Wellbeinginfo.org

The Wellbeing info Directory gives information on how to keep your mind and body healthy. It provides information on where to get help if you have a problem. It gives advice on:

- Health and wellbeing
- Education, training and employment
- Children, young people and families
- Mental health
- Money matters
- Volunteering
- And lots more!

Go to www.wellbeinginfo.org - for lots of information on local services
Or telephone 0191 417 8043

Reading Well – Books on Prescription Scheme

This scheme offers people self-help books from the library which may be part of cognitive behavioural therapy (CBT) prescribed by a health professional. The books are also available for anyone to borrow from their local library.

South Tyneside Libraries have a core list of 30 titles covering issues such as anxiety, depression, phobias, panic attacks, bulimia and sleep problems. These will be available to borrow from all libraries in South Tyneside or they can be requested online at: www.southtyneside.info/libraries

If you know someone who would like this information in a different format contact the Communications Team on 0191 424 6515.

For further copies of this leaflet please contact the Public Health Improvement Information & Resources Team on 0191 424 6666.
South Tyneside Health Trainer Service
Health Trainers offer one to one support and practical advice to help you adopt a healthier lifestyle. They will support you to come up with a realistic plan of how to achieve your goals. They can also signpost and support you to access other services.
Telephone 0787 206 1097 or 0191 456 9551

Stop Smoking Service
Get local support that really works with-
• free expert advice and a personal quit plan tailored to your needs
• stop smoking treatment to help you beat the cravings
• personal tips to help you stay on track
Call free phone 0800 531 6317 for details of your nearest advisor
Text smokefree and your postcode to 80800

Health & Lifestyle Advisors
Dedicated to encourage lifestyle changes and help you lose weight – for good. Discuss with your GP or Practice Nurse who can refer you into this support.
Or for more information telephone 0191 283 1156

Exercise Referral and Weight Management Programme
A programme that is designed to provide physical activity and nutrition advice for you. The programme will give you access to an individual physical activity programme and nutrition support, with confidential weight and progress check.
Discuss with your GP or health professional who can refer you.
Or for more information telephone 0191 424 7714

South Tyneside NECA - Drugs, Alcohol & Gambling Information, Counselling, Psychosocial Interventions & Support
Offers advice and information, counselling, support, day care, group work, support for families and carers.
Telephone 0191 456 9999
Email southtynes@neca.co.uk
Website www.neca.co.uk

NERAF
Help and support if you or someone you care for has a problem with drink or drugs. NERAF offer the chance to take control.
Telephone 0191 497 4600
Email info@neraf.org
Website www.neraf.org

Horizons South Tyneside – Recovery Co-ordination Team
This service is for those aged over 18 and are currently in recovery from alcohol or drugs. Offers one to one support, group support, confidence building, housing advice, training, employment support, volunteer placements, and aftercare provision. They also offer a centre/cafe as a place to socialise and attend meaningful activities.
Telephone 0191 427 6824
Email horizons@neca.co.uk

Self Care Course - Bliss=ability
The Self Care course can help you manage stress, build up confidence and can help you to change to a healthier lifestyle.
Telephone 0191 427 1666
Email angela@blissability.co.uk for course dates.

Age UK
Provide a wide range of services for older people including information and advice, active ageing activities e.g. seated exercise, zumba, lunch clubs, food planning and how to cook traditional healthy meals.
Telephone 0191 456 6903

Breathe Easy South Tyneside
Breathe Easy is a support group for people affected by lung conditions including their friends, family and carers. The group provides a wide range of information and support, with a varied programme of guest speakers and activities.
Meetings: Third Friday of the month, from 2-4pm
Location: St Gregory’s Church, South Shields
Contact Maureen Jones on 0191 455 9246

Primary Care Mental Health Service
Work with people who have anxiety, depression, trauma, stress, bereavement and other issues. The service is completely confidential. They run support groups, offer information classes, and one to one therapy to people aged over 16.
For more details telephone 0191 283 2937
Email stpcmhs@stft.nhs.uk