

# ALCOHOL & DRUG



## MISUSE

### Why Would I Want To Improve?

Reducing excessive alcohol intake often improves stress, anxiety and depression. It will also help prevent diseases such as liver failure, many cancers and prevent accidents, aggression and violence. Drug misuse can damage your mental and physical wellbeing.

### How Can I Improve?

#### 1. Helping Yourself

If you only spend so much time in the pub/doing drugs because that's all your mates will do then maybe change your mates!

Are you using drugs/alcohol to meet a gap in your life which could be filled with better things e.g. people, hobbies, sports?

If you feel depressed or very anxious please see your GP.

#### 2. NHS Charter Medical Centre Based Services

– Make an appointment with your Doctor if alcohol is causing you significant health issues.

#### 3. NHS Services Which You Can Refer Yourself To

##### – *For General Information:*

Open access drop in & needle exchange

11 St George's Place, Brighton BN1 4GB

Mon/Tue/Thu 12pm-5pm, Wed 12-8pm,

Fri 12-4pm, Sat 10-1pm

ph 01273 607 575

[www.equinoxcare.org.uk](http://www.equinoxcare.org.uk) and [www.cri.org.uk](http://www.cri.org.uk)

##### – *Health Trainers*

For those wanting one to one support in sticking to realistic goals. They do not provide help with medical, housing or financial issues.

ph 01273 696011 extension 3960

Email: [healthtrainers@southdowns.nhs.uk](mailto:healthtrainers@southdowns.nhs.uk)

– **PATCHED** offers support services for the families, friends and carers of substance misusers.

Confidential helpline: 0800 085 4450, 24hrs

#### 4. NHS Services Requiring Nurse/Doctor Referral

##### – *Substance Misuse Service*

For this specialist service see your doctor for a referral.



# STRESS

### Why Would I Want To Improve My Stress?

Excess stress can cause bodily malfunction, exhaustion or 'burn out' and can really take the fun out of life!

Reducing stress levels can improve blood pressure, sleep and many other bodily functions, such as bowels, the immune system and pain control. It also prevents and treats anxiety and depression.

Learning to enjoy regular rest and relaxation usually reduces the feeling of need for smoking, alcohol and illicit drugs!

### How Can I Improve My Stress?

#### 1. Helping Yourself

Exercise more regularly. Find a form of exercise which is fun for you and possible to maintain long term.

Take regular short breaks whether working hard at the office or at home rather than working flat out for hours on end. Make sure you are remembering to eat healthily and regularly.

Sleep and stress advice is available on [www.patient.co.uk](http://www.patient.co.uk)

#### 2. NHS Charter Medical Centre Based Services

– If you are feeling extremely stressed please make an appointment with your Doctor.

#### 3. NHS Services Which You Can Refer Yourself To

##### – *Health Trainers*

For those wanting one to one support relating to stress or sleep but who do not have severe mental health issues.

ph 01273 696011 extension 3960

Email: [healthtrainers@southdowns.nhs.uk](mailto:healthtrainers@southdowns.nhs.uk)

#### 4. NHS Services Requiring Nurse/Doctor Referral

– Your doctor may decide with you that specialist Psychological or Psychiatric specialist advice may be appropriate.

*Please make a telephone appointment with the Practice Nurse/Health Advisor if you want to discuss a referral.*

# Healthy Lifestyle Services

Use this leaflet to discover the range of options and services available to help you make improvements to 6 areas of your life:

*Smoking, Weight, Exercise, Alcohol & Drug Misuse and Stress.*



Updated Jan 2009  
Charter Medical Centre  
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Charter Medical Centre



# SMOKING

## Why Would I Want To Stop My Smoking?

Stopping smoking improves lung capacity allowing you to carry out daily tasks without wheezing, coughing or struggling for breath.

Stopping smoking increases your life expectancy, significantly increasing your chances of being healthy and active in your old age.

You'll also reduce your risk of getting cancer, heart disease or strokes and save money.

## How Can I Stop My Smoking?

### 1. Helping Yourself

There are many self-help books and different methods to stop smoking.

Some people find it easy once they decide to go for it, others have more difficulty.

Check out [www.givingupsmoking.co.uk](http://www.givingupsmoking.co.uk)

Call the NHS Smoking Helpline 0800 169 0 169

### 2. NHS Charter Medical Centre Based Services

Make a Smoking cessation appointment with the Practice Health Advisor. Nicotine replacement can be prescribed at these clinics.

### 3. NHS Services Which You Can Refer Yourself To

#### – Smoking Cessation Clinics

Free one-to-one or group sessions provided free of charge.

Nicotine Replacement products free of charge when attending sessions for motivational support.

Available at many sites throughout Brighton & Hove

ph 01273 267 397

Email: [stopsmoking@southdowns.nhs.uk](mailto:stopsmoking@southdowns.nhs.uk)

#### – Health Trainers

For those wanting one to one support to make changes to their smoking habits but not requiring nicotine replacement.

ph 01273 696011 extension 3960

Email: [healthtrainers@southdowns.nhs.uk](mailto:healthtrainers@southdowns.nhs.uk)



# WEIGHT

## Why Would I Want To Improve My Weight?

Maintaining a healthy weight will reduce risk of serious and damaging problems such as diabetes, cancer, heart disease and joint problems.

## How Can I Improve My Weight?

### 1. Helping Yourself

The principle of weight loss is to consume less calories than you burn.

So find a way to reduce your food and sugary drink intake, do a bit more activity and you'll see your waist size drop steadily as the fat disappears.

To help get you started look at [www.patient.co.uk](http://www.patient.co.uk) and search for 'weight loss'.

### 2. NHS Charter Medical Centre Based Services

– For BMI under 19, see your Doctor.

– For BMI over 25:

For healthy diet and exercise advice, coronary heart disease and diabetes screening make an appointment with the Practice Nurse/Health Advisor.

The Nurse/Advisor will refer to the Doctor as required and if drugs are felt to be appropriate.

### 3. NHS Services Which You Can Refer Yourself To

#### – Health Trainers

For those wanting one to one support in sticking to realistic weight loss goals but do not require specialist advice.

Call if unsure 01273 696011 extension 3960

Email: [healthtrainers@southdowns.nhs.uk](mailto:healthtrainers@southdowns.nhs.uk)

### 4. NHS Services Requiring Nurse/Doctor Referral

#### – Healthy Weight Referral Scheme

Group programmes for Overweight Children over age 2 (on 91-99.6th centile on growth chart for weight) and Adults with BMI 26-40 with no uncontrolled disease.

One to one and weekly group sessions in nutrition, physical activity and behavioural change are available.

#### – Hospital Dieticians

For people with BMI over 40 or over 28 with uncontrolled diseases & people with eating disorders with BMI <19, of any age.

*Please make a telephone appointment with the Practice Nurse/Health Advisor if you want to discuss a referral.*



# EXERCISE

## Why Would I Want To Improve My Exercise?

A regular exercise programme can help prevent heart disease, high blood pressure, stroke, diabetes and depression.

## How Can I Improve My Exercise?

### 1. Helping Yourself

Find a form of exercise which is fun for you and possible to maintain long term. Preferably make it sociable e.g. play regular football/squash/mountain biking with mates.

Start your own league or join one in order to meet more active people. Sometimes this just takes a bit of thinking ahead to plan and organise.

Check out [www.activeforlife.org.uk](http://www.activeforlife.org.uk) for ideas in Brighton and Hove.

### 2. NHS Charter Medical Centre Based Services

– Our Practice Health Advisor and Practice Nurses can give you information about accessing exercise activities in Brighton and Hove which is all on this website [www.activeforlife.org.uk](http://www.activeforlife.org.uk)

### 3. NHS Services which you can refer yourself to

#### – Health Trainers

For those wanting one to one support in sticking to realistic and manageable exercise goals but who do not have difficulty exercising.

ph 01273 696011 extension 3960

Email: [healthtrainers@southdowns.nhs.uk](mailto:healthtrainers@southdowns.nhs.uk)

### 4. NHS Services Requiring Nurse/Doctor Referral

#### – Zest Exercise Referral Scheme

For those currently inactive, ready to become active and requiring specialist help and support to exercise, aged over 16.

*Please make a telephone appointment with the Practice Nurse/Health Advisor if you want to discuss a referral.*