



# Healthy lifestyles

For adults with learning difficulties

2015



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## Welcome introduction

Welcome to the first Healthy Lifestyles booklet for Adults with Learning Difficulties in South Gloucestershire.



You will find information on how to lead a healthy lifestyle. At the back is a list of groups and activities.



We talked with adults with learning difficulties, parents and carers. They told us what they would like to know about.



Thank you to everyone who has helped to write the booklet.



**Mark Pietroni**  
Director of Public Health

# Annual health check



Your doctor will offer you a free health check once a year.

At the health check your doctor will talk to you about:

- your health
- how you are feeling
- things you may be worried about.



They will do some tests to check your health. Your annual health check will help you to:

- find out if you have any health problems
- think about how to look after your health
- support you with your Health Action Plan.



Your Health Action Plan will help you to remember things to be healthy and well. It can include things like what food to eat, what exercise to do and when you should go and see your doctor.

## How to get your health check

- Contact your doctor for a Health Check.



# Flu



## What is Flu?

Flu is an illness that can cause a fever, tiredness, headache, dry cough, sore throat, aching muscles and joints. It can often last for several days.



Some people can have a very high fever that makes them feel very unwell and may need to go to hospital for treatment.

## Flu Vaccination

The flu vaccination is free on the NHS for people with learning difficulties and can help protect people from flu and reduce the chance of family, friends and carers getting it as well.



You can have a vaccination at your GP surgery. Some pharmacies in your local area may also be able to give you the flu vaccine. The best time to have a flu vaccination is in the autumn time.

## How to get your flu vaccination



You need to contact your GP surgery to arrange a flu vaccination or you can ask your local pharmacy if they are giving flu vaccinations.



You can look at these websites to find out more information about flu

website [www.nhs.uk/conditions/flu](http://www.nhs.uk/conditions/flu)

website [www.southglos.gov.uk/flu](http://www.southglos.gov.uk/flu)



# Mental health & wellbeing



Mental health is about how we think, feel and behave. Your mental health is very important.



Good mental health means you can:

- cope with normal levels of stress
- be more independent
- deal with difficult situations and events.

## Here are some ideas to help you look after your mental health



### Alcohol

Alcohol may reduce stress, but it can make you feel worse.



### Exercise

Exercise can help reduce stress and help you feel good.



### Rest and sleep

Sometimes taking time to rest can help you feel more relaxed. It can be difficult to sleep when you feel stressed. Try to get enough sleep at night.



### Enjoy yourself and have fun

Make sure you have some fun by doing things you enjoy.



### Help and support

It is important to have people you can talk to. Support can be things like talking to someone who will listen and help you with anything that is worrying you.



## Services

If you are worried about your mental health or someone else's you can talk to your doctor.



You could also phone:

**LIFT Psychology** on **0117 3784270**

This is a counselling service where you can talk to someone about how you are feeling.

**Sirona Care & Health** on **01225 831400**

This is a service with specialist staff who work with people with learning difficulties.

website **[www.sirona-cic.org.uk](http://www.sirona-cic.org.uk)**



There are support groups that can help you with your mental health. For more information:

email **[healthylifestyles@southglos.gov.uk](mailto:healthylifestyles@southglos.gov.uk)**

phone **01454 864616**



You can look at these mental health charity websites to find out more about mental health:

website **[www.mind.org.uk](http://www.mind.org.uk)**

website **[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)**



## Alcohol

Some people like to drink alcohol, because it helps them feel relaxed. Alcohol can make you feel drowsy and makes your speech slower. If you drink too much alcohol it can make you feel ill and can be bad for your health.

Alcohol is measured in units. A unit is:



**1 unit  
half**



**1 unit  
small**



**1 unit  
small**

- **half** a pint of lager
- a **small** glass of wine
- a **small** glass of spirits



2-3 units  
Standard glass      3-4 units  
1 pint

- women should not drink more than 2 or 3 units a day.
- men should not drink more than 3 or 4 units a day.



If you think you are drinking too much alcohol you can talk to your doctor and get help.



You can look at this website to find out more about alcohol

website **[www.nhs.uk/change4life](http://www.nhs.uk/change4life)**

## Active life



Being active can help you to:



- feel healthy
- keep a healthy weight
- have good mental health
- be more independent.



## Tips to get you active

- think about why you want to be fitter
- choose an activity you enjoy
- set some goals such as using the stairs instead of the lift or getting off the bus one stop earlier







- exercise with a friend or carer to make it more fun
- walk short journeys such as to your local shops or appointments
- keep a record or tell someone about the good things you are doing.

## Active card



An Active Card is free. The card will allow you to use any leisure centre or library in South Gloucestershire. If you have an active card you will be able to:



- get newsletters about activities



- borrow books at the library



- use the internet at the library and leisure centres.

### To get an active card:



- phone **0300 333 0300**



- go to a leisure centre or library



- website **www.activecentres.org**

# Think about your food

It is important to be a healthy weight. Being underweight or overweight can lead to health problems. This can change the way you enjoy life.



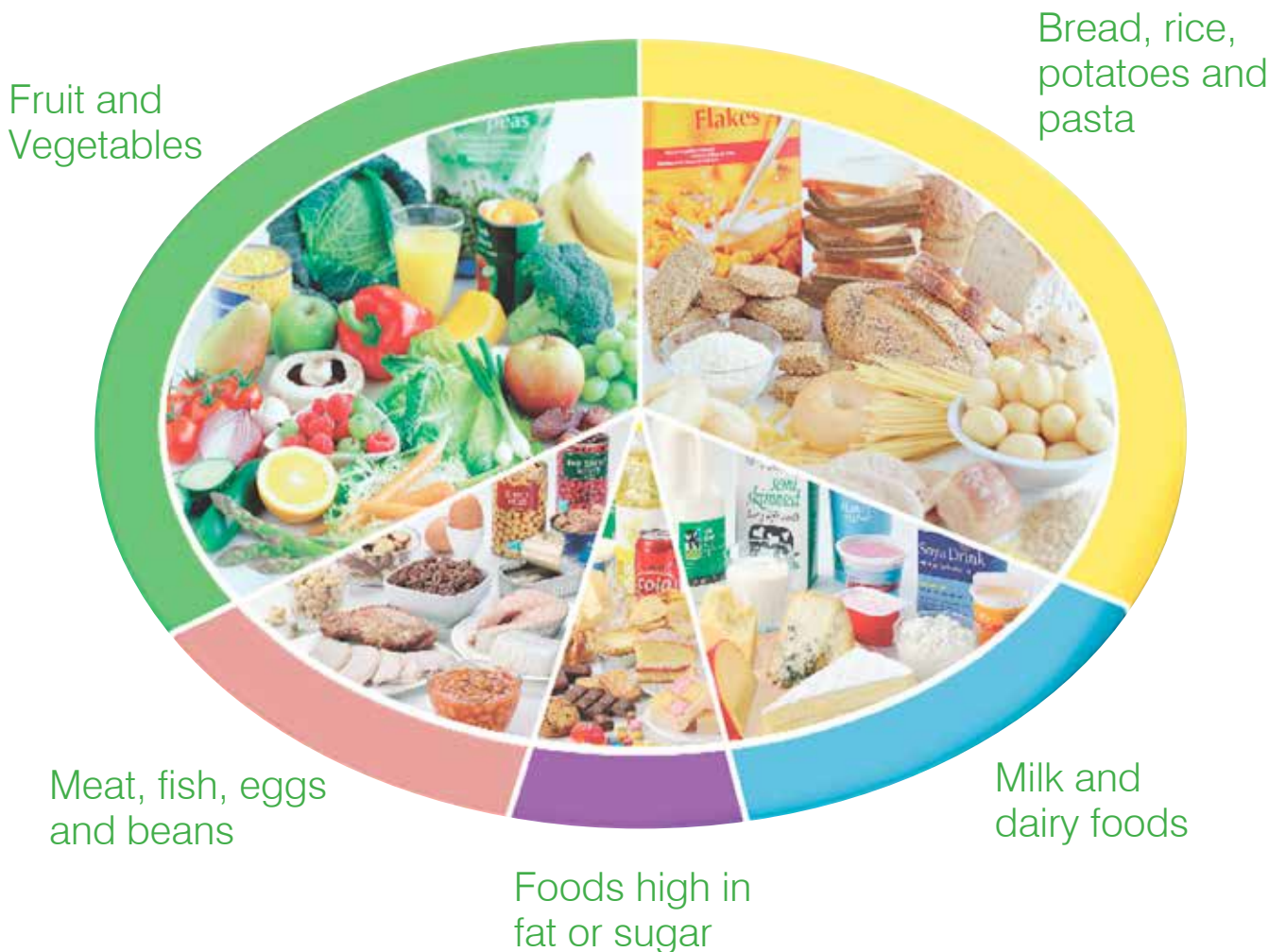
## What's on your plate?

- The Eatwell Plate shows how much of the food we eat should come from each food group.

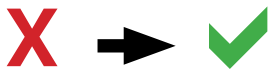
How does your own plate match up?

## The eatwell plate

The eatwell plate shows you how much of the different food groups you should eat.



## Swap it!



If you eat too much sugary and fatty food it is not good for your health. Here are some ideas for healthy food swaps.



**Drink swap.** Try drinks with no added sugar. Some healthier choices are water, semi skimmed milk, unsweetened fruit juice or sugar free soft drinks and squashes.



**Sugar swap.** If you add sugar to tea and coffee, try using less. Or try using an artificial sweetener. You probably won't taste the difference!



**Snack swap.** Snacks like crisps and chocolates can make us feel hungry again quickly. Try fresh fruit, crackers and rice cakes instead. These will make you feel full for longer.



**Breakfast swap.** Swap to cereals with no added sugar. Try toasted fruit bread or porridge oats for a change.



**Portion swap.** If you need to lose weight, try using a smaller plate. It will help you to eat smaller portions.



**Dessert swap.** Try swapping desserts like chocolate cake to ones with more fruit, such as fruit crumbles, rice puddings, custard or yoghurt with fruit.



**Fat swaps.** Change to lower fat cheese, butter and margarine. Swap from whole milk to semi-skimmed milk.

# Look after yourself



**Wash your hair at least once a week**



**Clean your teeth after breakfast and before bedtime**

**Wear clean clothes every day**



**Cut your nails when they need it**

**Bath, shower or wash every day and after sport**



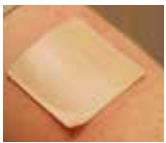
# Smokefree South Gloucestershire



There are lots of chemicals in tobacco smoke. Some chemicals damage the body and are bad for our health. When someone starts smoking it can be very hard for them to stop.



The team that can help you stop smoking is called Smokefree South Gloucestershire.



They can tell you about things that can make it easier to stop.

*You can contact them on:*



phone **01454 865502**



email **smokefree@southglos.gov.uk**

website **www.southglos.gov.uk/smokefree**

# Relationships and sexual wellbeing



Adults with learning difficulties have the same legal rights as everyone else. This includes the right to have relationships.

## Relationships



There are all kinds of different relationships. Some may be friendships. Others may be with someone you are attracted to. Some might involve sexual activity but they do not have to. Relationships can be with men or women. Some people choose to have sex; other people do not.



## Sexual wellbeing

Sexual wellbeing is about our thoughts, feelings and how we keep ourselves healthy. It is feeling good about yourself and having information to help you make safe and healthy choices about relationships and sex.

## Your rights



You have the right to learn about relationships and sexual wellbeing and can ask for support.

## You have the right to have relationships

You should have support to have relationships, but is important that you and the other person are safe.

## You have the right to confidentiality



If you are telling someone private information they should not tell anyone else without asking you first. Sometimes this might not be possible if someone is worried about your safety. If they need to tell someone private information about you they should tell you.

## You have the right to use health services for sexual wellbeing



If you are having or planning to have sex, you can go to a doctor (in a GP practice) or a nurse in a sexual health clinic to get contraception. This is to stop an unplanned pregnancy and to prevent sexually transmitted infections.



If you are a woman who has had sex with a man without using contraception, or the man hasn't used a condom, you can go to a pharmacy or a sexual health clinic to get emergency hormonal contraception to stop you getting pregnant.



phone **0117 342 6900** for sexual health clinic information and appointments

phone **0117 929 0090** Brook Young People's sexual health service for people under 25 year olds



website: **[www.netbuddy.org.uk](http://www.netbuddy.org.uk)** for tips from people with experience of working with people with a learning disability, autism and special needs.

# Scams

Scams are tricks that some people use to cheat people out of their money, or get their personal details. This is a CRIME.



**Doorstep scams** someone may knock at your door without an invitation. They may try to sell you things. This is called cold calling. If you are not expecting anyone or you do not know who they are, you do not have to open the door or you could use a door chain and ask to see their ID badge.



**Telephone scams** these can be from businesses trying to sell you things or telling you that you have won money. Some of these calls are from people trying to get your personal or bank account information. Do not give them your details and put the phone down.



**Post scams** can be fake lotteries or prizes. Mail scams are used to trick you into giving someone money or your personal details. Do not reply to post scams. If you are not sure tell someone about it.



**Email and internet scams** can look like they are from a bank. This is called phishing. They may be trying to get your bank account details so they can take money from your account. If you are not sure do not open them and tell someone about it.



## To get help and advice contact:

**Citizens Advice** - they will give you advice and tell the Trading Standards team phone **03454 04 05 06**  
Monday - Friday 9.00am – 5.00pm.



**Action Fraud** - you can report a scam.  
phone **0300 123 2040**  
or contact them on their website:  
**www.actionfraud.police.uk.**





## Groups and activities



### Almondsbury Tennis Club

You can play tennis with a coach and stay for tea or coffee after.

#### Contact details:

- Open every Tuesday, 10.30am – 11.30 am.
- Almondsbury Tennis Club, Gloucester Road, Almondsbury, Bristol, BS32 4AA. In bad weather we use the Almondsbury Parish Hall.
- £3.00, no need to book
- phone Lynda Riddle on **01454 616495** or John Kimani on **07951 584669**



### Asperger Social Group

A group for adults with Asperger's, where you can get to know people and make new friends.

#### Contact details:

- Open every Sunday, 2.00pm – 4.00pm
- Bowl Inn, 16 Church Rd, Almondsbury BS32 4DT
- phone Justin Charnock on **07827 960213**
- email **jcharnock@hotmail.com**



### Avon Valley Music Train

This is train ride with live music. The sessions involve musicians who write their own songs as well as singing covers.

#### Contact details:

- £2.00 carers go free
- phone Liz Gray on **0117 382 7284**
- email **avonvalleymusictrain@gmail.com**



## Avon Valley Steam Train – Carriages Group

A social group for adults with additional needs. They meet once a week in a carriage or in the marquee at the station. They offer art, craft and musical activities.

### Contact details:

- Open every Thursday 1.30pm - 3.30pm, run in blocks of 6-10 weeks at a time
- £2.00
- phone Liz Gray on **0117 382 7284**
- email **avonvalleymusictrain@gmail.com**

## Bradley Stoke special needs Judo club

### Contact details:



- Open every Tuesday night, 5.30pm – 8.00pm, and every Saturday, 10.30am – 12.00
- Bradley Stoke Leisure Centre, Fiddlers Wood Lane, Bradley Stoke, BS32 9BS
- phone Steve on **07976 286686**
- email **sw007a4645@blueyonder.co.uk**

## Doorstep sports clubs

Do you want to try new sports? Try a free door step sports club.



### Contact details:

- phone **01454 865821**. Please phone before you arrive to let the instructor know you are coming
- email **Rebecca.Loaring@Southglos.gov.uk**



## Fired Up Hobby Class – Brandon Trust

This is a place where people can drop in and choose pottery to paint.

### Contact details:

- Open every Tuesday, 10.00am - 2.30pm
- Unit 1, Beaufort Trade Park, Pucklechurch Trading Estate, Pucklechurch, Bristol, BS16 9QH
- £3.50 plus the cost of the item
- phone Alison Gamble on **0117 937 4367**
- email **alison.gamble@brandontrust.org**



## Football Coaching

Coached football session

### Contact details:

- Sundays, 9.30am - 11.00am at Wise Campus, Filton.
- £4.50 or £27.00 for a 6 week course
- phone Jane Pfister on **0776 7656111**
- email **BristolRoversAbility@hotmail.com**



## Hambrook Golf Range

This golf range has 24 floodlit bays.

### Contact details:

- Monday to Friday, 9.00am – 5.00pm, also open evenings and weekends.
- Bristol Golf Centre, Common Mead Lane, Hambrook, Bristol, BS16 1QQ



## Joshua Group

A social group for adults with learning difficulties and their carers. It offers entertainment, crafts and activities.

### Contact details:

- Open every other Tuesday evening, 6.30pm - 8.00pm (not in August)
- Zion Church Hall, Woodend Rd, Frampton Cotterell, Bristol BS36 2HY
- email [jantitch@yahoo.co.uk](mailto:jantitch@yahoo.co.uk)



## Knitiffi – Milestones Trust

Knitiffi is a regular knitting group.

### Contact details:

- Open every other Friday from 1.00pm - 2.30pm
- Cross Hands Pub, Fishponds, Bristol
- email [knitiffi@gmail.com](mailto:knitiffi@gmail.com)

## Link Centre

This centre offers lots of activities that help you learn to be more independent and are fun.

### Contact details:

- Open every Monday, Tuesday and Wednesday, 11.00am - 2.00pm, also Tuesday and Thursday evenings, 7.00pm - 9.00pm
- Link Centre, Coniston Community Centre, The Parade, Coniston Road, Patchway, Bristol, BS34 5LP
- phone **07890 869 263**
- email [info@linkcentre.org.uk](mailto:info@linkcentre.org.uk)
- website [www.linkcentre.org.uk](http://www.linkcentre.org.uk)



Day Centre



Social Club



## Little Stoke Youth Club – Star Kids Night

A youth club for people aged 13 - 25 years old. It offers lots of activities: cooking, sports, arts and crafts.

### Contact details:

- Tuesday 7.00pm – 9.00pm
- Little Stoke Lane, Little Stoke, South Gloucestershire, BS34 6HY
- £1.00, if you bring a friend it is free
- phone Jo on **07884 735 108**
- email **joey.bressington@southglos.gov**



## Marlins Swimming Club

Coached swimming sessions.

### Contact details:

- Open Saturdays once a month 1.00pm - 8.30pm
- Bradley Stoke Leisure Centre
- website **bsgmarlins@btinternet.com**



## MoveAbility

MoveAbility is a fun class offering movement activities. People are welcome to attend with their carers.

### Contact details:

- Open every Friday from 12 -1.00pm
- Emersons Green Village Hall
- £5.50 carers go free
- phone Sian Hudson on **0117 956 3951**



## Patchway Judo Club

A judo club open to everyone. Our coaching team are trained to work with disabled people.

### Contact details:

- Patchway Youth Centre, Coniston Rd, Bristol, BS34 5JR
- phone Alison Finn on **07974 105179**
- email **finnalison@live.co.uk**



## Smile Friendship Club

This club offers crafts games and activities and a regular disco.

### Contact details:

- Open every other Tuesday, 6.30pm - 9.00pm
- Shire Way Community Centre, Shire Way, Yate, South Gloucestershire, BS37 8YS
- £3.00
- phone **01454 853199**
- email **enquiries@smilelivingsupport.co.uk**
- website **www.smilelivingsupport.co.uk**



## South Gloucestershire Leisure Centres Disability Swim Times

### Contact details:

- **Bradley Stoke Leisure Centre**, Thursday 10.30am - 11.30am
- **Kingswood Leisure Centre**, Saturday 5.00pm – 6.00pm
- **Longwell Green Leisure Centre**, Tuesdays 10.00am – 11.00am
- **Yate Leisure Centre** Saturday, 5.00pm – 6.00pm



## St Andrews Methodist Youth Centre

### Contact details:



- Open every other Thursday evening, 7.30pm - 9.30pm.
- Debbie Teml, Youth & Community Work Manager, St Andrews Methodist Youth Centre, Elm Park, Filton, BS34 7PS
- phone **0117 9691938** or mobile **07511 985130**
- email **debbie@facefilton.org.uk**
- website **www.facefilton.org.uk**

## The Hive Drop-in - Avon North Mencap

'The Hive' is for adults with learning difficulties. It is a drop-in service so you don't need to book or come every day. The centre is for leisure, socialising and workshops. Members can choose what they want to do.

### Contact details:



- 322-324 Two Mile Hill Road, Kingswood, Bristol, BS15 1AJ
- Open every Monday and Tuesday, 12.30pm - 4.00pm and Wednesday, Friday and Saturday, 10.00am - 4.00pm
- £25 annual membership and £5 per session.

## Thornbury Tennis Club

The club are trained to offer wheelchair tennis. Classes are open to anybody who would like to learn.

### Contact details:



- Thornbury LTC, Mundy Playing Fields, Off Kington Lane, Thornbury, BS35 1NA
- phone Chris Taylor on **07590 024186**
- email **ctaylor\_tennis@yahoo.co.uk**



## Walking for Health South Gloucestershire

We have a range of organised walks. Phone to find out more **01454 868744** or **01454 862296**.

### Contact details:

- Cambrian Green Walkers, Cambrian Court, Cambrian Drive, Yate, BS37 5TR, every Tuesday at 11:00am
- Falcon Court Walkers, Falcon Court, New Cheltenham Road, Kingswood, BS15 4FR, every Monday at 11:15am



## Warmley Golf Course

A free small pitch and putt course. It is unattended and you will need to bring your own clubs.

### Contact details:

- Open every day all year round.
- Tower Road South, Warmley, South Gloucestershire BS30 8BJ



## Warmley Wheelers – Milestones Trust

You can hire bikes and enjoy cycling on the Bristol to Bath cycle path. There are some specially adapted bikes.

### Contact details:

- Open daytime Monday to Friday
- Warmley Station, Warmley, South Gloucestershire
- phone **0117 970 9389**
- email **Hannahc@milestonetrust.org.uk**





## Yate International Gymnastics Centre

This centre runs disability classes.

### Contact details:

- Open every Wednesday, 1.00pm – 2.00pm and 2.00pm – 3.00pm
- **Yate Leisure Centre**, Kennedy Way, Yate, South Gloucestershire BS37 4DQ
- £4.25, classes must be pre booked
- phone **01454 320662**
- email **mark@acro-gymnastics.co.uk**



## Yate Tennis Club

You can book a court to play tennis.

### Contact details:

- Sunnyside Lane Parish Courts Yate
- £6.40 per hour

## Zumba Gold at Turnberries Community Centre

Zumba Gold runs a Zumba class and is inclusive to everyone.

### Contact details:

- Bath Rd, Thornbury, South Gloucestershire BS35 2BB
- phone Pauline Hooper on **0778 8424976**



## Zumba at Hanham Community Centre

A rhythm dance workout to tone your body with moves from Flamenco to Hip Hop. Lose yourself in music and find yourself in shape!

### Contact details:

- Open every Wednesday 6:00pm - 7:00pm
- Elbow Suite, Hanham Community Centre
- £5.00
- phone Philomena on **07966 373089**
- website **www.zumbainbristol.co.uk**





**We can give you information about...**



**health services**



**activities and groups**



**support services**

**We will look up information for you**



**Our telephone number is 0808 808 5252**



**The call is free, even from mobiles**



**We are open 9 am to 5 pm from Monday to Thursday**



**We are open 9 am to 4.30 pm on Friday**

**Do you use a computer?**



**Visit our website: [www.wellaware.org.uk](http://www.wellaware.org.uk)**



**We have information in Easy English**

# Notes

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This information can be made available in other formats. Please phone **01454 868009** if you need help to access council services.

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[www.southglos.gov.uk/healthyadultslearningdifficulties](http://www.southglos.gov.uk/healthyadultslearningdifficulties)