

## SELF REFERRAL TO THE WELLBEING SERVICE – PORTSMOUTH CITY COUNCIL ONE YOU PORTSMOUTH

A 'one stop' service for Portsmouth residents, offering you support and advice on giving up smoking, reducing your alcohol consumption, and maintaining a healthy weight.

Council: (Phone) 023 92294001  
Website: [www.portsmouth.gov.uk/ext/health-and-care/health/portsmouth-wellbeing-service](http://www.portsmouth.gov.uk/ext/health-and-care/health/portsmouth-wellbeing-service)

### SMOKING ... GIVING UP

Now is the right time to quit. Every cigarette causes you real harm and quitting smoking is healthier for you and your family. There's lots of free support to help you quit now.

NHS [www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)  
One you [www.nhs.uk/oneyou/smoking](http://www.nhs.uk/oneyou/smoking)  
Council [www.portsmouth.gov.uk/ext/health-and-care/health/quit-smoking](http://www.portsmouth.gov.uk/ext/health-and-care/health/quit-smoking)

### HEALTHY WEIGHT: EATING WELL AND MOVING MORE

What you eat, and how much, is important for your health and your waistline. Choosing healthier foods is easier than you might think. There are lots of cheap and tasty ways you and your family can eat well daily.

Council: [www.portsmouth.gov.uk/ext/health-and-care/health/weight-loss-and-weight-management.aspx](http://www.portsmouth.gov.uk/ext/health-and-care/health/weight-loss-and-weight-management.aspx)  
One you [www.nhs.uk/oneyou/eating](http://www.nhs.uk/oneyou/eating)  
Council: [www.portsmouth.gov.uk/ext/health-and-care/health/food-health-and-weight](http://www.portsmouth.gov.uk/ext/health-and-care/health/food-health-and-weight)

### ALCOHOL ..... CUTTING DOWN

Like to unwind with a glass of something in the evening? If you're not careful it's easy for the occasional glass in the evening to quickly become 2 or 3 glasses most days. Men and women are advised not to drink more than 14 units of alcohol a week. This is the same as 6 pints of average strength beer a week. Regularly drinking more than this can increase the risk to your health. It's important to know how much you are drinking and the easy ways you can cut back.

Alcohol Misuse: [www.portsmouth.gov.uk/ext/health-and-care/health/aocohol-misuse.aspx](http://www.portsmouth.gov.uk/ext/health-and-care/health/aocohol-misuse.aspx)  
Council: [www.portsmouth.gov.uk/ext/health-and-care/health/alcohol-misuse](http://www.portsmouth.gov.uk/ext/health-and-care/health/alcohol-misuse)  
Safer: 08457 90 90 90  
Portsmouth: [www.saferportsmouth.org.uk](http://www.saferportsmouth.org.uk)  
One you: [www.nhs.uk/oneyou/drinking](http://www.nhs.uk/oneyou/drinking)

### PHYSICAL ACTIVITY

Fitting some physical activity into your day is easier than you think. Being active is really good for your body, mind and health – and there are lots of ways you and your family can get moving!

One You: [www.nhs.uk/oneyou/moving](http://www.nhs.uk/oneyou/moving)  
Council: [www.portsmouth.gov.uk/ext/health-and-care/health/getting-active](http://www.portsmouth.gov.uk/ext/health-and-care/health/getting-active)  
Live well: [www.nhs.uk/Livewell/fitness/Pages/Activelifestyle.aspx](http://www.nhs.uk/Livewell/fitness/Pages/Activelifestyle.aspx)

PATIENTS CAN SELF-REFER BY CALLING **023 92294001** or by emailing  
[wellbeing@portsmouthcc.gov.uk](mailto:wellbeing@portsmouthcc.gov.uk)