YOUR WELLNESS GUIDE AND YOUR WELLNESS SERVICES

Information guide about Wellness and physical activity opportunities in Sunderland
(April to October 2013)
SECTION ONE | YOUR WELLNESS GUIDE

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No matter what the occasion is, whether it’s a New Year’s resolution, a birthday, or preparing for a holiday, we have all at some point made a promise to make changes to our lifestyle.

Usually this means sticking to these promises for a couple of weeks, and then when it becomes difficult, we miss a day, then two days, then before we know it we have slipped back into our usual habits.

Section one of this guide aims to help you begin to see the benefits of leading a healthier lifestyle and how you can achieve this by changing one thing at a time.

In section two you will find information about Wellness and physical activity opportunities available in Sunderland.
Working together to improve your health

Everyone is at risk of developing heart disease, stroke, diabetes or kidney disease. 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 between 40 and 74 you can have a free NHS Health Check, helping you to be better prepared for the future and be able to take steps to maintain or improve your health.

Why do I need a NHS Health Check?

We know that our risk of developing heart disease, stroke, type 2 diabetes and kidney disease increases with age. There are also certain things that will put us at even greater risk. These are:

- High blood pressure
- High cholesterol
- Being overweight
- Lack of exercise
- Smoking

Even if you’re feeling well, it’s worth having your NHS Health Check now. We can then work with you to lower your chances of developing these health problems in the future.

What happens at the check?

This check is to assess your risk of developing heart disease, type 2 diabetes, kidney disease and a stroke:

- The check will take about 20–30 minutes
- You’ll be asked some simple questions. For example, about your family history and any medication you are currently taking
- We’ll record your height, weight, age, gender and ethnicity
We’ll take your blood pressure
We’ll do a simple blood test to check your cholesterol level

You can access your free NHS Health Check by visiting your GP surgery. There are also some local pharmacies offering NHS Health Checks, as well as nurse led outreach teams which operate at a variety of venues across Sunderland. For further information call 0845 673 0055 or visit: www.wellbeinginfo.org

What if I am under the age of 40 years?

If you have concerns about your health then speak to a healthcare professional.
Healthy Eating

Having a healthy balanced diet can help you look and feel great.

The eatwell plate shows us how to balance our food intake over a week.
**Fruit and vegetables**

Eating five or more portions of fruit and vegetables a day helps provide you with vitamins and minerals to keep you healthy as well as being a good source of soluble fibre which has been shown to lower cholesterol. A portion from this group is a handful (which for an adult is about 80 grams). Trying to eat a rainbow of colours will help you get a balance of vitamins. Remember vegetables are much lower in calories than fruit if you are trying to watch your weight.

**Carbohydrates (bread, cereals, rice, potatoes and pasta)**

These foods provide you with energy and should make up one third of your diet. The wholegrain varieties contain more insoluble fibre which helps keep you feeling fuller for longer. We should aim to eat 6 to 11 portions a day. One portion for this group is: one egg size potato, or one medium slice of bread, or one tablespoon of pasta or rice.

**Milk and dairy foods**

This group is our main source of calcium which keeps our bones and teeth strong. We should aim for three portions a day. One portion is 1/3 of a pint of milk, 150g pot of yoghurt or 30 grams (a match box size) of cheese.

Try to choose the low fat versions of these foods like skimmed milk, or reduced fat cheese as they also contain more calcium. With yoghurts look for diet varieties instead of low fat as these will be low in sugar too.

**Protein (meat, fish, eggs and beans)**

These foods help our body to grow and repair. We should aim for two to three portions a day - our portion for these is the size of the palm of your hand. Try to choose lean cuts of meat and always trim off the fat. Look at how you are cooking the food - grilling, steaming, dry frying, stir fry and poaching are healthier methods of cooking. Try to include two portions of oily fish in your diet e.g. salmon, mackerel, trout, herring, fresh tuna, sardines and pilchards; as these are good for your heart.

**Food containing fat and sugar**

These foods are fine to include in a balanced diet but in small amounts e.g. once a day, as they contain lots of energy but not very many of the other nutrients we need to keep healthy. Also saturated and hydrogenated fat increases your cholesterol. These are the hard fats like butter, lard, fat on meat and what is in many bought cake, biscuits and pastry items.
When choosing a fat to cook or bake with look out for ones that are rapeseed or olive oil based as these are the healthiest for our hearts.

Don’t forget breakfast!

Eating breakfast wakes up your body and its metabolism (your metabolism is the rate at which your body burns food as fuel and turns it to energy). So, by eating breakfast it will help your ability to concentrate, improve your mood and help you to make healthier food choices for the rest of the day. Research shows that people who eat breakfast are less likely to be overweight. This is because you are providing your body with the fuel it needs to start the day. If you starve your body you will probably end up overeating later in the day as you will be hungrier than you would be if you ate breakfast.

Water

Make sure water is a part of your diet... Another vital part of a healthy balanced diet is water. As water makes up 50 – 70% of an adult’s body weight we need to make sure we regularly top it up.

Ideally you should be drinking six to eight glasses of water each day (about two litres). In warmer weather and when you exercise, you will need to drink more.

Try to avoid sugary drinks as this will cause problems with your teeth as well as your waist line and digestive system. Mild dehydration will lead to problems such as headaches, dizziness, tiredness and difficulty concentrating.

Remember don’t wait until you feel thirsty to have some water, by then it’s too late as you are already dehydrated.

Food labels

Looking at the labels can help you choose between products and see how much fat, sugar and salt they contain. You should always compare per 100g of products.

Below are the guidelines to tell you if a food is either high or low in fat, saturated fat, salt and sugar.

Total fat
High: more than 20g of fat per 100g
Low: 3g or less of fat per 100g

Saturated fat
High: more than 5g of saturated fat per 100g
Low: 1.5g or less of saturated fat per 100g

Sugars
High: more than 15g of total sugars per 100g
Low: 5g of total sugars per 100g or less
Salt
High: more than 1.5g of salt per 100g (or 0.6g sodium)
Low: 0.3g or less of salt per 100g (or 0.1g sodium)

You can also look out for information on the front of packs as many manufacturers are displaying traffic light colour coding or guidelines for daily amounts so you can compare products more easily.

Other information on food packaging

List of ingredients
This tells you what is in the food. Ingredients are listed by weight, the heaviest is first.

Storage instructions
How to store your product e.g. in the fridge or freezer.

Nutritional information
Most products tell you how many calories, protein, fat, carbohydrate, sugar, fibre and salt is in the product. Look out for traffic light labels on products.

Best before dates
These are on products that keep for a while. They won’t go off or bad, but will go stale or lose their flavour. It is best to use them up as soon as you can.

Use by dates
These are totally different and are on food that will go off. Either eat or freeze the food (if it says you can) before the date. If you don’t use it before that date throw it away. Otherwise, you could end up with an upset stomach or something more serious. Even if you plan to eat within the use by date, always check the product is OK. If the food hasn’t been stored properly, it may have gone off.

Eating well at a glance
If you decide you want to eat a healthier diet, you may have to alter your overall approach to food, including the way you shop, when you eat your meals and how you cook your food. Below are some tips to help you:

1. Keep a diary of your eating habits for a week, this will show you your typical eating pattern. Once you know where the problem days and times are you will be able to plan ahead.

2. Avoid snacking on sugary and fatty foods between meal times. Swap the chocolate biscuit or packet of crisps for a piece of fruit or raw vegetables such as carrot sticks.
3 Plan ahead; deciding what your daily or even weekly meals are going to be, this will help to stop you popping out for a quick takeaway.

4 When shopping always carry a healthy list, this will help you stop buying junk food.

5 Read food labels and check the ingredients. Remember that some products that claim to be lower in one thing such as fat may be higher in another such as sugar.

6 Always try to go shopping after you have eaten. Your empty stomach will then not take over and convince you to buy too many treats.

7 Buying in bulk saves time and is sometimes a cheaper option, as long as you have the correct storage e.g. fridge, freezer.

8 Try not to rely on processed foods, such as ready meals too often. It is often just as quick to stir-fry food as it is to heat food in the microwave.

9 Don’t ban your favourite food, otherwise you will find yourself craving it and are likely to eat more of it.

10 Try to choose food in a variety of colours, this is a good indication of a balanced diet and will be more appealing to the eye.

Contacts:

Local contact:
NIWE Eating Distress Service
T: 0191 221 0233
www.niwe.org.uk

National contact:
NHS Choices
www.nhs.uk/livewell/healthy-eating
Five a Day
T: 020 7210 4850
www.nhs.uk/livewell/5ADAY
Food Labelling
The Food Standards Agency
T: 020 7276 8000
www.food.gov.uk
Those scales must be wrong...

If you always find yourself saying “I’ll start and lose weight tomorrow”, but ‘tomorrow’ never comes, then this section is for you. We won’t tell you any particular diet to follow in order to lose weight, but what this section will do is outline the benefits of deciding to lose weight.

There are numerous health risks associated with being overweight and equally there are numerous benefits of maintaining a steady weight. We all know how sluggish we feel when we are carrying more weight than we really should. In maintaining a healthier weight we feel fitter, more energetic and generally healthier.

In addition to those obvious benefits, maintaining a healthier weight means you have less risk of developing:

- Raised blood pressure
- Diabetes
- Coronary heart disease
- Stroke
- Arthritis
- Varicose veins
- Gall bladder disease
- Back pain
- Some cancers

Carrying too much weight is not the only reason for the development of these conditions, there are many other factors. But research carried out over the years has shown that individuals whose weight increases, are more at risk of developing these conditions.

Understanding why you have put on a few pounds or stones can help you work out the best way to lose it and keep it off.
Which of these is your reason for putting on weight?

- I snack rather than eat meals at meal times or snack as well as eating at meal times
- I choose high fat/high calorie snacks
- I choose high fat/high calorie main meals
- I eat chocolate to cheer me up
- I like a good plateful of food
- My alcohol intake has increased
- My activity levels have decreased

Losing a bit means gaining a lot...

By this we mean if you are carrying excess weight for your height and build then you don’t have to lose a massive amount of weight to begin to experience real reductions in risk, even small losses have an impact, including:

- A better sleep pattern
- Improved lung function
- Reduced joint or back pain
- Reduced breathlessness

If an overweight person needs to and loses more than 10kg (1½ stone) they will then experience the following benefits:

- 30% less likely to die as a result of a diabetes related condition
- 40% less likely to die as a result of an obesity related cancer

What do you want from losing weight?

Have a look at the list below and see if these are some of the reasons why you want to lose weight:

- Have more energy to do more
- Be happy about the way I look
- Keep up with my children
- Have more confidence
- Live longer in better health
- Enjoy exercise as I lose weight
- Play with my grandchildren
- Feel great on holiday
- Reduce my risk of developing an illness
- Or why not think of your own reason...

Balanced living...

Remember we take in energy every day in the form of food and we use some of this energy just by everyday living, however the more actively we live our life, the more energy we use.

Imagine a seesaw, if the food you intake is equal to the energy you use then you will remain at the same weight.
Weight loss
If your food intake is less than the energy you use, you will lose weight.

Weight gain
On the other hand if your food intake is greater than the energy you use you will gain weight.

Waist measurement
Waist measurement is a good way to check your fat distribution, as this is linked to health risk. Carrying too much weight around your middle increases your risk of developing heart disease, high blood pressure and diabetes.

People who carry excess weight around their middle are often referred to as ‘apple-shaped’, whereas those who carry the weight on their hips are ‘pear-shaped’. Women are usually ‘pear-shaped’, while men are more likely to be ‘apple-shaped’. Measuring your waist is an easy way of finding out whether you are an ‘apple’ or ‘pear’.

To measure your waist, find the bottom of your ribs and the top of your hips. Measure around your middle at a point mid-way between these (for many people this will be the tummy button). Use the table to see if you are at risk of ill health. Remember these measurements refer to adults.

<table>
<thead>
<tr>
<th>Waist measurement for:</th>
<th>at increased risk</th>
<th>at high risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>European men</td>
<td>94cm (37 inches)</td>
<td>102cm (40 inches)</td>
</tr>
<tr>
<td>Asian men</td>
<td>90cm (36 inches)</td>
<td></td>
</tr>
<tr>
<td>European and Asian women</td>
<td>80cm (32 inches)</td>
<td>88cm (35 inches)</td>
</tr>
</tbody>
</table>

If you are at increased risk, now would be a good time to make healthy lifestyle changes that would reduce or prevent any further increase. If you are at high risk then losing weight and reducing your waist size would improve your health. Changing your eating habits and becoming more physically active would have many benefits.

Stop dieting and lose weight
Diets don’t work for many people. You may have found that you lose weight during the diet and then put it on as soon as you stop. Instead of trying fad diets (e.g. Grapefruit, Cabbage Soup), try eating a healthy balanced diet. Aim to eat three healthy meals each day (including breakfast) and have healthy snacks throughout the day with six to eight glasses of water.

Do not miss out your meals. Missing meals will make you feel hungrier and think about food more often. You could then be more likely to over eat later. Eat slowly and chew
your food well. It takes approximately ten minutes for your body to realise that it is full.

Remember that alcohol is high in calories too, so limit your alcohol intake. (See the ‘Alcohol’ section to find out how much is in your favourite drink).

**Start soon and lose that first couple of pounds**

The first couple of pounds (1kg) are the easiest to get rid of. This is because you lose water at first as well as fat. Pace yourself though. If you lose more than two pounds a week, you may lose muscle rather than fat.

To lose weight healthily, you should aim to lose on average, one to two pounds a week (up to 1kg). To do this you need to eat approximately 500 calories per day less than you are currently eating. One pound of fat is equal to approximately 3,500 calories. Don’t be put off by small increases or levelling off in weight. Just keep on going and you’ll get there.

**500 calories is the equivalent to (approximately):**

- Two regular sized Mars bars
- Five slices of average white bread
- Two standard packets of crisps
Height and weight chart...

The chart indicates if you are underweight, OK, overweight, fat or very fat. Locate your weight (in stones or kilos) and your height (in feet or metres) and see where the lines cross.
Body Mass Index

What’s your Body Mass Index?

Your Body Mass Index (BMI) is a way of finding out if your weight is putting your health at risk and is used by health professionals around the world. It is based on your height and weight and can be worked out by taking your weight in kilograms and dividing it by your height (in metres) squared.

For any height there is a range of healthy weights. BMI is classified in the following way:

A BMI of less than 18.5kg/m² indicates you are underweight. You may need to gain weight.

If your BMI is 19 to 24.9kg/m², you’re a healthy weight, and should aim to stay that way.

A BMI of 25 to 29kg/m² is defined as overweight. It’s a good idea to lose some weight for your health’s sake, or at least aim to prevent further weight gain.

A BMI of over 30kg/m² is defined as fat and means your health is at risk. Losing weight will improve your health.

If you’re BMI is over 35kg/m², you should visit your GP for a health check, as you may need specialist support to manage your weight and health. This is especially important before taking up any new exercise.

Note: BMI is not always a good reflection of ‘body fatness’. A very muscular person might have a high BMI when in fact their body fat is at a healthy level, as muscle weighs more than fat.

If you are uncertain speak to a healthcare professional.

Contacts

Local contacts:
City Hospitals Sunderland
Dietetics Department
T: 0191 569 9912
Monday to Friday:
10.30am to 12.30pm

Momenta
Weight Management Courses
T: 0191 561 4699
e-mail: momenta@sunderland.gov.uk

National contact:
Patient UK
www.patient.co.uk

Weightwise
www.bdadweightwise.com
Evidence shows that if you are not very active you may have trouble doing the simple tasks of daily life including carrying the shopping, walking up a hill and perhaps getting out of a chair.

The good news is that starting to be more active (no matter what your age) could help you cope with everyday tasks and, even better, reduce the risk of developing lifestyle diseases.

The links between health and physical activity are very clear. If you become more active the risk of health problems could be reduced.

**The UK Chief Medical Officer recommends that:**

Children and young people (5-18 years) should spend at least one hour and up to three hours a day in moderate to vigorous physical activity.

Adults (19-64 years) should aim to be active daily, with at least 2½ hours (150 minutes) of moderate activity over a week. This can be in bouts of 10 minutes or more. One way of achieving this is through moderate activity of at least 30 minutes a day on at least 5 days a week.

Older adults (65+ years) should follow the adult guidelines and those that are at risk of falls should include activities to improve balance and coordination on at least two days a week.

Everyone should reduce time spent being sedentary (inactive) for extended periods, for example cutting down time spent watching TV or using computers.

Moderate activity makes you breathe harder and your heart beat faster, but you should still be able to carry on a conversation. Examples include brisk walking, cycling, gardening or
heavy housework. Moderate activity is adequate for good health in adults.

“If a medication existed which had a similar effect to physical activity, it would be regarded as a “wonder drug” or a “miracle cure”

The former Chief Medical Officer of England.

Safety check

Light to moderate physical activity is safe for most people. However, if you have medical problems such as heart disease, diabetes, arthritis or high blood pressure, always check with your GP or healthcare professional before you start.

Begin slowly and aim to gradually build up to approximately 30 minutes of moderate activity a day. Remember that every little bit counts on the road to a healthier lifestyle.

Getting healthier doesn’t mean you have to join a gym and buy expensive trainers. You can try some simple everyday activities instead like walking.

Being physically active:

• Helps increase life expectancy
• Helps improve quality of life
• Improves strength of muscles and bones
• Reduces blood pressure
• Increases levels of “good” cholesterol (HDL)
• Helps maintain a good healthy weight – the more active you are the more calories you burn
• Improves your cardiovascular fitness (heart, lungs and blood)
• Helps you to be more flexible
• Reduces the risk of developing diabetes
• Reduces the risk of certain cancers
• Makes you feel better
• Improves your mental health and wellbeing

Being active also helps improve self perception, self esteem, mood and sleep quality and reduces stress, anxiety and fatigue.

Being inactive can increase the risk of cancer, heart disease, stroke and diabetes by 25-30%.

Physical activity helps to fight obesity which is responsible for 9,000 premature deaths each year in England, and reduces life expectancy by, on average, nine years. Obese people are 20 times more likely to develop type 2 diabetes than lean people.
Along with a healthy diet, physical activity contributes to achieving and maintaining a healthy weight. Physical activity also independently reduces the risk of many of the health problems associated with obesity.

**Tips to get you started**

**Exercise on a budget**

Walking costs nothing and you do not need any special equipment, just a pair of comfortable shoes.
Check what activities are going on in your local area. Exercise classes, activity groups and swimming are often cheaper than you may think. See page 36 for details of activities available in Sunderland.

**Make exercise fun**

It doesn’t have to be boring! Challenge yourself to learn a new activity. Ask a friend to go along with you to a dance class or to a martial arts class, you will be surprised at the fun you will have. Buy or borrow a bike and go for a ride around the park.

**Fitting it in to your busy life**

You’ll be surprised how easy it is to build some activity into your everyday life. Walk to the shops instead of catching the bus or driving. Park further from the shops and walk that extra bit. Walk up stairs instead of using the lift.

**Four good reasons to be more active...**

**For health** - activity strengthens your heart, your bones and your muscles and it helps to control your weight

**For happiness** - exercise improves your mood and helps combat depression

**For comfort** - activity can reduce stress and calm your mind

**For fun** - be active with friends or join a walking group and discover just how much fun being active can be

**Contacts**

**Local contact:**

Active Sunderland  
www.activesunderland.org.uk  
T: 0191 561 4713

Sunderland Sports and Leisure Facilities  
www.sunderland.gov.uk/leisure  
T: 0191 561 6161

**National contact:**

NHS Choices  
www.nhs.uk/livewell/fitness
ALCOHOL

Sensible drinking

What benefits will you get from cutting down on your drinking?

Physical:
• Reduced risk of high blood pressure
• Reduced risk of liver damage
• Reduced risk of brain damage
• Reduced risk of cancer
• Better sleep
• More energy
• Lose weight
• No hangovers
• Improved memory
• Better physical shape
• Reduced risk of injury to yourself and others

Psychological, social, financial:
• Improved mood
• Less hassle from family
• Reduced risk of drink driving
• Save money

How do you cut down on your drinking?

Try to do the following:
• Quench your thirst with non-alcoholic drink before having an alcoholic one
• Have your first alcoholic drink with a main meal
• Have a non-alcoholic drink before every alcoholic drink
• Switch to low alcohol beer
• Take smaller sips
• Plan activities or tasks at those times when you usually drink
• When bored or stressed have a physical workout instead of drinking
• Explore new interests – cinema, social club, exercise
• Avoid regularly going to the pub after work
• Avoid or limit where possible, time spent with your ‘heavy’ drinking friends or family.
Remember, drinks poured at home are usually more generous than a standard pub measure.

If you are a woman try to drink no more than 14 units a week. If you’re a man don’t drink more than 21. Try not to drink all these units in one go.

The Department of Health advises that men should not drink more than three to four units of alcohol per day, and women should drink no more than two to three units of alcohol per day. Drink for drink alcohol may have a greater effect on a woman than a man because women are generally smaller and lighter.

### Approximate calories in alcohol

<table>
<thead>
<tr>
<th>Alcohol</th>
<th>Calories in a standard drink</th>
<th>Alcohol</th>
</tr>
</thead>
<tbody>
<tr>
<td>Irish Cream</td>
<td>129</td>
<td>14.1g</td>
</tr>
<tr>
<td>Beer Bitter</td>
<td>182 (pint)</td>
<td>3.1g</td>
</tr>
<tr>
<td>Beer Guinness, Stout</td>
<td>170 (pint)</td>
<td>3.3g</td>
</tr>
<tr>
<td>Lager</td>
<td>221 (can)</td>
<td>1.5g</td>
</tr>
<tr>
<td>Champagne</td>
<td>89</td>
<td>9.9g</td>
</tr>
<tr>
<td>Gin</td>
<td>56 (shot)</td>
<td>31.7g</td>
</tr>
<tr>
<td>Sherry sweet</td>
<td>68</td>
<td>15.6g</td>
</tr>
<tr>
<td>Wine white, medium</td>
<td>89</td>
<td>8.9g</td>
</tr>
<tr>
<td>Vodka</td>
<td>55 (shot)</td>
<td>31.7g</td>
</tr>
</tbody>
</table>

### How does alcohol affect your body?

- Within a few minutes of drinking alcohol it is absorbed into your bloodstream and carried to your brain as well as other parts of your body.
- Your blood pressure will typically increase. The more you drink the more your blood pressure will go up.
- Drinking regularly (more than the daily recommended units) will increase your risk of:
  - Weight gain
  - Liver damage
  - Cirrhosis of the liver (scar tissue replaces normal liver tissue, blocking the flow of blood. This reduces the ability of the liver to remove poisons and bacteria, produce bile and blood proteins)
  - Cancer of the mouth and throat

### Are there any health benefits to drinking alcohol?

The Department of Health suggests a small amount of alcohol provides protection against coronary heart disease. These benefits come from drinking only one unit a day e.g. a small glass of wine a day. No additional benefit comes from drinking more than this.
Alcohol – the facts

• You need to avoid alcohol for 48 hours after being drunk to give your body time to recover

• Drinking too much regularly will increase the risk of long-term damage to your health

• People who drink very heavily may also develop psychological and emotional problems including depression

• The legal drink driving limit can not be accurately calculated into a number of units. Therefore if you are going to drive don’t even have one drink

• It takes approximately 1 hour for your liver to remove 1 unit of alcohol

• Black coffee, fresh air and cold showers will not sober you up, only time can remove alcohol from your bloodstream.

Contacts

Local contacts:
North East Council on Addiction (NECA)
T: 0191 419 3680 (Washington)
T: 0191 567 2678
www.neca.co.uk

Sunderland Drug & Alcohol Team
T: 0191 520 4845

South Area Parent Support
T: 0191 520 3444
www.sunderlandareaparentsupport.org

National contacts:
Drinkline
T: 0800 917 8282
www.patient.co.uk/support/drinkline.htm

Alcoholics Anonymous
T: 0843 769 7555
www.alcoholics-anonymous.org.uk
Health risks of smoking

- Risk of coronary heart disease
- Risk of cancer
- Risks to your unborn baby when pregnant
- Risk of stroke/heart attack
- Risk of cataracts and blindness
- Risk of lung disease

Stopping smoking at any age increases your life expectancy provided you stop before you develop cancer or any other serious disease.

But even if damage has already been done, you can still benefit from stopping.

How you will benefit financially

When you stop smoking you will notice the financial benefits as well as the health benefits:

- If you smoke five a day you could save £736 per year
- If you smoke ten a day you could save £1,472 per year
- If you smoke 20 a day you could save £2,944 per year
There are long term benefits to your health as well as some amazing benefits that begin as soon as you stop:

<table>
<thead>
<tr>
<th>Time stopped</th>
<th>Benefit to your body</th>
</tr>
</thead>
<tbody>
<tr>
<td>20 minutes after stopping</td>
<td>Your blood pressure and pulse rate will begin to come down</td>
</tr>
<tr>
<td>8 hours</td>
<td>Blood oxygen levels return to normal, and your chances of having a heart attack start to fall</td>
</tr>
<tr>
<td>24 hours</td>
<td>Carbon monoxide leaves the body, the lungs start to clear out mucus and debris</td>
</tr>
<tr>
<td>48 hours</td>
<td>Your body is now nicotine-free. Your senses of taste and smell start to improve</td>
</tr>
<tr>
<td>72 hours</td>
<td>Breathing is easier, and your energy levels increase</td>
</tr>
<tr>
<td>One to five days after stopping</td>
<td>Although you will notice your cough is getting a little worse it is just a sign that your lungs are clearing out all the tar</td>
</tr>
<tr>
<td>First few weeks after stopping</td>
<td>Nicotine cravings will pass</td>
</tr>
<tr>
<td>Two to 12 weeks after stopping</td>
<td>Your circulation will improve and walking and exercise get easier</td>
</tr>
<tr>
<td>Three to nine months after stopping</td>
<td>Coughs and breathing will improve. Lung efficiency is improved by 5–10 percent</td>
</tr>
<tr>
<td>After five years</td>
<td>Your chances of heart attack are half that of a smoker</td>
</tr>
<tr>
<td>After ten years</td>
<td>Your risk of lung cancer is about half that of a smoker. Your risk of a heart attack is almost the same as someone who has never smoked</td>
</tr>
</tbody>
</table>

**Tips**

- Pick a date when you’re going to quit. Choose a time when it isn’t too hard. New Year’s Eve probably isn’t ideal as lots of people may be smoking and drinking around you. Alcohol itself also makes you want to smoke more.
- Get ready beforehand. Get rid of any old packets you might have.
- Get your Nicotine Replacement Therapy. This will cut down your withdrawal symptoms from not smoking. Ask your GP/pharmacist/Wellness team for details of your local support group or ring 0800 587 4865 and ask to see a specialist stop smoking advisor.
‘I worked out how to stop but it took me a few goes’

• Many people try a few times before they give up cigarettes. Don’t let this discourage you. You can learn from why you started smoking again. This will help you not to make the same mistakes again

• Most successful ex-smokers find that cutting down bit by bit doesn’t work. You just breathe in the smoke from each cigarette more deeply

• Carrying a cigarette with you ‘just in case’, doesn’t work either.

‘I thought I might go back on them’

Sometimes people can go for a few years and then start smoking again. Be aware of this now. If you do start again, don’t give yourself a hard time. You’ve done it once, you can do it again – keep trying!

Second hand smoke

Why is second hand smoke harmful?

Second hand smoke is breathing in other people’s tobacco smoke. Babies and children who grow up in smoky atmospheres are most likely to:

• have asthma attacks and chest infections
• need hospital care before their 1st birthday
• be off sick from school more often, which will affect their education
• get more coughs and colds
• have a higher risk of meningitis
• suffer a cot death
• suffer from glue ear (leading to partial deafness)
• have behavioural problems and learning difficulties.

Did you know?

FACT: Breathing in second hand smoke increases the risk of lung cancer by 24% and heart disease by 25%.

FACT: Anyone suffering from chronic disease, such as heart disease and diabetes are more at risk from the effects of second hand smoke.

How to protect your family from second-hand smoke...

• Agree with your family and friends that your car and home will be smoke-free. Ask people who want to smoke to go outside. It is not enough to open a door or window
• If people go outside to smoke make sure the children are safe
• Remove ashtrays and lighters from inside the house and car
• Discuss with children and young people the dangers of second hand smoke so they are less likely to try smoking
• Show that you are serious about protecting others. Don’t smoke in other people’s homes even if they allow smoking
• Ask anyone looking after your children in their home not to smoke in the presence of the children

Contacts:

Local contacts:
Stop Smoking in Sunderland Service
www.sunderland.nhs.uk/tpct/services/smoking.asp
Sunderland Wellness Service - Stop Smoking Service
T: 0191 561 4554 or 0191 561 4682
Sunderland Tobacco Alliance
T: 0191 561 2344
email: liz.parkes@sunderland.gov.uk
Your GP or a local pharmacist.

National contacts:
NHS Choices
www.nhs.uk/livewell/smoking
Stop Smoking
T: 0800 531 6317
For details of your nearest advisor text: smokefree and your postcode 80800
www.smokefree.nhs.uk
Five a day for health and happiness

Building small actions into your daily life can make you feel good, and feeling good is an important part of being healthy. There are five easy ways to improve your wellbeing.

Evidence suggests that building these actions into your daily routine can add 7.5 years to your life!

- **Connect...** with the people around you, family, friends, colleagues and neighbours. At home, work, school or in your local community. Building these connections will support and enrich you everyday.

- **Be active...** Go for a walk or run, step outside, cycle, play a game, garden or dance – exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness (see page 36)

- **Take notice...** Be curious, catch sight of the beautiful, remark on the unusual, notice the changing seasons, savour the moment and be aware of the world around you and what you are feeling.

- **Keep learning...** Try something new, rediscover an old interest, sign up for that course, take on a different responsibility at work, set a challenge you enjoy achieving. Learning new things will make you more confident as well as being fun.

- **Give...** Do something nice for a friend or a stranger, thank someone, smile, volunteer your time or join a community group. Seeing yourself and your
happiness, as linked to the wider community can be incredibly rewarding and creates connections with the people around you

**Money and mental health**

Managing personal finances and good mental health go hand in hand. So if you are struggling to keep control of your income and expenditure, you may find that your mental health is affected. Likewise if you find that you cannot cope with your feelings or behaviour, your finances may be neglected.

- One in two adults with debts has a mental health problem.
- One in three people with a serious mental health problem are in debt. They are three times more likely to be in debt compared to people without similar conditions.

There is a guide called ‘Looking after your personal finances’ available at: www.mind.org

**How to help**

If you are worried about your own or someone else’s debts, it is essential to act sooner rather than later. Time spent helping people address their debt problems could improve their overall health and wellbeing and reduce future service use. Follow these four simple steps to help –

**C.A.R.E**

- **C**onsider debt as an underlying cause in stress-related illness, both mental and physical
- **A**sk simple questions about debt; emphasise the value of money advice – early intervention can prevent a crisis
- **R**efer to an appropriate debt agency (telephone, online or face-to-face). Use this guide to find free and independent advice services
- **E**ngage with advisers - a referral to a money adviser is the first step

**Relaxation**

Planned relaxation calms anxiety and helps your body and mind recover from everyday rush and stress. Music, a long soak in the bath, or a walk in the park do the trick for some people, but for others it’s not so easy. If you feel you need help with learning to relax, try a CD or relaxation or meditation class.

**A basic relaxation exercise to try yourself is:**

- Choose a quiet place where you won’t be interrupted
- Do a few gentle stretching exercises to relieve muscular tension
- Make yourself comfortable, either sitting or lying down
• Start to breathe slowly and deeply, in a calm and effortless way
• Gently tense, then relax, each part of your body, starting with your feet and working your way up to your face and head
• As you focus on each area, think of warmth, heaviness and relaxation
• Push any distracting thoughts to the back of your mind; imagine them floating away
• Don’t try to relax; simply let go of the tension in your muscles and allow them to become relaxed. Some people find it helpful to visualise a calm, beautiful place such as a garden or meadow.

Stay like this for about 20 minutes, then take some deep breaths and open your eyes, but stay sitting or lying for a few moments before you get up.

Relaxation is one of the most effective self-help activities for good mental health. It can be a useful addition to any other form of treatment as well as being an effective measure to prevent the development of stress and anxiety.

Sleep
People may worry about not getting enough sleep, but worrying often makes it worse. It’s easy to overestimate how much sleep you need, or not to realise it’s normal to wake briefly each night. The occasional bad patch is harmless and usually rights itself. It is only of concern if it’s been going on longer than a month.

Ten tips to help you sleep:
1. Establish a regular routine. Go to bed only when you’re tired and get up at the same time each day. Avoid napping during the day.
2. Check your sleeping arrangements. Think about comfort, temperature, light and noise levels.
3. Learn to de-stress before bed. Dismiss nagging thoughts by writing them down. Have a warm bath, practise a relaxation technique, or listen to a relaxation CD (but don’t read or watch television in bed).
4. Don’t eat late. Avoid rich, spicy or sugar-rich foods, red meat and cheese. Choosing wholemeal, low-fat, magnesium-rich foods (green salads, broccoli, nuts and seeds) may encourage sleep, as may drinking hot milk and honey.
5. Get enough exercise. Active people sleep better.
6. Don’t stay in bed. If you can’t sleep, get up after 20 minutes and go through your relaxation routine again.

7. Try out complementary remedies. Yoga, meditation, homeopathy or herbal remedies, such as lavender or valerian, may help.

8. Keep a sleep diary. This helps you identify potential causes for your sleeplessness.

9. Use strategies. Try some reverse psychology: keep your eyes open and tell yourself to resist sleep. Interrupt unwanted thoughts: repeat a soothing word to yourself. Visualise a scene or landscape that has pleasant memories for you.

10. Talk to your GP. Sleeping pills present problems, but a brief course is sometimes appropriate. Ask about talking treatments, such as CBT, or referral to a sleep laboratory.

**Night - time relaxation routine**
Breathe deeply, counting slowly up to four as you breathe in, hold for another four seconds and then breathe out slowly. Consciously tense and relax your muscles, in turn, starting at your toes and working up your body.

---

**Did you know?**

Although there is a lot you can do to keep yourself well, there are times when a bit more help is needed...

**Myth** - Mental health problems are very rare

**Fact** - Mental health problems affect one in four people

One in four of us will have a mental health problem at some point in our lives and last year alone nearly 40 million antidepressant prescriptions were issued in the UK.

The term, ‘mental health problem’ covers a wide range of issues; some of the more common ones are sleep problems, stress, anxiety and depression. Anxiety and depression often occur together.

Mental health issues can affect anyone, of any age and background, as well as having an impact on the people around them such as their family, friends and carers.
Long-term problems can lead to considerable disruption and difficulty in people’s lives, and many of the people affected find ways of managing their problems and are able to lead active lives.

Emotional symptoms are common but do not necessarily mean that the sufferer has a mental disorder.

Many mood disorders are short lived responses to stresses in people’s lives such as bereavement.

**Recognising anxiety**

Although there is no precise definition of anxiety, most people recognise they are feeling anxious because they experience a number of physical, emotional and mental changes. These will vary from person to person but may include:

- Feeling worried all the time
- Tiredness
- Irritability
- Inability to sleep
- Difficulty concentrating
- Racing heartbeat
- Sweating
- Muscle tension and pains
- Shaking
- Breathing heavily
- Feeling dizzy or faint
- Indigestion or diarrhoea.

**Self help for anxiety:**

- Exercise
- Eat a healthy diet
- Promote good sleep
- Practice breathing and relaxation techniques
- Seek support, speak to someone.

**Recognising depression**

While each person will be affected by depression in their own individual way, many depressed people experience some of the same symptoms which can include, among others:

- Losing interest in life
- Finding it harder to make decisions
- Not coping with things that used to be manageable
- Exhaustion
- Feeling restless and agitated
- Loss of appetite and weight
- Difficulties getting to sleep or sleeping too much.

If you are experiencing some of these symptoms for two weeks or more and to such an extent that you feel very distressed or unable to cope, it is important to get help. The earlier depression is diagnosed, the more quickly it can be treated.
Self help for depression:
• Exercise
• Seek support, speak to someone
• Eat a healthy diet
• Plan meaningful activities
• Be kind to yourself
• If you feel unsafe, want to harm yourself or are feeling suicidal, seek professional help immediately.

Recognising stress
Are you...
Tense?
Irritable?
Can’t cope?
Can’t be bothered?
Tearful? Can’t sleep?
No time? No energy?
Drinking or smoking more?
Then you may be experiencing stress.

A certain amount of stress is useful to us – it keeps us going, providing us with the stamina to get through stressful situations. But prolonged exposure to stress can be bad for us. Stress is our body preparing to cope with a particular situation.

Some of the things that can cause us stress (stressors) are; job demands, relationship difficulties, exams, interviews, daily hassles or simply being too busy. A physical injury or illness can create stress on top of other emotional difficulties.

Sunderland Wellbeing and Sunderland Men’s Network are an initiative of multi-agencies, and aim to provide a forum for sharing and developing ideas in order to contribute to Health Improvement and wellbeing in Sunderland.

The networks provide a forum for sharing and developing ideas in order to contribute to the improvement of health, happiness and wellbeing for all residents of Sunderland. The networks are a small friendly group of people coming together to improve life chances for all across our city and reaches out to include as many people as possible.

The networks collectively discuss issues that affect people’s health and wellbeing ranging from ways to manage finances, building confidence and knowing how to identify key illness. Health planners receive intelligence from members on health issues and tailor services according to needs empowering members to access services.
For further information and dates of meetings, please visit www.wellbeinginfo.org/index.php?content=wellbeing-networks or call Washington Mind on 0191 417 8043

www.wellbeinginfo.org

This online guide was designed to give advice and information about how to keep your mind and body healthy and where to find help if you have a problem. The development of this online directory follows the publication of Wellbeing Guides for Sunderland, South Tyneside and Gateshead offering self-help tips, general information and a guide to local services. The online version enables the reader to access more comprehensive information about local services, and access links to other websites for more detailed information about areas of interest.

Whether you have a health concern yourself, are helping a friend or simply curious about emotional health and wellbeing we hope that you find the guides useful. We appreciate your feedback about the site and you can send any comments or suggestions to: admin@wellbeinginfo.org or call Washington Mind on 0191 417 8043

Thank you to Washington Mind’s Sunderland Wellbeing Guide for information in this section.

Contacts:

Local contacts:

Relate
T: 0800 980 5907 to see a counsellor to help you with your relationship.
T: 0845 130 4010 for a free 20 minute counselling session on the phone.
T: 0845 130 4016 for longer counselling on the phone. This costs £25 for half an hour or £45 for an hour.

Sunderland Counselling Service
36 West Sunniside,
Sunderland SR1 1BU
T: 0191 514 7007

Washington Mind
Grasmere Terrace, Columbia
Washington NE38 7PL
0191 417 8043
www.washingtonmind.org.uk

National contacts:

Mind
www.mind.org.uk

Samaritans
T: 0845 790 9090
www.samaritans.org
PHYSICAL ACTIVITY
A GUIDE

A guide to wellness and physical activity opportunities in Sunderland April to October 2013
There have never been more opportunities to be active and improve your health and well-being in Sunderland. Whatever your age, ability or interests, the city’s Wellness Service works to provide high quality programmes and activities to meet the needs of everyone in Sunderland.

The aim of the Wellness Service is to improve everyone’s health and well-being through a combination of physical activity opportunities and lifestyle advice in venues and locations citywide.

Making it easier for people to increase the amount of physical activity they do will reduce risks of developing lifestyle conditions such as coronary heart disease, obesity and diabetes.

This section provides information about programmes and opportunities that are available in Sunderland. Read on to find out more or you can visit: www.sunderland.gov.uk/leisure or www.activesunderland.org.uk

Please note all dates and times for these listed programmes are effective from 1 April 2013.
## Sport and leisure facilities

Sunderland City Council provides eight sport and leisure facilities, located throughout the city and they are the ideal place to get fit, socialise and have fun.

Seven of these facilities have Wellness Centres which have state of the art Technogym equipment including cardiovascular and resistance equipment as well as excellent free weight areas.

All centres offer a wide variety of exercise classes and fully qualified instructors are on hand to help you achieve your health and well-being goals.

Sunderland is a great place to swim and have fun in the pool. There are four swimming pools across the city to choose from.

<table>
<thead>
<tr>
<th>Location</th>
<th>Facilities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bunny Hill Wellness Centre</td>
<td><img src="%E2%9C%93" alt="Swimming" />, <img src="%E2%9C%93" alt="Sports Activities" />, <img src="%E2%9C%93" alt="Sports Hall" />, <img src="%E2%9C%93" alt="Wellness Centre" /></td>
</tr>
<tr>
<td>Hylton Lane, Sunderland, SR5 4BW</td>
<td>T: 0191 561 8154</td>
</tr>
<tr>
<td>Hetton Community Pool &amp; Wellness Centre</td>
<td><img src="%E2%9C%93" alt="Swimming" />, <img src="%E2%9C%93" alt="Wellness Centre" /></td>
</tr>
<tr>
<td>Barnard Park, Hetton-le-Hole, DH5 9LZ</td>
<td>T: 0191 561 6683</td>
</tr>
<tr>
<td>Houghton Sports Centre &amp; Wellness Centre</td>
<td><img src="%E2%9C%93" alt="Swimming" />, <img src="%E2%9C%93" alt="Sports Hall" />, <img src="%E2%9C%93" alt="Wellness Centre" />, <img src="%E2%9C%93" alt="Exercise Classes" /></td>
</tr>
<tr>
<td>Station Road, Houghton-le-Spring, DH4 5AH</td>
<td>T: 0191 553 6465</td>
</tr>
<tr>
<td>Seaburn Centre &amp; Wellness Centre</td>
<td><img src="%E2%9C%93" alt="Swimming" />, <img src="%E2%9C%93" alt="Sports Hall" />, <img src="%E2%9C%93" alt="Wellness Centre" />, <img src="%E2%9C%93" alt="Exercise Classes" /></td>
</tr>
<tr>
<td>Whitburn Road, Sunderland, SR6 8AA</td>
<td>T: 0191 529 3800</td>
</tr>
<tr>
<td>Silksworth Community Pool, Tennis &amp; Wellness Centre</td>
<td><img src="%E2%9C%93" alt="Swimming" />, <img src="%E2%9C%93" alt="Sports Hall" /></td>
</tr>
<tr>
<td>Silksworth Lane, Sunderland, SR3 1PD</td>
<td>T: 0191 561 5900/01/02</td>
</tr>
<tr>
<td>Silksworth Sports Complex</td>
<td><img src="%E2%9C%93" alt="Swimming" /></td>
</tr>
<tr>
<td>Silksworth Lane, Sunderland, SR3 1PD</td>
<td>T: 0191 553 5785</td>
</tr>
<tr>
<td>Sunderland Aquatic Centre</td>
<td><img src="%E2%9C%93" alt="Swimming" />, <img src="%E2%9C%93" alt="Sports Hall" />, <img src="%E2%9C%93" alt="Wellness Centre" /></td>
</tr>
<tr>
<td>Stadium Park, Sunderland, SR5 1SU</td>
<td>T: 0191 561 6161</td>
</tr>
<tr>
<td>Washington Leisure Centre</td>
<td><img src="%E2%9C%93" alt="Swimming" />, <img src="%E2%9C%93" alt="Sports Hall" />, <img src="%E2%9C%93" alt="Wellness Centre" />, <img src="%E2%9C%93" alt="Exercise Classes" /></td>
</tr>
<tr>
<td>Town Centre, Washington, NE38 7SS</td>
<td>T: 0191 219 3400</td>
</tr>
</tbody>
</table>
Taking part in regular physical activity provides many benefits to your health and wellbeing, including: losing weight and maintaining a healthy weight, making you feel good, relieving stress, promoting well-being and good mental health.

Walking is the perfect way to start to become more active. Walking is free, suitable for all ages and fitness levels and a good way to get out in the fresh air and visit our parks.

• Walking is the most likely way all adults can achieve the recommended levels of physical activity.

• Walking is the easiest, most accessible, cost effective and enjoyable way for more people to increase their physical activity.

• For older people, taking regular walks can increase mobility, flexibility and strength, while reducing the risk of disability and the likelihood of developing long-term health problems

• Walking is: free, requires no special equipment, training or gym or club memberships.

• Walking is a moderate low-impact activity, gently stressing the body’s key systems.

• You can walk almost anywhere and at any time.

• You can start slowly and easily and build up gradually, ideal if you are very unfit, with a long term condition or on a rehabilitation programme.

• For some people it’s a “gateway” to more vigorous activities

• You can wear everyday clothing, reducing embarrassment for unfit or overweight people.

• It’s a multi-purpose activity that facilitates social interaction or getting from A to B
WELLNESS... IT’S A WALK IN THE PARK

In Sunderland we have way marked measured walks within some of our local parks to help you meet your physical activity aims. These measured and signposted routes will help you to increase your activity levels as well as enjoying our parks all year round.

Dependant on the size of the park, routes are set to approximately one, two or three miles in distance and most routes are suitable for walkers, runners, wheelchair users and pushchairs. You will find our signposted walking routes in the Sunderland parks listed below: Maps of each walk are available to download by visiting: www.sunderland.gov.uk/leisure or telephone 0191 561 4693 for more information.

“We have started trying out a different park walk route each week. Following the way markers is a great way to get the kids involved. Even the dog comes along!”

Alan, 36, Houghton-le-Spring

<table>
<thead>
<tr>
<th>Name of park</th>
<th>Length of walk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mowbray Park</td>
<td>1 mile</td>
</tr>
<tr>
<td>Backhouse Park</td>
<td>* 1 mile</td>
</tr>
<tr>
<td>Herrington Country Park</td>
<td>1, 2 &amp; 3 mile</td>
</tr>
<tr>
<td>Hetton Lyons Country Park</td>
<td>0.9 &amp; 1.3 mile</td>
</tr>
<tr>
<td>Silksworth Sports Complex</td>
<td>0.9 &amp; 1.3 mile</td>
</tr>
<tr>
<td>Barnes Park</td>
<td>* 0.7, 1 &amp; 1.1 mile</td>
</tr>
<tr>
<td>Princess Anne Park</td>
<td>1 &amp; 2 mile</td>
</tr>
<tr>
<td>James Steel Park</td>
<td>0.5 &amp; 1.6 mile</td>
</tr>
<tr>
<td>Roker Park</td>
<td>0.8 mile</td>
</tr>
<tr>
<td>Hylton Dene Park</td>
<td>* 1.7 mile</td>
</tr>
</tbody>
</table>

*Not suitable for wheelchair users or pushchairs
WELLNESS WALKING PROGRAMME

Health walks

Each of the weekly ‘health’ walks is led by a volunteer walk leader, and lasts between 30 to 60 minutes. Walk routes are planned by the walk leader to be suitable for all ages, fitness levels and abilities.

All walks are free and participants are advised to wear suitable footwear, dress for the weather and bring a bottle of water.

The Wellness Walking programme is subject to change – so please call us to check that the programme is current.

All walks are accredited through the National Walking for Health scheme.

For more information relating to the Wellness Walking programme, or if you are interested in supporting the Wellness Walking programme by becoming a volunteer walk leader, please telephone 0191 561 4693.

Wellness Walking programme weekly health walks currently take place as follows:

<table>
<thead>
<tr>
<th>Day and time</th>
<th>Location</th>
<th>Meeting point</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mondays, 10am</td>
<td>Herrington</td>
<td>Herrington Country Park play park car park</td>
</tr>
<tr>
<td>Wednesdays, 12noon</td>
<td>City Centre</td>
<td>Mowbray Park, The Walrus</td>
</tr>
<tr>
<td>Thursdays, 12noon</td>
<td>Houghton-le-Spring</td>
<td>Rainton Meadows Nature Reserve car park</td>
</tr>
<tr>
<td>Fridays, 10am</td>
<td>Washington</td>
<td>Washington Arts Centre, The Gallery</td>
</tr>
</tbody>
</table>
NORDIC WALKING

Nordic walking is a highly effective, affordable and fun method of becoming more physically active and improving your health and well-being.

“Nordic walking is great. I can’t jog and I don’t like gyms, but Nordic walking is a great workout and I enjoy being outdoors in the fresh air.”

Jan, 52, Sunderland

Nordic walking uses special Nordic poles which means the upper body muscles are used as well as the legs. This allows toning of the upper and lower body at the same time, using up to 90% of the body’s muscles.

Research suggests that you will burn up to 46% more calories than ordinary walking and the activity is ideal for neck, shoulder and back problems. To gain the greatest benefits from Nordic walking, it is important to learn the correct technique.

All participants must take part in a free introductory session before attending a led walk. Walks are led by trained leaders and are suitable for everyone, regardless of age or current fitness level. Nordic walking sessions cost just £2 including use of Nordic walking poles.

Nordic walking is suitable for all adults but if you have concerns about your health, please speak to your GP before commencing a physical activity programme.

For more information regarding Nordic walking, please telephone: 0191 561 4699 or visit www.activesunderland.org.uk
WILD WALKS

Part of the Green Activity Programme, Groundwork ‘Wild Walks’ are 2 hour walks designed to physically challenge the walker by incorporating undulating trails and a variety of terrains. One of the aims of the programme is to attract walkers who are ready to make the step up from regular health walks or who would like a slightly longer route. Where possible leaders like to head off typical walking routes and make the use of woodlands and river banks.

“I just wish to mention how much I enjoy the walk with Groundwork – what an excellent idea! Good luck with this project – wish it will last forever! Thank you!”

Participant of Washington Wild Walk

‘Wild Walks’ currently take place as follows

Wednesday, 1pm to 3pm
Elba Park, between Shiney Row and Burnmoor.
Meet at Chester Road roundabout entrance

Friday, 10am to 12noon
Meet at Washington Arts Centre, Washington

All walks are free of charge and linked to the Sunderland City Council Walking Network as well as the national Walking For Health programme.

Appropriate footwear and suitable outdoor clothing are strongly recommended as routes may be wet, muddy and uneven in places.

Due to the nature of the routes these walks are unsuitable for pushchair/wheelchair users.

Walks in other locations in Sunderland are currently being developed. If you are interested in setting up a 10 week pilot of walks in your area, or for further information about the Wild Walks programme please contact Groundwork on 0191 567 2550.
Keeping physically active is important, but to make it fun you should choose something you will enjoy doing regularly. In Sunderland there is plenty of choice at the city’s sport and leisure facilities, from a game of football to an exercise class, skiing to wellness, swimming to tennis.

The Life card is for adults and young people living, working and studying in Sunderland. It offers discounts and promotions, simple, fair and competitive prices. There are also a range of membership packages for you to enjoy activities at your local leisure and Wellness centres.

**How do I apply?**

Simply complete an application form at your local leisure centre.

**How will I benefit?**

As a Life card holder you will receive discounts on a range of activities, course and classes and can take up special promotions throughout Sunderland’s leisure centres, sports facilities and Wellness centres.

For more information please contact:
Telephone: 0191 520 5552
www.sunderland.gov.uk/leisure
Increasing physical activity levels and improving your health and well-being is achievable within venues in your local community, using a range of equipment which is incredibly easy to use. Sessions are delivered by fully qualified instructors who are on hand at each venue, offering advice on a range of issues. Classes are available at eight venues across the city and are suitable for all levels, ages and abilities. Easyline sessions cost between £1.50 and £2.

The Community Wellness Programme takes place at the following venues

<table>
<thead>
<tr>
<th>Venue</th>
<th>Address</th>
<th>Tel No</th>
</tr>
</thead>
<tbody>
<tr>
<td>St Mary &amp; St Peter’s Community Project</td>
<td>Springwell Road, Sunderland</td>
<td>0191 522 8979</td>
</tr>
<tr>
<td>Easington Lane Community Access Point</td>
<td>Brickgarth, Easington Lane</td>
<td>0191 526 1071</td>
</tr>
<tr>
<td>Ryhope Community Association</td>
<td>Black Road, Ryhope, Sunderland</td>
<td>0191 523 9371</td>
</tr>
<tr>
<td>Herrington Burn YMCA</td>
<td>Herrington Burn, Houghton-le-Spring</td>
<td>0191 385 3085</td>
</tr>
<tr>
<td>Fulwell Day Centre</td>
<td>Fulwell Road, Sunderland</td>
<td>0191 553 2255</td>
</tr>
<tr>
<td>Sunderland Chapel of Light International</td>
<td>PO Box 1314, Sunderland SR5 9JG</td>
<td>0191 478 1443</td>
</tr>
<tr>
<td>Hendon Young Peoples Project</td>
<td>Church Street East, East End, Sunderland</td>
<td>0191 553 7717</td>
</tr>
<tr>
<td>Washington Multi Purpose Centre</td>
<td>Ayton Road, Oxclose Village, NE38 0DA</td>
<td>0191 219 3530</td>
</tr>
</tbody>
</table>

Contact your nearest centre for programme information
These enjoyable classes use both seated and standing exercise incorporating exercise, movement and dance. The classes are tailored to individual needs so that everyone can reach their full potential and progress to a safe level that will improve health and mobility.

As well as helping you to become more physically active, the classes are a great way to get out and meet new friends.

The programme is delivered by fully qualified B’ Active ‘N’ B’ Fit instructors who specialise in exercise for older people, in partnership with the Community Wellness programme.

<table>
<thead>
<tr>
<th>Day and Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 4.30pm to 5.30pm Thursday 10am to 11am</td>
<td>Herrington Burn YMCA, Herrington Burn, Houghton-le-Spring  DH4 4JW Tel: 0191 385 3085</td>
</tr>
<tr>
<td>Wednesday 1.30pm to 2.30pm</td>
<td>Washington Millennium Centre, The Oval, Washington  NE37 2QD  Tel: 0191 219 3883</td>
</tr>
<tr>
<td>Friday 2pm to 3pm</td>
<td>Silksworth Community Pool, Tennis and Wellness Centre, Silksworth Lane, Sunderland  SR3 1PD  Tel: 0191 5615905</td>
</tr>
<tr>
<td>Monday 10am to 11am Wednesday 10am to 11am</td>
<td>Ryhope Community Association, Black Road, Ryhope, Sunderland  SR2 0RX  Tel: 0191 523 9371</td>
</tr>
<tr>
<td>Monday 2pm to 3pm Friday 11am to 12noon</td>
<td>St Mary and St Peter’s Community Project, Springwell Road, Sunderland  SR3 4DY  Tel: 0191 522 8979</td>
</tr>
</tbody>
</table>
"I really enjoy the classes, it’s a great laugh and I am much more mobile than I used to be."

June, 71, Sunderland
The links between health and physical activity are very clear. If you become more active, the risk of health problems can be reduced and existing health problems can be improved.

Everyone can benefit from being more active. If you are not physically active at the moment there are more ways than ever for you to get support and to help you on the road to improved health.

Who is the programme for?
The exercise referral and weight management programme is for adults aged 16 years and over, who are not taking part in any form of exercise and have a condition that their GP or healthcare professional thinks will be improved with physical activity. Participants must live in Sunderland and be registered with a Sunderland GP.

What condition might my GP refer me onto the programme for?
Conditions including high blood pressure, diabetes, weight management issues, asthma, circulatory disease (including heart disease and stroke), bone and joint problems, depression or anxiety.

What kind of activities can I take part in?
You can take part in physical activity at venues all over Sunderland.

There are gym based activities in Wellness centres, leisure centres and community venues, where you will receive support to help you to exercise safely. There are also exercise classes, cycling, dance, walking programmes and the opportunity to be active in the Green Activity Programme.
Please note that there is a minimum charge for Wellness centre sessions and exercise classes.

**What do I do next?**

If you think you would like to take part in a physical activity programme to improve your health and well-being, or would like advice on healthy eating, please ask your GP or healthcare professional who will decide if the programme is right for you. The exercise referral and weight management programme is delivered in partnership between Sunderland City Council Wellness Service, City Hospitals Sunderland NHS Foundation Trust and Sunderland Teaching Primary Care Trust.

For more information please call 0191 561 4566

Sunderland Cardiac Support Group provides advice and support to those with diagnoses relating to cardiac disease. For further information please contact Sunderland Cardiac Support Group. Please call: James Baker 0191 522 6750 or Barry Cook 0191 565 6892

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**Case study:**

**Name:** John  
**Age:** 63  
**Reason for attending:** Weight loss/improve fitness

I would like to thank all personnel involved for helping me take five and halve stones off my body weight, lose almost all arthritic pain, delay major surgery and most surprising of all i do not require blood pressure tablets that i have been taking daily for the last twenty-five years!
Sunderland Wellness service offers a variety of exercise opportunities for pregnant women and women who have recently given birth, helping to keep you active and healthy during and after pregnancy.

**Aqua natal**

Using the resistance of the water and buoyancy floats, this is a fun aerobic and body conditioning workout for pregnant women and women who have recently given birth.

Aqua natal classes take place on the following days and times:

<table>
<thead>
<tr>
<th>Day and time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday 6pm to 7pm</td>
<td>Castle View School&lt;br&gt;Cartwright Road, Sunderland &lt;br&gt;SR5 3DX&lt;br&gt;Tel: 0191 561 5533</td>
</tr>
<tr>
<td>Friday 9.15am to 10am</td>
<td>Silksworth Community Pool, Tennis &amp; Wellness Centre&lt;br&gt;Silksworth Lane, Sunderland &lt;br&gt;SR3 1PD&lt;br&gt;Tel: 0191 561 5901</td>
</tr>
</tbody>
</table>
And baby comes too...

Group walks and water based exercise classes are available for new mums. They are led by a fully qualified instructor who will take you and your baby on structured walks and water exercise sessions which include strengthening and toning exercises specifically for new mums.

Mums on the move!

Group walks for mum and baby in the pushchair

<table>
<thead>
<tr>
<th>Day and time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 9.30am to 10.30am</td>
<td>Silksworth Community Pool, Tennis &amp; Wellness Centre&lt;br&gt;Silksworth Lane, Sunderland SR3 1PD</td>
</tr>
<tr>
<td>Wednesday 10.30am to 11.30am</td>
<td>Seaburn Centre&lt;br&gt;Whitburn Rd, Sunderland SR6 8AA</td>
</tr>
<tr>
<td>Friday 10.45am to 11.45am</td>
<td>Washington Leisure Centre&lt;br&gt;Town Centre, Washington NE38 7SS</td>
</tr>
</tbody>
</table>

Please make sure you (and your baby) are comfortably and appropriately dressed for the weather. You should wear trainers or sturdy walking shoes and a supportive bra. It is recommended that you should also bring along a bottle of water so that you can re-hydrate during and after the session.

Mums in the pool!

Water based exercise classes for mums and babies up to 12 months old. Please bring a bathing suit and towels for mum and baby. Baby floats are available (limited number) or you can bring your own.

<table>
<thead>
<tr>
<th>Day and time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 1.30 to 2pm</td>
<td>Sunderland Aquatic Centre&lt;br&gt;Stadium Park, Sunderland SR5 1SU</td>
</tr>
<tr>
<td>Wednesday 1.30 to 2pm</td>
<td>Raich Carter Centre&lt;br&gt;Commercial Road, Hendon, Sunderland SR2 8QR</td>
</tr>
<tr>
<td>Friday 1.30 to 2pm</td>
<td>Hetton Community Pool and Wellness Centre&lt;br&gt;Barnard Park, Hetton-le-Hole DH5 9LZ</td>
</tr>
</tbody>
</table>

“I get to chat to loads of new mums and get fit at the same time.”

Coming soon...

Mums on two wheels!

Group cycling sessions for mums with babies and young children. Bikes, cycle helmets and baby seats provided.

For more information please contact:- Tel: 0191 561 4533

Find us on Facebook ‘Maternity Lifestyle Services’
FACT: Overweight children are likely to become overweight adults. This means they will start adulthood with an increased risk of coronary heart disease, Type II diabetes and other health problems.

The Lifestyle, Activity and Food programme (LAF) is a weight management programme for children and families which includes a variety of fun activities to encourage the whole family to get involved in healthier lifestyles.

We all want the best for our children but modern life can mean we don’t move around as much or eat as well as we used to. With so many opportunities to watch TV or play computer games and the ever-growing fast food industry, a healthy lifestyle can sometimes seem difficult. Small lifestyle changes to family life can help improve the way you feel about yourself and provide you and your family with a better quality of life. Sunderland’s LAF programme consists of healthy lifestyle sessions aimed at encouraging and supporting families to eat well, move more and live longer.

Who is the programme for?
The LAF programme is for families with children aged 5 to 15 years who have been identified as overweight; live in Sunderland and registered with a Sunderland GP. Note - children 16+ can access the Exercise Referral and Weight Management Programme (see page 49).

What does the LAF programme involve?
Children are referred by their GP, a healthcare professional or by self-referral to take part in fun, interactive weekly sessions. Each session lasts for approximately one and a half
hours and takes place in various venues across the city. The sessions are full of fun activities to encourage all the family to get involved in healthier lifestyles, such as cookery sessions, food tasting, fun games, family walks and celebration events designed specifically to meet the needs of the age range of the group.

What to do next?
If you have concerns about your child’s weight or your child has concerns about their own weight either visit your GP or call the LAF team on 0191 561 4691 to discuss self referral.

The programme also includes specific activities for teenagers which include healthy lifestyle advice and physical activities such as gym sessions, boxercise, circuits, dance and body conditioning.

Why not visit and join the LAF Facebook by searching ‘Sunderland Lifestyle Activity and Food Programme’.

Case study:
Name: Lily Age: 5
Reason for attending: To learn about making healthy lifestyle choices and get support to achieve a healthy weight
Current activity levels: Increased physical activity from four days to five days per week. Eating habits: has increased fruit and vegetables intake from two portions per day to five portions.

“The things I enjoyed most about the programme were the games and learning about healthy foods.”
The Green Activity programme works in partnership with Sunderland City Council Exercise Referral and Weight Management Programme to provide a new type of patient option for improving health and wellbeing. GP referred or self-referred clients take part in a 10 week supported physical activity programme of one hour per week, gently exercising through gardening, with sessions taking place at one of Groundwork’s community allotments situated across Sunderland. Locations include Hendon, Fulwell, Washington, Houghton, Tunstall and Summerbell.

Learning to grow your own food is a great way to exercise and have fun, with time spent in a ‘green space’ like a park or allotment helping to improve mental health and reduce stress. Growing food is also a great way to save money on healthy choices such as fruit and vegetables.

Sessions are led by Groundwork staff who will teach clients how to plant, water and harvest crops in the allotment garden, as well as providing practical tips for clients growing in their own homes. The programme also focuses on gardening for ‘wellbeing and mental health’ with a strong emphasis on healthy eating with sessions including nutritional advice and tips whilst aiming to incorporate ‘allotment cookery’ as a practical way to learn health eating. All tools and equipment are provided and sessions are free of charge.

Clients of the programme who want to stay involved after 10 weeks and become a member of one of the community allotments are always encouraged to do so. This leads to the longer term sustainability of the programme and increases the likelihood of changes in lifestyle and physical activity to be maintained.

For more information or to book a place please contact Groundwork North East on 0191 567 2550 or speak to your health professional.
Many smokers want to be smoke free but aren’t sure how to do it. Sunderland’s Wellness service now offers a stop smoking service to help you kick the habit.

Stopping smoking will mean that you save money, feel healthier, smell fresher and avoid serious diseases linked to smoking. The Wellness service offers FREE stop smoking sessions on a one to one basis, providing you with ongoing support and advice for up to 12 weeks after you stop smoking. They can provide an individually tailored treatment plan and access to nicotine replacement therapy (NRT) like patches, gum and lozenges.

Stopping smoking will:
- Reduce your chances of getting cancer
- Help you breathe more easily
- Reduce the amount of phlegm on your lungs and stop you waking up with a nasty cough
- Reduce your chances of having a heart attack
- Improve your ability to cope with exercise
- Reduce your stress levels and help you take control of your life

Stop smoking sessions take place at the following venues:
- **Bunny Hill Wellness Centre**
  Hylton Lane, Sunderland  SR5 4BW
- **Washington Millennium Centre**
  The Oval, Washington  NE37 2QD
- **Hetton Community Pool & Wellness Centre**
  Barnard Park, Hetton-le-Hole  DH5 9LZ
- **Houghton Sports Centre & Wellness Centre**
  Station Road, Houghton-le-Spring  DH4 5AH
SECTION TWO | YOUR WELLNESS SERVICES

Seaburn Centre & Wellness Centre
Whitburn Road, Sunderland SR6 8AA

Silksworth Community Pool, Tennis & Wellness Centre
Silksworth Lane, Sunderland SR3 1PD

Sunderland Aquatic Centre
Stadium Park, Sunderland SR5 1SU

Washington Leisure Centre
Town Centre, Washington NE38 7SS

Raich Carter Sport Centre
Commercial Road, Sunderland SR2 8QR

Please call into a centre to speak to an exercise referral consultant or call the team on 0191 561 4682. For details of your nearest advisor text smokefree and your postcode to 80800 or call freephone 0800 531 6317.
We are all aware of the importance of losing weight and maintaining a healthy weight and the health benefits that go with this. Losing weight can help to make you feel good, look good and increase your confidence. In Sunderland we have a unique programme to help you to lose weight and to maintain this weight loss with a revolutionary new weight management programme called Momenta.

Momenta is available to all adults (16 or over). It is suitable for both men and women who are interested in losing weight.

The 12 week course is delivered in a group setting, with advice around nutrition and physical activity. Momenta programmes enable and support behaviour-change using proven techniques to help you to set realistic, lifestyle goals. These and other techniques help break the ‘yo-yo’ cycle of dieting and weight loss fads.

The course is aimed at helping you to lose weight and maintain a healthy weight in the long term. The courses are educational, interactive and fun. You will learn about the relationship between exercise and nutrition and the role they play when it comes to losing weight and making healthy lifestyle changes, and for the long term - keeping it off.

Momenta courses are available across the city on various days and times.

For further information please contact:
Telephone: 0191 561 4699
Email: Momenta@sunderland.gov.uk
Sunderland City Council works with its partners to provide, support and sustain a variety of high quality and accessible play environments and opportunities, for all children and young people.

In Sunderland we have play areas and parks, wheeled sports facilities, multi-use games areas and kick-about spaces. Green spaces and country parks, beaches and a city adventure play area which has an indoor play and activity area and indoor sensory room for children with complex needs. You will find over 100 FREE safe places to play in Sunderland.

For further details about these exciting play opportunities visit www.sunderland.gov.uk/play
SUNDERLAND BIG EVENTS 2013

• BIG Mini Fun Run 27 April
• BIG Bike Ride 1 and 2 June
• BIG Swimathon 5 July
• BIG Walk 8 September

For more information visit www.activesunderland.org.uk or call 0191 520 5552

Brought to you by Sunderland City Council

activSunderland
The Health Champion programme aims to develop community leadership skills with **FREE** courses, so that passionate individuals can make a difference to health in their work, community and social networks.

**Who can become a Health Champion?**
We are looking for people who work or volunteer in Sunderland, who are concerned about current health issues and are interested in promoting healthy lifestyles.

**Why it’s a good idea to become a Health Champion?**
The benefits of completing the five training courses are that you can get involved in your community and gain new skills through access to training opportunities. You may improve your own health as well as friends and families.

**How do I become a Health Champion?**
The FREE training courses should be viewed like a jigsaw. You can do them in any order, at your own pace, and you can do just one or two courses, but to become a fully trained Health Champion you need to do ALL five training courses over a 12 month period.

The five training courses are:

**Alcohol Brief Intervention Training**

**Tobacco Brief Intervention Training**

**Understanding Health Improvement**

**Healthy Money, Health You**

**Emotional Health and Resilience Training**

For more information contact Janice Ellison on 0191 529 7199

**HealthChampion@sotw.nhs.uk**
This information can be made available in large print, Braille, audio and other languages. Please contact Communications on 0191 520 5555 or email communications@sunderland.gov.uk for help.

All information correct at time of going to press. Published April 2013.