



**A happier and healthier life starts here**

# Healthy Worcestershire

The Healthy Worcestershire Programme is delivered by Solutions 4 Health and offers a range of free integrated health improvement services in a way that brings people together and builds social connections. Weekly sessions are being delivered within the heart of communities. Sessions include strength and balance exercise, healthy lifestyle advice, community safety information and links to a wide range of other health promoting activities in the local community. The aim is to provide a positive experience for our residents which enables them to achieve the best physical, mental, and social wellbeing possible.

#### Eligibility:

Anyone who is over the age of 18 and either lives or has a registered GP in Worcestershire can come along. Residents can book online, call or turn up to their local weekly session.

For further information and to refer please visit:

Website: [www.healthyworcestershire.org.uk](http://www.healthyworcestershire.org.uk)

Freephone: 0800 772 0307

Secure email: [healthy.worcestershire@nhs.net](mailto:healthy.worcestershire@nhs.net)

#### **Town and Parish Councils:**

We recognise that local town and parish councils are in the heart of Worcestershire communities and play a vital role in improving resident wellbeing. We want to work with town and parish councils to help engage local communities in the Healthy Worcestershire programme. We also want to support the development of local community activities beyond the Healthy Worcestershire core offer and wraps around it. Public Health grant funding is available to establish these local activities that are co-produced with residents.

For more information, please contact: [HWBadmin@worcestershire.gov.uk](mailto:HWBadmin@worcestershire.gov.uk)