

Health in the Hearts of Our Community

WHAT IS HEALTH IN THE HEARTS OF OUR COMMUNITY?

Health in the Hearts of Our Community is a programme aimed at improving the health and wellbeing of people living and working in North Solihull, with a focus on reducing the risk factors associated with Cardiovascular Disease, COPD, Diabetes and Dementia.



health@colebridge.org
0121 448 0720

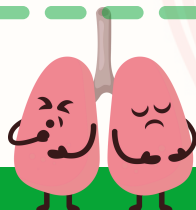
WHAT CAN WE HELP YOU WITH?

- Weight management
- Reducing/Stop Smoking
- Increasing your physical activity
- Reducing Drug or Alcohol Intake
- Social Isolation and loneliness
- Reducing stress factors like poor sleep patterns
- Improving healthy behaviours and health literacy
- General Health and Wellbeing
- Keeping your brain active
- Finding welcoming places for you to connect with others

WHERE CAN YOU ACCESS SUPPORT?

Join our North Solihull Health in the Hearts of Our Community Facebook page, where individuals and health professionals share information that will help to improve your health and wellbeing

You can also sign up to our 12 week bespoke health and wellbeing programme, where you will be supported to achieve positive health changes



About CVD, COPD, Diabetes and Dementia

How to start making positive changes

CVD

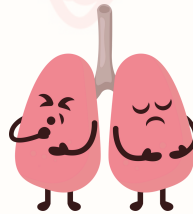
Cardiovascular Disease is a general term for conditions affecting the heart or blood vessels.



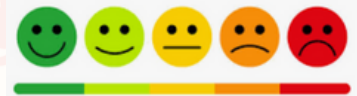
Maintain a healthy weight by eating a balanced diet

COPD

Chronic Obstructive Pulmonary Disease is the name for a group of lung conditions that cause breathing difficulties.



Aim to reduce your alcohol or tobacco intake



Look after your emotional and mental wellbeing

DIABETES

Is a condition that causes a person's blood sugar level to become too high.



Keep your brain active

DEMENTIA

Is a syndrome (a group of related symptoms) associated with an ongoing decline of brain functioning.



Aim to move your body every day