



# Redditch Lifestyle Advisor Service

Making small changes to your lifestyle for positive impacts on your health & wellbeing



## What is a Lifestyle Advisor?

The Lifestyle Advisor service can help you make positive changes to your lifestyle that can improve your health and wellbeing.

Making these changes is not always easy. Therefore, our lifestyle advisors are here to motivate and support you, offering practical ideas for overcoming the barriers and challenges you might face along the way.

The Lifestyle Advisors will help you make a plan of action to get from where you are to where you want to be.



## How can the Lifestyle Advisor help me?

The Lifestyle Advisor service helps people in different ways and aims to support individuals with their own specific needs.

We always start with a conversation about what is important to you and can support you with a range of issues including but not limited to:

- Healthy eating
- Increasing level of physical activity
- Smoking
- Reducing alcohol consumption
- Mental health & wellbeing

We offer support on a one-to-one basis as well as group based support. This can be discussed with your Lifestyle Advisor.



## Am I eligible for this service?

You are eligible for this service if:

- You are over the age of 16
- You need some support and encouragement to make lifestyle changes
- A patient at a Worcestershire GP practice and/or a resident in Worcestershire

# GP Surgeries that can refer you



## Redditch GP Surgeries:

- The Dow Surgery Elgar House Surgery
- Hillview Medical Centre St Stephens Surgery
- Maple View Medical Practice The Bridge Surgery
- Winyates Medical Centre
- The Medical Centre Crabbs Cross Crabbs Cross Surgery
- The Ridgeway Surgery

## Wythall GP Surgeries:

- Hollyoaks Medical centre
- Hollywood Medical Practice



## How does the service work?

Your GP Surgery will send a referral to our team and we will contact you to talk about our service.

We will book an appointment for you to come and see us at your GP practice or have a chat over the phone.

During our time together we will talk about what matters to you, and what support you feel like you need.



## How do I access this service?

Simply speak to the staff at your GP Surgery. Our Lifestyle Advisors offer regular clinics across the Redditch & Wythall area.



Registered Office Worcestershire Association of Carers

Polysec House Blackpole Trading Estate West

Hindlip Lane Worcester WR3 8TJ

Registered Charity. 1071850

A Company Limited by Guarantee, Registered in England and Wales. 3485330