

## Northamptonshire MIND

Northamptonshire MIND works to promote and support good mental health for all across the county. Committed to achieving and sustaining a high level of quality in its service provision, it supports people with experience of mental distress fairly, positively, and with respect.  
[www.northamptonshiremind.org.uk](http://www.northamptonshiremind.org.uk)

## Support for young people

To see the range of services available for young people please visit [www.northamptonshire.gov.uk/youngnorthants](http://www.northamptonshire.gov.uk/youngnorthants)

**REACH** Collaboration provide professional and confidential youth counselling for young people aged from 11-19 across the County of Northamptonshire.  
[www.reachyouthcounselling.org.uk](http://www.reachyouthcounselling.org.uk)

This includes weekly drop-in cafes 'Espresso Yourself' to talk to a mental health professional.  
[www.thelowdown.info/counselling/wellbeing-support-service](http://www.thelowdown.info/counselling/wellbeing-support-service)

## Child and Adolescent Mental Health Services (CAMHS)

CAMHS Live is available for families to speak to specialists for help and advice. You can speak live and online **Monday-Friday, 9am-7pm** [www.nhft.nhs.uk/camhslive](http://www.nhft.nhs.uk/camhslive)

CAMHS Consultation Line: **Monday to Friday 9am-7pm 0800 170 7055 for advice and guidance**

## Northamptonshire Sport

Local charity, Northamptonshire Sport, champion sport and physical activity for everyone living and working in Northamptonshire. Together with a range of partners, Northamptonshire Sport ensures everyone has equal access to physical activity and sports opportunities to improve their health and wellbeing.

Visit [www.northamptonshiresport.org](http://www.northamptonshiresport.org) for information on the following:

- Sports clubs / activity directory
- Physical activity programmes and interventions for adults, older adults and people with long term conditions and disabilities
- Sports and activities for children & young people
- Events
- Training and development courses
- Volunteering opportunities
- Outdoor activities, such as beginner jogging groups, health walks, open water swimming

Email: [info@northamptonshiresport.org](mailto:info@northamptonshiresport.org)

Facebook: [NorthamptonshireSport](https://www.facebook.com/NorthamptonshireSport)

Instagram: [NorthamptonshireSport](https://www.instagram.com/NorthamptonshireSport)

Twitter: [@Nsport](https://twitter.com/Nsport)

Twitter: [@NorthantsPH](https://twitter.com/NorthantsPH)

Facebook: [PublicHealthNorthants](https://www.facebook.com/PublicHealthNorthants)

Web: [www.northnorthants.gov.uk](http://www.northnorthants.gov.uk)

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# Has the pandemic had an impact on your health and wellbeing?

## Not sure which way to turn?

Our handy guide contains a range of services and partner organisations who can help you on your road to better health.



Public Health Northamptonshire  
North Northamptonshire Council  
One Angel Square, Angel Street,  
Northampton NN1 1ED

Twitter: [@NorthantsPH](https://twitter.com/NorthantsPH)  
Facebook: [PublicHealthNorthants](https://www.facebook.com/PublicHealthNorthants)  
Web: [www.northnorthants.gov.uk](http://www.northnorthants.gov.uk)

Recycle this leaflet or pass to a friend or family member who may benefit



All services provided or commissioned by Public Health Northamptonshire, can be found in more detail on our website [www.northamptonshire.gov.uk/betterhealth](http://www.northamptonshire.gov.uk/betterhealth)

### Healthy eating

Our physical body is affected by the food we eat, as well as our mood. Eating more fresh fruit and vegetables; having regular mealtimes; choosing foods low in sugar, salt and fat can all help to keep us healthy.

For more information, visit [www.northamptonshire.gov.uk/councilservices/health/Pages/eating-well.aspx](http://www.northamptonshire.gov.uk/councilservices/health/Pages/eating-well.aspx)

### Weight management

Do you want to lose those extra COVID-19 pounds? Losing weight can also benefit your health and wellbeing. People who are overweight have higher risk of heart disease, stroke, type 2 diabetes, some types of cancer, arthritis and back pain.

Public Health Northamptonshire currently offers a **FREE 12 week course** for those with a BMI of 28 or over to support you to reach your weight-loss goals. This is currently face-to-face or a digital app.

To self-refer visit [www.northamptonshire.gov.uk/healthyweight](http://www.northamptonshire.gov.uk/healthyweight)

### Quit smoking

Thinking of stopping smoking? If you smoke, now is the time to quit, to help you stay healthy and out of hospital. The service currently offers 12 weeks of **FREE** telephone support, with e-cigarettes and nicotine replacement therapy sent straight to your door.

Email us at [smokefree@northnorthants.gov.uk](mailto:sмоkefree@northnorthants.gov.uk) or call the team today on **0300 126 5700**.

### Supporting Independence Programme

Have you noticed any recent changes to your health and lifestyle? Are you starting to struggle with everyday tasks?

The Supporting Independence Programme offers up to **12 weeks FREE** of one to one support, advice and resources to make your wellbeing a priority.

**Phone: 0300 126 3000**  
**Email: [sipinfo.ncc@northnorthants.gov.uk](mailto:sipinfo.ncc@northnorthants.gov.uk)**

[www.northamptonshire.gov.uk/councilservices/health/Pages/supporting-independence.aspx](http://www.northamptonshire.gov.uk/councilservices/health/Pages/supporting-independence.aspx)

### Sexual health

Having good sexual health isn't just about avoiding infections and illnesses, it also means ensuring that we protect ourselves and others, emotionally and physically and have a respectful approach to sexuality and sexual relationships.

To find your nearest **FREE** service visit [www.northamptonshire.gov.uk/councilservices/health/Pages/sexual-health.aspx](http://www.northamptonshire.gov.uk/councilservices/health/Pages/sexual-health.aspx)

### Alcohol and drugs

Do you have queries or concerns about alcohol or drugs for you or someone you know?

The STAR service (Support, Treatment, Advice and Recovery), provides **FREE** access to drug and alcohol support services across Northamptonshire. Complete the referral form online or call the team on **0808 169 8512, Monday-Friday, 9am-4:30pm**

To find out more about Drug and Alcohol support, visit [www.northamptonshire.gov.uk/councilservices/health/Pages/default.aspx](http://www.northamptonshire.gov.uk/councilservices/health/Pages/default.aspx)

### Falls prevention

Do you have a high fear of falling or a recent history of falling? Specialist assessment and advice is available from the Falls Management Service for residents in North and West Northamptonshire. Information and applications can be found via this website

[www.northamptonshire.gov.uk/councilservices/health/preventing-falls/Pages/default.aspx](http://www.northamptonshire.gov.uk/councilservices/health/preventing-falls/Pages/default.aspx)

For support with completing the forms ring:

**North Northamptonshire Council**  
**0300 126 3000**

**West Northamptonshire Council**  
**0300 126 7000**

### Holiday Activity Fund

The Holiday Food and Activity Programme in Northamptonshire funds places for children (who are entitled to free school meals) to access food and fun activities over the Easter, Summer and Winter 2022 school holiday period. The provision will support children and their families to engage in enriching activities to: eat more healthily, be active, less isolated, promote resilience and overall wellbeing. For more details of what's on in your area and how to apply, contact us at:

[haf@northamptonshiresport.org](mailto:haf@northamptonshiresport.org)

### Cancer Screening

Screening programmes for cancer are a very important way of detecting early signs of cancer for those in higher risk groups, so that early treatment can be offered or information and advice given to support informed decision making. It is important that you seek a medical opinion if you have noticed a change in your body or health in relation to potential cancer symptoms, then please speak to your GP in the first instance.

For more information on all the screening programmes visit [www.nhs.uk/conditions/nhs-screening](http://www.nhs.uk/conditions/nhs-screening)

### NHS Health Checks

The NHS Health Check is a health check-up for adults in England aged from 40 to 74. It's designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia. As we get older, we have a higher risk of developing one of these conditions. An NHS Health Check can identify early signs of these conditions and help you find ways to lower this risk.

For more information, visit [www.northamptonshire.gov.uk/councilservices/health/Pages/free-nhs-health-checks.aspx](http://www.northamptonshire.gov.uk/councilservices/health/Pages/free-nhs-health-checks.aspx)

### Better Health

The Better Health NHS website also links to tools and tips and apps for schemes such as Couch to 5k.

[www.nhs.uk/better-health/get-active](http://www.nhs.uk/better-health/get-active)

### Learn2B

Free Adult Learning courses open to anyone who has experienced mental health concerns delivered by the Learning for Wellbeing team and designed to have wellbeing at the heart of all courses. <https://tinyurl.com/vtjyrmyp>

### IAPT services

For anyone over 17 and a half, living in Northamptonshire and experiencing mild to moderate depression and/or an anxiety disorder you can self-refer into the free talking therapies service.

**Phone: 0300 999 1616**  
[www.nhft.nhs.uk/iapt](http://www.nhft.nhs.uk/iapt)

