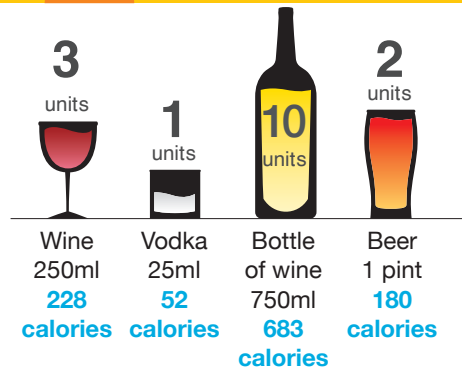
The cost of smoking...

Smoking 20 cigarettes a day over a one year period costs **£4,324**

Over five years this cost is **£21,620**

Alcohol

A quarter of all adults in Oldham drink more than **14 units a week**. Drinking less will improve health.



1 unit = 10ml pure alcohol

Benefits of reducing

- clear head, concentrate better
- can help weight loss
- gives the liver a rest and reduces risk of some cancers

Alcohol facts

- Everyone who drinks should aim for no more than 14 units of alcohol consumed over a week
- Regular drinkers should aim to have at least two days alcohol free each week
- There is no recognised 'safe limit' for consuming alcohol
- Pregnant women are advised to avoid alcohol altogether

Contact:

Turning Point drug & alcohol service **0300 555 0234**
www.wellbeing.turning-point.co.uk
ROARreferrals@turning-point.co.uk

Physical activity

13% are completely inactive for **eight hours every day**.

55% of adults want to work towards being **more physically active**.



Facts on inactivity

- Can cause heart disease and stroke
- Can cause back pain
- Can result in muscle weakness and joint pain

Benefits of being more active

- 50% less chance of developing type 2 diabetes
- 83% lower risk of osteoarthritis
- Improves mood and a sense of wellbeing
- Contributes to a healthy weight



Moderate walking for 30 minutes five times a week has real health benefits

Contact:

Oldham Community Leisure – **0161 207 7000**
 Environmental Services – **0161 770 4067**
 YHO–**0161 690 0255** www.yourhealtholdham.co.uk
 UProjects - www.uprojects.co.uk - walking groups, training & outdoor activities
www.parkrun.org.uk/oldham

Healthy eating / drinking

Some cancers and heart disease can be prevented by eating a good balanced diet.



Benefits of healthy eating

- Helps maintain a healthy weight
- Helps to increase energy levels
- Keeps blood sugars balanced
- Helps to fight infections
- Supports healthy skin and teeth
- Reduces risk of some diseases

Did you know?

An average fizzy drink contains between 6 and 8 teaspoons of sugar

Contact:

YHO– **0161 690 0255**
www.yourhealtholdham.co.uk
 Oral Health, find a dentist – **0300 311 2233**
www.nhs.uk/service-search/find-a-Dentist