

The Healthy Lifestyles Team

An Easy Read Guide:

For people with learning disabilities
and/or autism and their carers/family

www.northlincs.gov.uk

 **LiveWell**
NORTH LINCOLNSHIRE



Humber and North Yorkshire
Health and Care Partnership



The Healthy Lifestyles Team

We are the North Lincolnshire Healthy Lifestyles Team.

We can help you to lead a healthier and happier life.



We can help you look after your body in the following ways:



We can help you to stop smoking.



During your quit journey, we may ask you to stay in contact by visiting us or talking on the phone.

When you want to stop smoking, we will start by talking with you.



We can also help you to lose weight.



We can offer free products to help you quit, such as a vape, gum, and patches.



Over 8 weeks, we will teach you how to achieve a healthy weight.



You can learn about eating foods that are good for your health, as well as other good habits to help you look after your weight.



If you want to quit smoking, lose weight, or learn to cook, please contact us.

Our team also offers Cook4Life classes.



You can call us on:
01724 298212
or email us at:
nlc.healthylifestyles@nhs.net



With Cook4Life, you can learn to cook.



Before you come to one of our sessions, remember things you might need to bring such as medication.



Make sure you do not wear your best clothing, so that it does not get dirty.

We look forward to you visiting us!



You can find these activities and more on the LiveWell North Lincolnshire website:

<https://www.livewellnorthlincolnshire.org.uk/>

When you are ready to work on your health and wellbeing, it is helpful to think about the 5 ways to wellbeing. The 5 ways to wellbeing are:

Connect:

Spend time with people you like. Talk, listen, and be there for each other.

Be Active:

Move your body in a way you enjoy. It could be walking, dancing, or playing a sport. Just get moving!

Take Notice:

Pay attention to the world around you. Notice the little things. Be mindful of your surroundings.

Keep Learning:

Try new things. Learn a new skill, a game, or discover something about the world. Keep your mind active.

Give:

Do something nice for others. It could be a small act of kindness or volunteering your time. Giving feels good!

If you are ready to start living your best life, LiveWell North Lincolnshire has something for everyone.





**North
Lincolnshire
Council**

www.northlincs.gov.uk