

Don't just take it from us, here are some of the things that people who have made changes have said:

“my new goals have turned my day to day life around”

“I feel very positive about myself, without any drastic measures. Onwards and upwards for me now, but down in weight of course!”

“I was amazed that I actually lost one stone even whilst giving up smoking”

“the sessions weren't a lecture, but were fun, refreshing and reassuring”



Southampton Healthy Living

Improving health
and wellbeing of
communities across
Southampton



HOW TO CONTACT US

You can get in touch with us online at southamptonhealthyliving.org.uk
Or you can call us on 0300 123 3791

 @SOHealthyLiving

 /SouthamptonHealthyLiving

Southampton Healthy Living is delivered in partnership:



SOUTHAMPTON HEALTHY LIVING

Did you know that Southampton residents have a lower than average life expectancy? Along with this we also have a higher number of people living unhealthy lives than the England average!

WHO ARE WE?

We are a team of people from existing health, voluntary, community and social enterprise (VCSE) organisations. We are working to support everybody in Southampton to live a long and healthy life.

HOW CAN WE HELP YOU?

We are working across Southampton, in local different places to offer support with making changes to your lifestyle that can have a big impact on your health.

Most importantly we won't judge you, just support you and celebrate your successes with you. We know that it isn't always easy to make changes, but our expertise and experience may just give you the support that you need.



WE CAN OFFER DIFFERENT KINDS OF SUPPORT:



You can use our online tools to make changes at home



You can speak to one of our trained team



You can meet with others in the same situation



You can get support by email or telephone



Take the first step to changing your health by answering this short quiz:

- Do you live in Southampton
- Are you over 18

What would you like support with:

- Help to lose weight
- Stopping smoking
- Reducing the amount of alcohol I regularly drink
- Being more active
- Finding a physical activity I like that will welcome me no matter how unfit I am
- Going to a mini health check without having to recount my life story
- Consistently living an active and healthy lifestyle where I make healthy choices

If you've ticked one or more box then call us on 0300 123 3791 to speak to one of our team.