

Making Every Contact Count (MECC)



For a range of information, local services and support please visit:

www.worcestershire.gov.uk/health

Alcohol

Cranstoun

Service details: Supports recovery from drug and alcohol dependence. Self-referral by email or download referral form.

Website: www.cranstoun.org/services/substance-misuse/cranstoun-worcestershire

Email: cranstounworcsreferrals@cranstoun.org.uk

Phone: 0300 303 8200

Here4YOUth Worcestershire

Here4YOUth Worcestershire is a young person's alcohol and drug service for anyone up to the age of 18 living in Worcestershire. You don't have to come to the service – we can meet you at home, at school, or college. Self-referral or family referral form on website.

Website: www.cranstoun.org/services/young-people/here4youth-worcestershire/

Email: cranstounworcsreferrals@cranstoun.org.uk

Phone: 0300 303 8200

Yellow Scarf

An organisation that supports eastern European groups with addiction problems.

Website: www.yellowscarf.org/en-gb/

Email: info@yellowscarf.org.uk

Phone: 01905 57 0235 Mob: 07340 634 326

Better Health – drink less

Simple tips and tools to help start cutting down.

Website: www.nhs.uk/better-health/drink-less

Alcoholics Anonymous

Service details: Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

Website: www.alcoholics-anonymous.org.uk

Phone: 0800 9177 650

Al Anon

Service details: Al-Anon Family Groups provide support to anyone whose life is, or has been, affected by someone else's drinking.

Website: www.al-anonuk.org.uk

Smoking

Worcestershire Midwifery team Smoking Support Service

- Support for pregnant women and their household members
- Offer face to face support with NRT products supplied
- home visits

Website: www.worcestershire.gov.uk/info/20475/stop_smoking_and_be_smokefree

Email: wah-tr.smokingcessationteam@nhs.net

Phone: Kidderminster 07568 601709

Phone: Redditch 07568 601710

Phone: Worcester 07568 601711

Better health - Quit smoking

- The free NHS Quit smoking App
- Free personal quit plan
- Information about stop smoking aids
- Quitting tips
- Secondhanded smoke
- Smokefree pregnancy
- Paan, bidi & shisha

Website: www.nhs.uk/better-health/quit-smoking/

Smoking

Lifestyle Advisor Service

Lifestyle Advisor service can help you make positive changes to your lifestyle that can help you to become Smokefree.

Website: www.worcestershire.gov.uk/info/20325/health_and_wellbeing/2386/lifestyle_advisor_service

Pharmacies

Nicotine Replacement Therapy (NRT) is available to purchase over the counter in local pharmacies.

Website: <https://www.nhs.uk/service-search/pharmacy/find-a-pharmacy>

Mental and Emotional Health

Worcestershire Wellbeing Hub

An information and signposting service for adults who are experiencing low mood, anxiety, or stress.

Website: www.worcestershire.wellbeinghub.org.uk

Email: whcnhs.wellbeinghub@nhs.net

Phone: 01905 766124

Worcestershire Healthy Minds

Supports adults who are experiencing problems such as stress, anxiety, and low mood (GP referral or self-refer through the website or call the wellbeing hub). You can self-refer by phoning or completing the **online self-referral form**

Website: www.healthyminds.whct.nhs.uk/home

Phone: 0300 013 57 27

Herefordshire and Worcestershire Wellbeing and Recovery College

Access tools, skills and understanding to help support your own wellbeing and recovery journey whilst breaking down the stigmas relating to mental health.

Website: [Herefordshire and Worcestershire Wellbeing and Recovery College | Recovery College \(hwwellbeingandrecoverycollege.org.uk\)](http://Herefordshire_and_Worcestershire_Wellbeing_and_Recovery_College_|_Recovery_College_(hwwellbeingandrecoverycollege.org.uk))

Email: HW_WellbeingRecoveryCollege@comfirst.org.uk

People Like Us (PLUS)

People Like Us (PLUS) is a service that works across Worcestershire to support adults of all ages who are experiencing loneliness or isolation. Referrals can be made by phone to the access team or using the simple **downloading plus referral form** and sending it back via email.

Website: www.onside-advocacy.org.uk/plus

Email: accesshub@onside-advocacy.org.uk

Phone: 01905 27525

MoodMaster Courses

A cognitive therapy-based peer support programme. MoodMaster provides a range of simple tools and techniques to help people manage life's emotional ups and downs more effectively, cope better with everyday stresses and worries and improve their overall quality of life.

Website: www.onside-advocacy.org.uk/moodmaster

Website: www.simply-limitless.org/moodmaster

Website: http://www.worcestershire.gov.uk/info/20437/adult_and_family_learning_courses

Reading Well

Reading Well is a dedicated collection of books that provides information and support for managing mental health and wellbeing for children, young people, and adults.

Reading Well books are available to borrow for **free** from all Worcestershire libraries.

Website: www.worcestershire.gov.uk/readingwell

Mental and Emotional Health

Worcestershire County Council Adult Learning

A range of courses are on offer including MoodMaster, Positive Me, SEND – Managing Mindfulness, Mind Matters.

Website: http://www.worcestershire.gov.uk/info/20437/adult_and_family_learning_courses

Better Health – Every Mind Matters

Having good mental health helps us relax more, achieve more, and enjoy our lives more. We have expert advice and practical tips to help you look after your mental health and wellbeing.

Website: www.nhs.uk/every-mind-matters

Those experiencing acute mental health problems such as feelings of suicide should contact their GP immediately, attend A & E or call The Samaritans on 116 123

Healthy Eating

Lifestyle Advisor Service Worcestershire

Lifestyle Advisor service can help you make positive changes to your lifestyle that can help eat healthier.

Website:

https://www.worcestershire.gov.uk/info/20325/health_and_wellbeing/2386/lifestyle_advisor_service

NHS Eat Well

Eating a healthy, balanced diet is an important part of maintaining good health and can help you feel your best. This website covers healthy eating advice for the general population

Website: <https://www.nhs.uk/live-well/eat-well/>

Better Health – Lose weight

- Download the free NHS Weight Loss Plan
- BMI Calculator
- Easy Meals App
- Eat Well for Less

Website: <https://www.nhs.uk/better-health/lose-weight/>

Change4Life

Easy ways to eat well and move more. Your first step to cooking healthier meals. Get the family involved and make tasty meals from scratch with Cook Together.

Website: <https://www.nhs.uk/change4life>

Local Food Banks (Trussell Trust & local charities)

- **Worcester**
- **Malvern**
- **Kidderminster**
- **Droitwich Spa**
- **Pershore**
- **Redditch**
- **Studley**

Website: www.trusselltrust.org/get-help/find-a-foodbank

- **Evesham (Caring Hands)**

Website: <https://www.chands.org.uk/index.htm>

Email: info@chands.org.uk

Phone: 07721 559387

- **Bromsgrove (The Basement Project)**

Website: <https://bromsgrovebasementproject.org.uk/>

Phone: 01527 832993

Healthy Eating

Worcestershire County Council Adult Learning

A range of healthy eating courses are on offer including Cook on a Low Budget for Parents, Cook with your Family for Parents and Children, Cook with Your Teenager for Parents & Teen

Website: http://www.worcestershire.gov.uk/info/20437/adult_and_family_learning_courses

Diabetes Prevention Services

Service details: support people at risk of developing Type 2 diabetes. Referral is via GP

Website: <https://preventing-diabetes.co.uk/herefordshire-worcestershire/>

Email: hex.ndpp.hw@nhs.net

Physical Activity

Worcestershire Health Walks

Service details: Aims to improve the nation's health and well-being by encouraging more people to become physically active through the simplest form of exercise, walking.

Website: www.worcestershire.gov.uk/healthwalks

Strong and Steady Exercise Classes

Service details: Strong and Steady Exercise Classes are designed for people who feel unsteady on their feet or have had a fall. The classes aim to improve strength and balance, and also to help people feel more confident when out and about.

Website: www.activehw.co.uk/strong-and-steady

Email: activehw@worc.ac.uk

Phone: 01905 855498

Active Herefordshire & Worcestershire

Service details: To search for a range of physical activity and sport opportunities for all abilities in your area

Website: www.activehw.co.uk

Email: activehw@worc.ac.uk

Phone: 01905 855498

Better Health – Get Active

- Couch to 5k app
- Active 10 app
- Get active at home
- Simple tips to move more

Website: <https://www.nhs.uk/better-health/get-active/>

Cyclestreets

Service details: The journey planner helps you identify quiet easy cycle routes

Website: <https://www.cyclestreets.net/>

Please note deliveries of some services may vary during the COVID-19 pandemic.

For more information about MECC E-Learning and skills training, please visit:
www.worcestershire.gov.uk/mecc