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Introduction

Welcome to this year’s Healthy Lifestyles Directory. It showcases the amazing range of activities and groups in South Gloucestershire, all of which can contribute to a healthy lifestyle.

Being physically active, eating healthily and having an active mind are all effective ways of positively influencing our health. There are many examples in this directory of how to achieve a balanced approach - exercising outdoors, keeping safe at home, libraries, leisure centres, good nutrition, walking for health, trying something different and making new friends – you’ll find it all here.

Sometimes we associate ‘being healthy’ with a long list of negatives, of things not to do – usually things we enjoy like eating chocolate or cream cakes. We need to turn this attitude on its head. A healthy lifestyle is about making positive choices to do things that are both enjoyable and good for our health, and certainly not about making us feel guilty or doing things that ‘hurt’.

Please take a look and find out what interests you, or is going on near you, and then join in. I guarantee that you will feel better for it and have fun at the same time.

Mark Pietroni
Director of Public Health for South Gloucestershire
Anyone can be at risk of developing heart disease, stroke, diabetes, kidney disease and some forms of dementia. The good news is that these conditions can often be prevented – even if you have a history of them in your family.

If you are aged 40-74, then an NHS Health Check can be a positive step to improving or maintaining your health.

What happens at the check?
- The check will take about 20 – 30 minutes
- You’ll be asked some simple questions, for example about your family history and lifestyle choices
- Your height, weight, age, gender and ethnicity will be recorded and your blood pressure will be taken
- There will also be a simple blood test to check your cholesterol level
- You’ll be taken through your results and told what they mean
- Some people may require further investigation for things such as type 2 diabetes, blood pressure and kidney disease
- You’ll be given personalised advice on how to lower your risk of poor health and maintain a healthy lifestyle

Helping you prevent diabetes, heart disease, kidney disease, stroke & dementia
How do I get an NHS Health Check?
Everyone between the ages of 40 and 74, who has not already been diagnosed with one of the conditions listed at the beginning and is without certain risk factors, will be invited (once every five years). You can contact your GP practice to see if you’re eligible. If you are outside that age range and concerned about your health, please speak to your GP. It is really important to keep a check on your health. Other ways you can do this are to check your health using free online tools.

- Take the ‘One You’ general health quiz [www.nhs.uk/oneyou/hay](www.nhs.uk/oneyou/hay)
- Find out if you’re at risk of type-2 diabetes with this quick and simple test [www.nhs.uk/Tools/Pages/Diabetes.aspx](www.nhs.uk/Tools/Pages/Diabetes.aspx)
- Find out if you’re at risk of kidney disease [www.nhs.uk/Tools/Pages/Kidneydisease.aspx](www.nhs.uk/Tools/Pages/Kidneydisease.aspx)
- This BMI calculator can show you whether you’re a healthy weight for your height [www.nhs.uk/Tools/Pages/Healthyweightcalculator.aspx](www.nhs.uk/Tools/Pages/Healthyweightcalculator.aspx)
- Try this healthy eating self-assessment to see if your diet is on track [www.nhs.uk/livewell/healthy-eating/Pages/Healthyeating.aspx](www.nhs.uk/livewell/healthy-eating/Pages/Healthyeating.aspx)
- Check your alcohol intake with this drinking self-assessment [www.nhs.uk/livewell/alcohol/Pages/Alcoholhome.aspx](www.nhs.uk/livewell/alcohol/Pages/Alcoholhome.aspx)
- Check your heart age with the Heart Age Tool [www.nhs.uk/Tools/Pages/heartage.aspx](www.nhs.uk/Tools/Pages/heartage.aspx)

You can find more information at [www.nhs.uk/nhshealthcheck](www.nhs.uk/nhshealthcheck) or [www.southglos.gov.uk/nhshealthcheck](www.southglos.gov.uk/nhshealthcheck)
“If a medication existed which had a similar effect to physical activity, it would be regarded as a ‘wonder drug’ or a ‘miracle cure’”. Former Chief Medical Officer of England

Walking has been described as the perfect exercise and we agree! It’s simple, free and one of the easiest ways to maintain a healthy weight and lifestyle. It can also help you feel happier, meet new people and prevent illness, as well as saving money - and the planet if you reduce your car usage.

There are many reasons why people don’t walk more. Joining a walking group can be a positive way of overcoming some of those barriers.
We have 13 regular groups across South Gloucestershire. You will be welcomed by a trained, friendly volunteer walk leader. Our led walks are free, fully risk assessed and last between 30 and 90 minutes. Walks are graded according to difficulty. Our programmes are available in your local library and online.

www.southglos.gov.uk/walking
Healthylifestyles@southglos.gov.uk 01454 868006

It’s important to be active every day. Walking counts towards your recommended 150 minutes of weekly exercise. You can break up your activity into 10 minute chunks, as long as you’re walking at a brisk pace. Brisk is different for everyone. You’ll know you’re walking briskly when you breathe a little faster, feel a little warmer, and feel your heart beating faster. You should still be able to talk without feeling puffed.

- Take a walking ‘break’ instead of sitting ‘break’
- Use the stairs instead of the lift or escalator
- Park further away from your destination
- Walk instead of driving if the distance is short
- Get off the bus a stop early
- Park in the space furthest away from the supermarket
- Walk while you are on your mobile phone
- Join a friend who walks their dog or borrow a friend’s dog!
- Walk every supermarket aisle, whether you need to or not
- Get up from your chair and take a three minute walk every hour
- Aim to climb the stairs ten times a day
South Gloucestershire has many beautiful outdoor spaces where we can all relax and enjoy our local surroundings every day.

Walking, cycling or catching the bus to local parks, commons and nature reserves are great ways to enjoy being active outdoors and travel sustainably. Getting involved in Friends groups, Green Gyms, nature conservation and wildlife interest groups improve our local environment as well as keeping us active.

Get in touch if you would like to ‘grow your own’ by renting an allotment or joining a gardening group to enjoy outdoor exercise and great food! There are also ‘In Bloom’ groups run by volunteers who create stunning displays which brighten up our communities. Contact us and we can help you find a group near you or to set one up!
All these opportunities to get outdoors, be more active, live sustainably and meet new people are free!

Contact: communityspaces@southglos.gov.uk 01454 863556

Warmley Forest Park and Three Brooks Local Nature Reserve (LNR) in Bradley Stoke have orienteering trails and at the Three Brooks LNR, you’ll also notice a 3-2-1 running/walking route. There are several of these measured, marked and mapped routes in South Gloucestershire.

To find out more about a route or a beginners’ running group near you, use the “find a running group/route” function on www.runtogther.co.uk or visit www.southglos.gov.uk/runsouthglos

A (5km) parkrun is held every Saturday at Pumphrey Hill (Mangotsfield) and The Ridings (Chipping Sodbury) www.parkrun.org.uk

Please also see page 6 about walking.
Are you doing fewer than 30 minutes of physical activity each week and live in South Gloucestershire? Receive FREE SportsPound vouchers to try a range of activities.

If you’re returning to exercising after taking a break or feel that you would like to be more active, our SportsPound programme can help you try out different activities.

View the activities available and register your interest at

[link]

www.southglos.gov.uk/SportsPound

We can either post your SportsPound vouchers or you can collect them at your local library. You can use your eight free Sports Pound vouchers on the same activity or use them on different activities to discover one that you enjoy - the choice is all yours.

Choose from Zumba classes, social badminton, walking football, walking netball, bowls, boccia, boules (Pétanque), Friendship and Exercise Clubs (see page 12), swimming and lots more.

Contact 📧 SportsPound@southglos.gov.uk ☎️ 01454 865 821
Emotional Wellbeing

National studies show that one in four of us struggle with our emotional wellbeing at some point in our lives. In South Gloucestershire we have developed a range of information and services to support people who might be struggling.

For general information go to 🌐 www.southglos.gov.uk/mh✉️ mentalhealth@southglos.gov.uk

We also have three local services that are designed to help people develop the skills and support network to ensure positive emotional wellbeing:

**The Wellbeing College**
The local Wellbeing College offers a range of courses and taster sessions. The aim is to boost your feeling of wellbeing in a positive environment. Sessions include: mindfulness, managing anxiety, money management, physical activities, art, and nature walks. The Wellbeing College will help you learn new skills, meet new people and make new friends. 🌐 sgwellbeingcollege.org📞 0300 1232222

**South Gloucestershire Talking Therapies**
South Gloucestershire Talking Therapies offer a range of short term therapeutic interventions to help people recover from less complex mental health problems and to learn skills and techniques which will support your ongoing wellbeing. The service provides both courses and one-to-one work. They can help you choose the best way forward. 🌐 https://iapt-sglos.awp.nhs.uk📞 0117 3784270

**Community Connectors**
See page 30.
Friendship and exercise clubs are for older people who like gentle exercise, games and socialising with a cup of tea or coffee. All the clubs are managed by local community groups and coached by a friendly, approachable instructor with a specialist qualification in exercise and health for older people.

Clubs, locations, days and times are online at www.southglos.gov.uk/friendship and leaflets are available at your local library.
To find out more, please call 01454 864005 / 07825 155 954 for a friendly chat.
The first session is free (a small fee per session after that).

Go on – give it a try – you won’t regret it.

If you would like to manage a new Friendship & Exercise club in your area please contact healthylifestyles@southglos.gov.uk
Exercise classes

The fitness classes below have been checked to ensure instructors are members of the Register of Exercise Professionals, however, you are advised to phone the numbers given to enquire whether the class is suitable for your needs.

Alveston: St. Helen’s Primary School
- **Zumba:** Thursdays 6:00pm – 6:55pm
- **Fitness Pilates:** Thursdays 7:05pm – 8:00pm
- **Zumba:** Thursdays 8:05pm – 9:00pm

📞 07977 632003 🌐 samihutchinson@aol.com

Alveston Youth Centre
- **Low Impact Aerobics and Toning:** Mondays 5:55pm – 6:55pm
- **Fitness Pilates:** Tuesdays 11:00am – 12:00noon

📞 07977 632003 🌐 samihutchinson@aol.com
Bradley Stoke Leisure Centre
- **60+ Aerobics**: Mondays 9:15am – 10:00am and Fridays 11:30am – 12:15pm
- **Aquafit**: Mondays 3:00pm – 3:55pm
- **60+ Body Conditioning**: Tuesdays 9:15am – 10:00am
- **60+ Keep Fit**: Wednesdays 9:30am – 10:30am (part of multi-activity morning: aerobics, squash, badminton, table tennis and swimming)
- **Zumba Gold**: Thursdays 12:30pm – 1:25pm

0300 333 0300  www.activecentres.org

Cadbury Heath Hall
- **Exercise class for over 55s (some seated)**: Mondays 10:00am – 11:00am

07707 076281  lincornish@hotmail.co.uk

Downend: Lincombe Barn / Folk House
- **Pilates beginners**: Tuesdays 7:00pm – 7:50pm, 8:00pm – 8:50pm & Saturdays 9:00am – 9:50am

07736 309272  Samantha@gentlefitness.co.uk

Emersons Green Village Hall
- **Exercise to music for over 50s**: Fridays 1:30pm – 2:30pm

07754 039059  louisewelsh160@hotmail.com

Falfield Village Hall
- **Low impact aerobics and toning**: Fridays 9:30am – 10:30am

07977 632003  samihutchinson@aol.com
Exercise classes

Hanham Tabernacle Church Hall
- Extend active class (with postural stability/falls prevention and balance): Thursdays 11:00am – 12:00noon

0117 956 0571 ✉ susanjefferies@sky.com

Kingswood Community Centre
- Keep Fit Association class: Thursdays 7:00pm – 8:30pm (term-time courses)

0117 979 9251 ✉ kfajune@fsmail.net

Kingswood Leisure Centre
- Aquafit (beginners): Mondays 11:00am – 11:55am

0300 333 0300  ➥ www.activecentres.org

Kingswood: Made for Ever Church Hall
- Exercise to music: Thursdays 10:00am – 11:00am

07754 039059 ✉ louisewelsh160@hotmail.com

Kingswood: Old Legion Building
- Work at your pace – circuits: Tuesdays 11:00am -12:00noon

07736309272 ✉ Samantha@gentlefitness.co.uk

Longwell Green Leisure Centre
- Aquafit: Fridays 9:30am - 10:15am and 10:15am – 11:00am

0300 333 0300  ➥ www.activecentres.org
Exercise classes

Oldland: St. Anne’s Church Hall
- Gentle exercise to music (some seated): Mondays 11:30am – 12:15pm
  07707 076281 lincornish@hotmail.co.uk

Staple Hill: Page Park Pavilion (upstairs)
- Exercise for over 55s: Thursdays 2:00pm – 3:00pm & Fridays 1:00pm – 2:00pm
  07752 497777 healthb4wealthptfitness@gmail.com

Staple Hill: The Sanctuary
- Exercise class for over 50s: Wednesdays 10:00am – 10:45am
  07707 076281 lincornish@hotmail.co.uk

Thornbury Leisure Centre
- Active seniors: Mondays 12:00noon – 12:45pm
  - Aerobics 60+: Tuesdays 9:45am – 10:45am (part of multi-activity morning: aerobics, squash, badminton, table tennis and swimming; indoor bowls also available) & Thursdays 10:00am – 10:55am
  0300 333 0300 www.activecentres.org

Thornbury: Methodist Church Hall
- Extend exercise class (some seated): Thursdays 10:00am – 11:00am
  01454 613551 or 01454 613442 aussie.davies@btinternet.com
  www.thornburyu3a.org.uk
Thornbury: United Reform Church
- Pilates: Thursdays 11:20am – 12:15pm

07977 632003  samihutchinson@aol.com

Winterbourne: Fromeside Gym Club
- Extend exercise class: Fridays 10:00am – 11:00am

01454 776873 or 01454 613551 aussie.davies@btinternet.com

Yate Leisure Centre
- 60+ Aerobics: Thursdays 9:30am – 10:25am & 10:30am – 11:25am
  (part of multi-activity morning: aerobics, squash, badminton, table tennis and swimming)

0300 333 0300  www.activecentres.org

Yate: Methodist Church Hall
- Exercise class (some seated): Thursdays 9:30am – 10:30am

07707 076281  lincornish@hotmail.co.uk
Dancing is a wonderful way for people to keep active and have fun while meeting new friends.

**Almondsbury Sports and Social Club**
- **Sequence advanced**: Tuesdays 7:15pm – 8:25pm
- **Ballroom & Latin advanced**: Tuesdays 8:30pm – 9:30pm

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<tr>
<th>Phone</th>
<th>Email</th>
<th>Website</th>
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<tbody>
<tr>
<td>07747 686206</td>
<td><a href="mailto:catherinematthewsdanceschool@gmx.co.uk">catherinematthewsdanceschool@gmx.co.uk</a></td>
<td><a href="http://www.cathiematthewsdance.moonfruit.com">www.cathiematthewsdance.moonfruit.com</a></td>
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**Alveston: Marlwood School**
- **Marlwood Folk Companions**: Fridays 7:45pm – 9:15pm (term time only)

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<tbody>
<tr>
<td>01454 414365</td>
<td><a href="mailto:Peter.sumner@btopenworld.com">Peter.sumner@btopenworld.com</a></td>
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Coalpit Heath: Manor Hall
- Ballroom/Latin intermediates/advanced: Thursdays 7:15pm – 8:15pm
- Ballroom/Latin improvers: Thursdays 8:30pm – 9:30pm

07747 686206  catherinematthewsdanceschool@gmx.co.uk
www.cathiematthewsdance.moonfruit.com

Coalpit Heath: St. Saviour’s Church Hall
- Ballroom/Latin improvers: Mondays 7:15pm – 8:15pm
- Ballroom/Latin intermediates: Mondays 8:30pm – 9:30pm

07747 686206  catherinematthewsdanceschool@gmx.co.uk
www.cathiematthewsdance.moonfruit.com

Frampton Cotterell C of E Primary School
- Ballroom, Latin and Sequence beginners: Mondays 7:00pm – 8:00pm
- Ballroom, Latin, Sequence advanced: Mondays 8:00pm – 9:00pm
- Ballroom, Latin, Sequence advanced: Wednesdays 7:00pm – 8:00pm

Belinda Orford School of Dancing 01454 415346
info@belindaorford-dancesteps.co.uk
www.belindaorford-dancesteps.co.uk

Frampton Cotterell: Zion Church Hall
- ‘Laughter in Line’ dancing beginners: Mondays 7:30pm – 8:30pm
- ‘Laughter in Line’ dancing improvers: Mondays 8:30pm – 9:30pm

01454 773929  sarah.cleaver@gmail.com
www.laughterinline.org/
Frenchay Village Hall
- **Frenchay Country Dancers:** Wednesdays fortnightly (September-June) 7:45pm – 10:15pm
- **0117 940 9508**
- **frenchayfdc@hotmail.com**
- **www.frenchayfdc.co.uk**

Hanham Folk Centre
- **Modern Sequence dancing:** Thursdays 7:45pm – 10:00pm
- **Ballroom dancing beginners:** Thursdays 7:00pm – 7:30pm
- **Sequence 0117 965 7110 / Ballroom 0117 978 2667**
- **www.hanhamcentre.org**

Hanham Folk Centre
- **Tea Dance:** 1st & 2nd Wednesday of month 2:00pm – 4:00pm
- **0117 932 3071**
- **terrysdanceschool@blueyonder.co.uk**

Iron Acton Parish Hall
- **‘Laughter in Line’ dancing beginners:** Thursdays 7:30pm – 8.30pm
- **‘Laughter in Line’ dancing improvers:** Thursdays 8:30pm – 9:30pm
- **01454 773929**
- **sarah.cleaver@gmail.com**
- **www.laughterinline.org/**

Kingswood Estate: Studio One
- **Margaret Morris Movement dance/exercise class:** Thursdays 10:30am – 11:30am
- **07896 346 486**
- **Tricia.mason16@yahoo.co.uk**
- **www.margaretmorrismovement.com**
Longwell Green Community Centre
- **Ballroom and Latin**: Tuesdays 7:00pm – 10:00pm and Fridays 6:00pm – 9:00pm
- **Ballroom and Latin beginners**: Tuesdays 9:00pm – 10:00pm

0117 932 3071  terrysdanceschool@blueyonder.co.uk

Oldbury on Severn
- **Ballroom, Latin, Sequence improvers**: 7:00pm - 8:00pm

Belinda Orford School of Dancing
- info@belindaorford-dancesteps.co.uk
- www.belindaorford-dancesteps.co.uk

Olveston Parish Hall
- **Ballroom/Latin intermediates/advanced**: Fridays 7:05pm – 8:05pm
- **Sequence intermediates/advanced**: Fridays 8:15pm – 9:15pm

07747 686206  catherinematthewsdanceschool@gmx.co.uk
- www.cathiematthewsdance.moonfruit.com

Thornbury: Armstrong Hall
- **Tea Dance**: Wednesdays 2:00pm – 4:00pm

01454 412060

Thornbury: Christ the King R. C. Primary School
- **Ballroom, Latin and Sequence improvers**: Thursdays 7:00pm – 8:00pm

Belinda Orford School of Dancing  01454 415346
- info@belindaorford-dancesteps.co.uk
- www.belindaorford-dancesteps.co.uk
Thornbury: Cossham Hall
- **World Dance:** Mondays 7:00pm – 9:30pm
  
  ☏ 01453 834125 ✉ hazel@hazelyoung.co.uk
  🖥 www.hazelyoung.co.uk

Thornbury Methodist Church Hall
- **Country dancing:** Tuesday (fortnightly): 2:00pm – 3:45pm
  
  ☏ 01454 411936 / 01454 414952
  ✉ countrydancing1@thornburyu3a.org.uk
  🖥 www.thornburyu3a.org.uk

Yate: Packard Dance Centre
- **Wide range of dancing** – please see website for current details
  
  ☏ 01454 614767 / 0780 2732050 ✉ wayne@packarddance.com
  🖥 www.packarddance.com

Yate: Shire Way Community Centre
- **Latin in Line (U3A) all welcome:** Wednesdays 2:00pm – 3:00pm
- **Ballroom and Latin beginners:** Wednesdays 6:00pm – 7:00pm
- **Ballroom and Latin intermediates/advanced:**
  Wednesdays 7:00pm – 8:00pm
- **Ballroom and Latin improvers:** Wednesdays 8:00pm – 9:00pm
- **Sequence improvers:** Wednesdays 9:00pm – 10:10pm
  
  ☏ 07747 686206 ✉ catherinematthewsdanceschool@gmx.co.uk
  🖥 www.cathiematthewsdance.moonfruit.com
Swimming has all the benefits of an active lifestyle with added value in the support that water provides for our bodies, reducing impact on the joints.

Swimming pools at all Active Centres are open daily for public swimming. In addition the following over 60s sessions are offered:

**Bradley Stoke Leisure Centre:**
Wednesday: 11:00am – 12:00noon

**Kingswood Leisure Centre:**
Tuesday and Thursday: 11:00am – 12:00noon (diving boards are open for use during the last 15 minutes of this session)

**Longwell Green Leisure Centre:**
Friday: 9:00am – 12:00noon (9:30am – 11:00am: half the pool only widths in the deep end due to Aquafit)

**Thornbury Leisure Centre:**
Friday: 12:00noon – 1:00pm (two lanes)

**Yate Leisure Centre:**
Friday: 11:00am – 12:00noon

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**Filton Sports & Leisure Centre:** 50+ swimming
Friday 3:00pm – 4:00pm

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0300 333 0300 www.activecentres.org

01454 866686 www.filtontowncouncil.gov.uk
Sugar

Sugar has been hitting the headlines recently. From the new sugar tax on drinks to Sugar Smart campaigns and the new Jamie Oliver’s Sugar Smart cities.

Why is sugar a problem?

Putting on weight
Foods high in sugar can be high in calories and often low in other important nutrients. This can lead to us putting on weight, which can increase our risk of Type 2 Diabetes, stroke and heart disease.

Feeling tired
Snacking on sugary foods gives us a spike of energy, followed by a ‘crash’: we feel tired later, which triggers us to crave more sugar and start the cycle again.

Tooth decay
Sugary food and drinks can cause tooth decay. Acid is produced when the bacteria in your mouth breaks down the sugar. This dissolves the tooth surface, which is the first stage of tooth decay.

How much is too much?

Most adults and children in the UK eat too much sugar. The kind of sugar we eat too much of is known as "free sugars". This is any sugar added to food or drinks, or found naturally in honey, syrups and unsweetened fruit juices.

Adults are advised not to eat more than 30g of free sugars a day, (roughly seven sugar cubes). However, currently in the UK men over 65 are consuming on average 58.5g and women 46.2g. (Why 5%?, Public Health England, 2015).

Where is the sugar?
Hidden sugar is found in obvious places: cake, chocolate, biscuits and cake. But also less obvious places: yogurt, fruit juice, alcohol, tomato ketchup and some breakfast cereals.
Food labels can help
Using the traffic light system on food labels is a quick and easy way of choosing a healthier option. Total sugars are often shown on food labels, so you can easily compare products and choose a healthier option.
red = high (in sugars)
amber = medium
green = low

Wean yourself off the sweet stuff
Sugar is addictive, so it will take time to reduce it, but the healthier your snacks, the less hungry you feel and the less cravings you’ll have.

Here are a few ideas:
- Choose slow-release energy snacks such as a small handful of nuts or seeds, oats and wholegrains.
- Avoiding sugary breakfast cereals could cut out 70g of sugar (up to 22 sugar cubes) per week.
- Have a plain currant bun, fruit scone or malt loaf instead of cake.
- Swap from sugary drinks to water, lower-fat milks or sugar-free/diet/no-added-sugar drinks.
- Limit unsweetened fruit juice to no more than 150ml a day.
- Gradually reduce the amount of sugar added to tea or coffee or until you can cut it out altogether.
- Try a lower-fat spread, sliced banana or lower-fat cream cheese instead of jam, marmalade or honey on toast.

<table>
<thead>
<tr>
<th>Food Item</th>
<th>Sugar (g)</th>
<th>Sugar Cubes</th>
</tr>
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<tbody>
<tr>
<td>Orange juice (200ml carton)</td>
<td>26</td>
<td>6.5</td>
</tr>
<tr>
<td>Coke (500ml bottle)</td>
<td>27</td>
<td>6.5</td>
</tr>
<tr>
<td>Fruit yoghurt (125g pot)</td>
<td>19</td>
<td>4.5</td>
</tr>
<tr>
<td>Smoothie (250ml bottle)</td>
<td>28</td>
<td>7</td>
</tr>
<tr>
<td>Dried fruit (14g pack)</td>
<td>9</td>
<td>2</td>
</tr>
<tr>
<td>3 Chocolate digestives</td>
<td>15</td>
<td>3.5</td>
</tr>
<tr>
<td>3 Custard creams</td>
<td>12</td>
<td>3</td>
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</tbody>
</table>

Access free at your local library
Active Card

Belong...
Health, Libraries,
Arts and Leisure
An Active Mind in an Active Body

One card will let you borrow books, gain internet access at libraries, have a swim, use the gym or take part in a host of sporting activities, all providing social opportunities to meet new friends and try something new in a relaxed environment.

The Active card gives you access to a balanced lifestyle, full of interest, vibrancy, reading, learning, playing and health. You can find out more about what is going on in your area by subscribing to our newsletters.

The card is free and you can then take part in leisure centre activities either as a ‘pay as you go’ customer or by taking out an inclusive membership to bring even more benefits.

Most library services are free of charge. It gets even better... your Active Card works not only in leisure centres and libraries in South Gloucestershire: you can also borrow books from, and return them to, any public library in Bristol, North Somerset, Somerset, Bath and North East Somerset as well as Dorset and Poole.

Find out where to get Active at www.activecentres.org or phone 0300 333 0300
Life can be full of surprises, and so is your library!

**Enjoyment**
Want to read but don’t have time to visit the library? Download e-books, e-audio books and e-magazines for free, anytime, from [www.southglos.gov.uk/eresources](http://www.southglos.gov.uk/eresources)

Love to read but find that the print is getting too small? Browse and borrow from our large print and audio book collections.

Can’t get out? Our Home Library Service volunteers will bring books to your home, hand-picked according to what you like to read.

**Inspiration & creativity**
We hold regular and one-off events including author evenings, craft groups and coffee mornings. Find out more on our website [www.southglos.gov.uk/libraryevents](http://www.southglos.gov.uk/libraryevents)
**Information & support**
There can be times in our life when we may need a bit of support and advice to get us through a difficult time. Or we might just be in need of some uplifting messages. Our libraries offer a selection of NHS recommended books on common mental health problems and also dementia.

**Research & learning**
We offer FREE use of computers and wifi. Keep up with family and friends or simply practise your computer skills. Courses are available to learn IT skills plus one-to-one help with trained volunteers if required.

You can find out about your family name, including where it came from. If there are more than a hundred of you bearing your surname today, it will be included in the Oxford Dictionary of Family Names in Britain and Ireland. You may also search the full text of national and local newspapers, including The Bristol Post, on NewsBank. Log in to both these interesting and useful resources using your library card number from the link on [www.southglos.gov.uk/eresources](http://www.southglos.gov.uk/eresources).

If you want to trace your roots – there is free access to the [Ancestry.com](http://Ancestry.com) Library Edition website available only on the computers in libraries.

All this, plus scanning, faxing, laminating, printing and photocopying. Find it, read it, enjoy it – the Active Library and Leisure Card – your ticket to a new world of things to do. FREE membership for life!

Find out more on our website [www.southglos.gov.uk/libraries](http://www.southglos.gov.uk/libraries) or by telephoning 01454 868006

Facebook.com/sgloslibraries  Twitter@southgloslibs
In South Gloucestershire we celebrate the fact that we are living longer and working together as a community to maintain good health and stay well.

Each one of us plays a key role in looking after, developing and protecting our own health to maintain or improve our physical and mental wellbeing. There are many ways we can do this whether we are in good health or in need of additional support and care to help each of us live well.

**First Contact**
The First Contact Scheme puts older people in touch with a range of services to help you live independently or to be more mobile. You can pick up a First Contact postcard from any South Gloucestershire library or One Stop Shop, or online at [www.southglos.gov.uk/firstcontact](http://www.southglos.gov.uk/firstcontact)
Community Connectors
Community Connectors help you live independently, get involved in your community and improve your physical and mental wellbeing. The team can offer you a wide range of bespoke support and advice:

- Information and guidance over the phone, face-to-face or by email
- How to be connected and active in your community
- Help for you and your community to set up groups and activities that benefit local people
- Opportunities to meet new people and learn a new skill
- Sign-posting to local services and agencies

You can call on ☎️ 0300 123 2464 or email 📧 communityconnectors@curo-group.co.uk to find out more.

Carers Services
A carer is someone of any age who provides unpaid care or support to an adult family member or friend. ‘Caring’ for an adult includes helping with their washing, dressing or eating, taking them to regular appointments or keeping them company when they feel lonely or anxious.

The Carers Support Centre can give information, advice and signposting to other organisations. ‘Getting help and connected’ is the first step towards information and support that will help carers in their role. There are also monthly support groups running across South Gloucestershire that come together to give carers a break from caring, mutual support and advice.
To find out more about support for carers, call the Carers Support Centre’s on ☎️ 0117 9652200 or visit 🏷️ www.carerssupportcentre.org.uk

If the person you care for lives outside of South Gloucestershire visit 🏷️ www.nhs.uk/carersdirect or contact the council of the person you are caring for. For more information visit 🏷️ www.southglos.gov.uk/carers

**Support for stroke survivors and their carers**

Bristol Area Stroke Foundation (BASF) offers support, advice, information, counselling, short courses, advocacy, family support and local stroke groups including a monthly meeting at the Stroke Café in Downend. At the stroke café we talk about healthy eating, exercise, benefits, support for carers, living independently and other support schemes. For more information telephone ☎️ 0117 9647657 or visit 🏷️ www.southglos.gov.uk/strokesupport
Support for people with dementia or memory loss and their carers

Dementia Advisors provide support and advice to understand dementia and to promote an individual’s quality of life at home and in their community:

- Help to understand the diagnosis of dementia
- Emotional support to cope with the ongoing challenges of living with dementia
- Ideas and tips to live well in your own home
- Information and advice
- Future planning for health and wellbeing

You may also contact The Alzheimer’s Society

📞 0117 961 0693 🖥️ www.alzheimers.org.uk

Memory cafes, including many in South Gloucestershire, welcome anyone worried about their own or a relative’s memory.

Living Well with Dementia Roadshows offer advice and information for people diagnosed with dementia and their families.

Real Life with Dementia offer information and advice for carers when the disease progresses and caring for someone with dementia becomes more challenging.

There is also a dementia information guide to services for people living with dementia 🖥️ www.southglos.gov.uk/dementia

Community Meals are available for you to purchase all year round.

Home Adaptations equipment is available to make practical tasks easier such as safety rails and ramps which may be installed and help you to stay independent.
The Handy Van Service offers a subsidised minor household repairs and adaptations service and a free security check.

Telecare using your phone line, telecare sensors activate an alarm when there is a problem in your home or a threat to your safety. The Telecare Monitoring Centre monitors your alarm 24 hours a day and when an alarm is triggered, an operator will talk to you over a speaker unit until help arrives. This service can provide reassurance to you and your family and supports your choice to live independently.

Sheltered Housing offers accommodation designed to support the requirements of older people who wish to remain living independently. Most schemes in South Gloucestershire have a flexible model of support that can respond to emergencies using Telecare equipment.

Extra Care Housing allows you to live independently on a purpose built site designed to support the requirements of older people who wish to remain living independently with 24 hour support available on site if you should need it.

Assessment and Support if you need more than advice and information, we can arrange an assessment for both you and your carer to find out what help you need to continue to live at home. If you are eligible, your support may be funded by the council and you may be offered a Personal Budget, which pays for the kind of support that suits you best. Depending on your financial circumstances you may be asked to make a contribution towards the cost of your care.

Personal Care if you need help to continue to live independently the council can give you advice regarding providers of personal care services in your locality. People on a low income may be entitled to some help with paying for these services.
Care homes should your needs require you to move into a care home, we can help you to find the right one for you. Depending on your financial circumstances, you may be asked to make a contribution towards the cost of your care.

Day Care the council supports people with a range of disabilities including physical and sensory impairments, dementia and learning difficulties to help maintain and maximise their independence.

For further information about the adult support and care mentioned please visit www.southglos.gov.uk/health-and-social-care/care-for-adults or call 01454 868007.

Safeguarding Adults Board
Safeguarding is everybody’s business and the Board has worked to engage our citizens and communities in how they can better understand and play their part in creating a safer and supportive environment for adults at risk of abuse. Families, friends and neighbours play a central role in this endeavour and it is important they receive the support they need and deserve.

Every individual is entitled to live their life as independently as they are able. In addition it is important that services are personalised to ensure that they are flexible to the choices and wishes of the recipient. Safeguarding adults is about retaining individuality and dignity in day to day living and our partners aspire towards these principles.

For more information on Safeguarding Adults please visit http://sites.southglos.gov.uk/safeguarding.
Falling can be a common problem for people as they get older, but falls are not an inevitable consequence of old age and there are many things that you can do to reduce your risk of falling.

**Stay active**
The more active you are the more you will be able to maintain your muscle and bone strength and stay steady on your feet. Walking, gardening, Tai Chi and dancing are great examples of ways you can stay active.

**Eat well**
You can also help to keep your bones strong by eating a diet rich in calcium and vitamin D. You can find out more information and get advice on healthy eating on the Age UK website [www.ageuk.org.uk/health-wellbeing/healthy-eating-landing](http://www.ageuk.org.uk/health-wellbeing/healthy-eating-landing)
Ensure your home is safe
Try to remove clutter and other trip hazards such as rugs and trailing wires. Try to ensure that there’s enough light to see, especially if you get up at night.

Look after your feet
It’s also important that you look after your feet. It sounds simple, but wearing well fitted shoes and slippers and regularly cutting nails can help to reduce your risk of falls. Please see page 43 (Age UK).

Talk to your GP
If you’ve had a fall it’s important that you talk to your GP about it and they will be able carry out some simple checks. For example, certain medicines can make you feel faint and affect your balance. If you take several medicines you should ask your GP or Pharmacist to review them regularly in case the dose needs to be changed.

Have regular eye tests and ear check ups
You should get your eyes checked and your glasses prescription reviewed as often as your optician advises, and at least every two years. NHS eye tests are free if you’re over 60. If you have problems with your hearing, don’t delay going to your GP for a check-up. See page 44 (Age UK).

Advice on what to do if you fall is available on the NHS website

www.nhs.uk/Conditions/Falls/Pages/Introduction.aspx
**Medicines**

It is important to ask your doctor about medicines that you are being prescribed and also for your doctor to review these medicines regularly. This will help to ensure your medications are managed effectively. Also, when buying medication over the counter, don’t forget to read the information leaflet inside the box and ask your pharmacist if you have any questions. It is important to be aware of the impact of other medicines and/or alcohol may have on you when taking medication.

**Questions that you or a supporting person can ask your GP or pharmacist:**

- Why am I being prescribed this drug and what is it for?
- Will I need to take this drug for a long time?
- Will it interfere with any other medicines?
- Is it recommended that I avoid alcohol while taking this drug?
- Will it cure my condition or is it for relief of my symptoms?
- Can I make some lifestyle changes to address the problem and relieve the symptoms instead of taking this drug?

**Safer drinking levels**

New recommendations were published in 2016 regarding the levels of alcohol that health professionals believe will have an impact on a person’s health and wellbeing.

**This applies to adults who drink regularly or frequently i.e. most weeks. The Chief Medical Officer’s guidelines for men and women:**

- To keep health risks from alcohol to a low level it is safest not to drink more than 14 units a week on a regular basis.
If you regularly drink as much as 14 units per week, it is best to spread your drinking evenly over three or more days - if you have one or two heavy drinking episodes a week, you increase your risks of death from long-term illness and from accidents and injuries.

The risk of developing a range of health problems (including cancers of the mouth, throat and breast) increases the more you drink on a regular basis.

If you wish to cut down the amount you drink, a good way to help achieve this is to have several drink-free days each week. There is no guaranteed, safe level of drinking, but if you drink below the recommended daily limits, the risks of harming your health are lowered.

### Unit guide

1 unit is typically:
- Half-pint of regular beer, lager or cider (4%);
- 1 small glass of low ABV wine (9%);
- 1 single measure of spirits (25ml)

The following drinks have more than one unit:
- A pint of regular beer, lager or cider;
- A pint of strong/premium beer, lager or cider (5%);
- 440ml regular can cider/lager (4%); 440ml "super" lager (6%+);
- 250ml glass of wine (12%)

From: Alcohol Screening Tool Audit

If you find that you are using medicines or alcohol more than you think you should or if you have concerns about someone else's use of medicines or alcohol - free treatment and counselling is available. This service is based on a quick and simple assessment. Please call Developing Health and Independence who are the single point of contact for drug and alcohol services in South Gloucestershire on freephone 0800 0733 011 for more information.
If you are a smoker, stopping smoking is the best way of improving your health and reducing your chances of premature death. The benefits begin from the moment you stop: within the first week, breathing becomes easier, energy levels increase and you will begin to experience improved sense of taste and smell.

*It’s never too late to stop smoking.*
Smokefree South Gloucestershire

South Gloucestershire has a free, local Stop Smoking service. Staff can help you find the best way of stopping smoking by providing:

- Free expert advice and friendly support
- A personal Quit Plan tailored to your needs
- Nicotine Replacement Therapy or Stop Smoking medications available on prescription to help beat cravings
- Motivational tips on how to stay on track

Delivered by professionals, Smokefree South Gloucestershire will help you stop smoking for good. Trained advisers are based at GP surgeries, pharmacies and at community venues across South Gloucestershire so you can find the service that best suits you.

To find your nearest practitioner, visit

- [www.southglos.gov.uk/smokefree](http://www.southglos.gov.uk/smokefree)
- smokefree@southglos.gov.uk
- 01454 865502

You are up to four times more likely to quit if you use NHS support than if you go it alone.
Scams and rogue traders hit the headlines almost every day with British consumers estimated to lose around £3.5 billion every year – the equivalent of £70 for every adult in the country. However, it is feared that this figure is much, much higher as only 5% of victims of a scam report it to the authorities.

Put simply, scams and rogue trading are designed to cheat you out of your money or obtain personal details for illegal purposes. The tales fraudsters tell can be amazing – a lottery win, an investment opportunity or an unbelievably low quotation to carry out maintenance work on your property. These tales are not true: they are designed purely to encourage you to hand over money.
Remember, if it sounds too good to be true, it probably is
If you learn how to recognise the hallmarks of a scam or rogue trader you can help prevent and protect yourself from fraudsters. If the letter, phone call, email or visit comes out of the blue, be suspicious. If the tale they tell sounds too good to be true, be suspicious. If you are asked for money or personal information upfront, be suspicious. If you are asked to send money overseas, be suspicious. If the trader offers to take you to the bank to withdraw large amounts of money, be suspicious. Report any suspicions immediately.

If you think you may have fallen victim to a scam, or know someone who has – report it!

Report it to Trading Standards by calling the Citizens Advice consumer helpline, which can offer you advice and guidance on this and any other consumer matter. Contact them on 03454 04 05 06 Mon-Fri 9am-5pm.

Alternatively, you can report a scam to Action Fraud on 0300 123 2040 or via their website actionfraud.police.uk
Age UK South Gloucestershire (AUKSG)

aims to help as many older people as possible to

‘Love Later Life’
AUKSG’s services range from befriending visits to benefits advice, insurance to nail-cutting and will-writing to activity day centres.

Our free information and advice team offers face to face appointments to help with local information such as our Tradespersons’ Register and also benefits advice, Blue Badge applications and Lasting Powers of Attorney.

Our nail cutting service operates regularly in community venues across South Gloucestershire and can help you maintain good foot care, balance and mobility.
Our free Befriending service, delivered entirely by volunteers, provides a lifeline to many older people who have little or no social contact, by sharing a cuppa and a chat for around an hour a week. Our volunteers say they enjoy just as much as those receiving the visits! We have an urgent need for more volunteers to reduce our waiting list for this valuable service. Please will you consider whether you can spare an hour or two each week to make a real difference to the life of someone who is lonely and isolated?

Activity Day Centres in Downend, Filton and Kingswood provide a comprehensive day service with accompanied transport from door-to-door, a good variety of morning and afternoon activities, occasional outings and a nutritious lunch. A new centre in the Cadbury Heath area is also planned and may already be open by the time you read this! Depending on your personal and financial circumstances, some help may also be available from South Gloucestershire Council towards some or all of the cost. We’re also happy to offer a free trial session so you can see whether this is for you.

Our will-writing service is supported by a local solicitor (Wards) who operate a monthly service for us free of charge (conditions apply). We ask you to consider a voluntary donation to us as a local charity.

Finally, the trading company can help with a range of products and services such as home, car or travel insurance, personal alarms, funeral plans and other services designed for older people - either face to face or by telephone. We can also arrange for Age UK Hearing Aids to provide an independent, free hearing assessment and, if appropriate, they can recommend from a wide range of competitively-priced hearing aids to meet your specific requirements.

For more details on any of the above please contact 01454 411707 info@ageuksouthglos.org.uk www.ageuksouthglos.org.uk
Make the most of your local community with Well Aware

Well Aware is a free health and wellbeing information website for Bristol and South Gloucestershire. It has more than 6,000 entries with categories ranging from ‘support around the home’ and ‘socialising’ to ‘getting around’ and ‘personal health services’ and much other useful information.

There is a calendar of events so that you can find activities in your area.

We also have a Freephone telephone line ☏ 0808 808 5252 during weekday office hours for people who prefer to talk to us. Calls are answered by one of our team based in Fishponds.

When you phone, all you have to do is tell us what you’re looking for and we’ll look up the information for you and tell you on the phone then email it to you or print it out and put it in the post. It’s as simple as that! We look forward to you call!

Well Aware is run by The Care Forum in partnership with the Councils and NHS Clinical Commissioning Groups in South Gloucestershire and Bristol, local Healthwatch projects, and the Avon & Somerset Police Commissioner.
Contact details

If you wish to have additional copies of this directory, please ask at your nearest library or leisure centre or contact the Health Promotion Resource & Information Service:

0117 922 2290
ph.leafletshp@bristol.gov.uk
www.bristol.resourcesorg.co.uk

Please contact us if you would like to inform us of any new activities for the directory or to tell us what you think:

01454 868006
healthylifestyles@southglos.gov.uk

Have you seen the online versions of this directory?

www.southglos.gov.uk/activitiesop (updated regularly)
www.southglos.gov.uk/healthylifestylesdirectory

Further information

Contact the Elderly

- a national charity to brighten up the lives of older people
- volunteer drivers, hosts and group coordinators welcome

0800 716 543 www.contact-the-elderly.org.uk
Further information

University of the Third Age
- educational, creative and leisure opportunities in a friendly environment
- a variety of groups and activities

Thornbury U3A: www.thornburyu3a.org.uk
Yate & Sodbury District U3A: www.u3asites.org.uk/yate-sodbury
Bristol U3A: www.bristolu3a.org.uk

South Gloucestershire Over 50s Forum
The Forum aims to raise the profile of older people in South Gloucestershire and improve their lives. It is non-party political and provides a voice for the views, concerns and opinions of its members. The Forum works to ensure that the knowledge and abilities of older citizens are recognised and valued.

southglosover50sforum.btck.co.uk or email southglosover50s@gmail.com

Volunteer Centres
CVS South Gloucestershire supports volunteering in South Gloucestershire.

The Partnership operates through two independent volunteer centres based in Thornbury and Yate and volunteering services based in Kingswood and Patchway/Filton/The Stokes run by Southern Brooks Community Partnership.

www.cvs-sg.org.uk/volunteer-centres-sg-partnership