

HOW TO REACH US

Healthy Argyll & Bute

www.healthyargyllandbute.co.uk

Email:

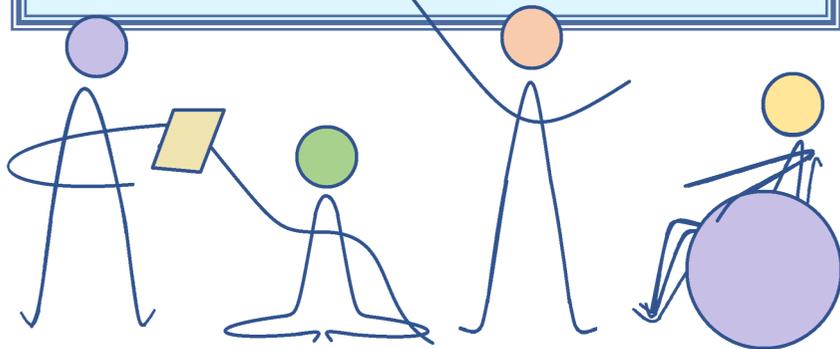
High-UHB.ABHealthImprovement@nhs.net

Write to:

Health Improvement
Campbeltown Hospital, Campbeltown, PA28 6LE

On Facebook at:

“Healthy Argyll and Bute”



Accessibility

Please let us know if you would like this leaflet in large print or another format.



Small changes...
BIG difference!

Looking after your health and wellbeing is important.

Identifying just a couple of small changes to your daily lifestyle can make a **big** difference to your health and wellbeing over time.

Mental Wellbeing

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? Why?

1 in 4 people in the UK experience a mental health problem each year, which can cause:

- Feeling low
- Lack of interest
- Difficulty sleeping
- Anxiety or fear

✓ Suggestions

There are lots of little ways to support your mental health. Some things you might try:

- Talking therapy
- Doing things you enjoy
- Keeping active
- Meditation/mindfulness
- Building rest into the day

 www.stepsforstress.org

 www.samh.org

Physical Activity

? Why?

Being active for at least 30 minutes, 5 days a week, can:

- Lift your mood
- Help with stress
- Prevent and manage health problems
- Make exercise easier
- Improve muscle tone

✓ Suggestions

The more you do, the more you get out of it. Any activity is better than none! Try to:

- Be active every day
- Move more
- Break up the time spent sitting down - get up and move around.

 www.activescotland.org.uk

 www.liveargyll.co.uk

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NHS Centres

Victoria Hospital, Rothesay	01700 503938
Cowal Community Hospital, Dunoon	01369 704341
Lorn & Islands Hospital, Oban	01631 567500
Victoria Integrated Care Centre, Helensburgh	01436 655132
Campbeltown Hospital, Campbeltown	01586 552224
Mid Argyll Community Hospital & Integrated Care Centre, Lochgilphead	01546 462000
Islay Hospital, Isle of Islay	01496 301000
Mull & Iona Community Hospital, Isle of Mull	01680 300392

Carers

Support and respite for unpaid carers.

Helensburgh & Lomond SCIO	01436 673444
Dochas Carers' Centre	01546 600022
North Argyll Carers Centre	01631 564422
Crossroads Carers Centre	01369 707700

Lomond and Argyll Advocacy Service

Support and advocacy for people with health problems and carers.

Helensburgh & South East Argyll:	01389 726543
Cowal & Bute:	01369 840250
Oban & Lorn Office:	01546 606056
Kintyre Office:	01586 553428
Mid-Argyll Office:	01546 606056

Contact Scotland BSL

Video relay interpreters, support.

Telephone: 01546 605550
Web: contactscotland-bsl.org

Sense Scotland

Communication support.
www.sensescotland.org.uk

Move More/LiveArgyll

Exercise and fitness services.

Tel: 01369 708 664
Web: www.liveargyll.co.uk

LOHO

Wellbeing support in Lorn & Oban

Tel: 01631 565113
Web: www.lornhealthyoptions.co.uk

Finding Services

NHS Inform

National online service providing health information, self-help guides/exercises, and links to support organisations.

Telephone: 0800 22 44 88

Web: www.nhsinform.scot.uk

Directory: www.nhsinform.scot/scotlands-service-directory

NHS 24

Out-of-hours service and support from the NHS.

Telephone: 111

Web: www.nhs24.scot.uk

Breathing Space

Free, confidential phone service to help with depression and anxiety.

Telephone: 0800 83 85 87

Web: www.nhs24.scot.uk

Healthy Argyll & Bute

Connecting health and wellbeing services in Argyll & Bute

Web: www.healthylargyllandbute.co.uk

NHS Highland

Health services in Argyll & Bute

www.nhshighland.scot.nhs.uk

Argyll & Bute Council

Housing, telecare, finance, benefits, and social care.

Telephone: 01546 605522

Social Work: 01546 605517

A&B Advice Network

Resource to help people find services and organisations in Argyll & Bute.

www.argyllandbuteadvice.net

Citizens Advice Bureau

Support and advice on rights, welfare, and local services.

01546 605550 www.cas.org.uk

You can also get information and a range of services from your local pharmacy

Healthy Eating



Why?

Obesity and weight-related illnesses are at an all-time high. Eating well can:

- Help maintain a healthy weight
- Reduce risk of conditions like diabetes, cancer, or heart disease
- Improve immunity



Suggestions

To help balance your diet, try to:

- Eat 5 daily portions of fruit & veg
- Cut down on fat and sugar. Use unsaturated fats and spreads sparingly
- Drink 6-8 glasses of water a day
- Include some beans, pulses, fish, eggs, meat and other proteins.
- Choose wholegrain where possible
- Choose dairy or calcium fortified alternatives

www.bda.uk.com/foodfacts

To self-refer to a dietitian, email high-UHB.DietitiansDirect@nhs.net

Smoking



Why?

Smoking is a top cause of illness and death in the UK. Benefits of quitting are immediate:

- Blood pressure and pulse return to normal in 20min.
- In 24 hours, lungs start to clear.
- You could save over £8 a day - £2,920 a year - by giving up a 20-a-day habit.



Suggestions

Your chances of quitting smoking are 4 times better with the right help:

- Try nicotine patches/gum
- Use the Smoking Advice Service
- Visit a local pharmacy for free support.
- Ask friends to support you



Quit Your Way
0800 84 84 84

Alcohol

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? Why?

It's important not to exceed the recommended units per week of alcohol. Drinking too much can affect your behaviour and increases the risk of:

- **Many diseases, disorders, and cancers**
- **Anxiety and depression**
- **Accidents**
- **Criminal behaviour leading to prosecution**



Suggestions

Current guidelines suggest both men and women should drink **no more than 14 units** per week. To help you cut down, try:

- **Having a little less on each occasion**
- **Setting aside alcohol-free days every week.**
- **Meeting friends in places other than pubs and bars.**



www.drinksmarter.org

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Finding Support



When should I look for support?

There are many reasons you might need to look for support with your wellbeing. Support doesn't have to be from a medical or care professional—it can come from community groups, from volunteers, or from friends and relatives.

- **Do you have a persistent health problem which stops you from looking after your wellbeing?** Some examples might be mobility problems or difficulty organising your time.
- **Are you struggling to manage your health alone?** If you have tried and failed to improve your wellbeing as discussed on previous pages, it might be worth looking for help.
- **Are you struggling with smoking, alcohol, or substance misuse?** If so, it can make a big difference to seek support.

Drug Awareness

? Why?

It's important to be aware of the dangers of non-prescribed drugs. Side effects may be unpredictable or poorly understood. Substance misuse is illegal, and can:

- **Affect everyone differently**
- **Be addictive**
- **Stay in your system for longer than you expect**



Suggestions

Be honest with yourself. If you use unprescribed drugs, are they:

- **Affecting your health?**
- **Affecting relationships?**
- **Leading to legal trouble?**
- **Affecting your finances?**

If the answer to any of these questions is "yes", then you should consider seeking help.



www.drugsaction.co.uk

Types of Support



Support can come from:

- **Local hobby groups and community networks**
- **Online support networks and courses**
- **Friends and families**
- **Link clubs, talking to people with similar problems**
- **Self-management courses**
- **GPs, pharmacists, nurses, etc.**
- **Charities and independent organisations**

To help you find support, you can use the resources on the next page...

