

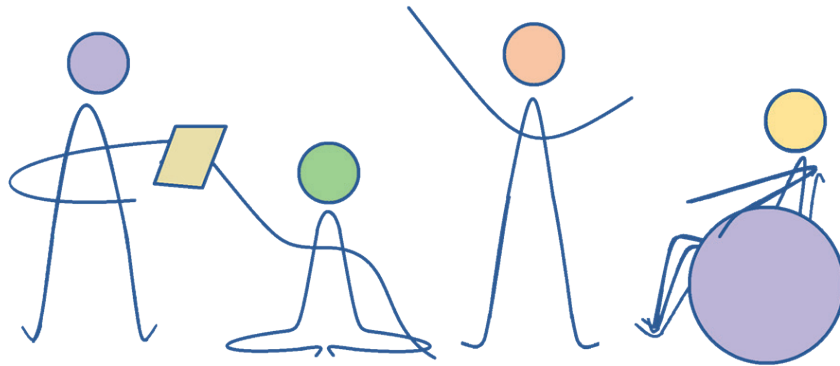
How to reach us

Argyll & Bute Living Well Network
www.ablivingwell.org

Email: nhsh.abhealthimprovement@nhs.scot

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Argyll & Bute HSCP,
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PA31 6RT

Find us 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

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.

Website(s)

- www.clearyourhead.scot
- www.samh.org.uk

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.

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.

Website(s)

- www.actify.org.uk/explore
- www.liveargyll.co.uk

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.

Website(s)

- www.bda.uk.com/foodfacts

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.

Suggestions

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

- Quit Your Way Scotland can put you in contact with your local NHS services. They can be phoned free on 0800 84 84 84.
- Visit a local pharmacy for free support.
- Ask friends to support you.
- Try nicotine patches/gum.

Website(s)

- www.smokefreehighland.scot.nhs.uk

Alcohol

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:

- Physical and mental health problems.
- Accidents.
- Impulsive behaviour.

Suggestions

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

- Alcohol-free drinks and mocktails.
- Setting aside alcohol-free days every week.
- Meeting friends in places other than pubs and bars.
- Contact Drinkline by phone for free on: 0800 731 4314.

Website(s)

- www.nhsinform.scot/healthy-living/alcohol

Drug Awareness

Why?

It's important to be aware of the dangers of using illicit drugs or drugs prescribed to someone else. Side effects may be unpredictable. Using these substances can:

- Impact physical and mental health.
- Stay in your system for longer than you expect.
- Lead to problem drug use.

Suggestions

If you use recreational drugs, are they:

- Affecting your physical and/or mental health?
- Affecting relationships and/or your finances?
- If the answer to any of these questions is "yes", then consider seeking help from a local or national service.
- Contact Know the Score by phone for free on: 0800 587 5879

Website(s)

- www.nhsinform.scot/healthy-living/drugs-and-drug-use

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 problem substance use?
 - If so, it can make a big difference to seek support.

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.

Finding Services

NHS Inform

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

Telephone: **0800 22 44 88**

www.nhsinform.scot

www.nhsinform.scot/scotlands-service-directory

NHS 24

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

Telephone: **111**

www.nhs24.scot

NHS Highland

Health services in Argyll & Bute.

www.nhshighland.scot.nhs.uk

Argyll & Bute Council

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

Telephone: **01546 605 522**

Social Work: **01546 605 517**

www.argyll-bute.gov.uk

Living Well Network

Connecting health and wellbeing services in Argyll & Bute.

www.ablivingwell.org

Breathing Space

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

Telephone: **0800 83 85 87**

www.breathingspace.scot

LOHO

Wellbeing support in Lorn & Oban.

Telephone: 01631 565 113

www.lornhealthyoptions.co.uk

Citizens Advice Bureau

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

01546 605550

www.cas.org.uk

Move More/LiveArgyll

Exercise and fitness services.

Telephone: **01369 708 664**

www.liveargyll.co.uk

Sense Scotland

Communication support.

Telephone: **0300 330 9292**

www.sensescotland.org.uk

Contact Scotland BSL

Video relay interpreters, support.

contactscotland-bsl.org

NHS Centres

Victoria Hospital, Rothesay.....01700 503 938

Cowal Community Hospital, Dunoon.....01369 704 341

Lorn & Islands Hospital, Oban.....01631 567 500

Victoria Integrated Care Centre, Helensburgh.....01436 655 132

Campbeltown Hospital, Campbeltown.....01586 552224

Mid Argyll Community Hospital
& Integrated Care Centre, Lochgilphead.....01546 462 000

Islay Hospital, Isle of Islay.....01496 301 000

Mull & Iona Community Hospital, Isle of Mull.....01680 300 392

Carers

Support and respite for unpaid carers.

Helensburgh & Lomond SCIO.....01436 673 444

Dochas Carers' Centre.....01546 600 022

North Argyll Carers Centre.....01631 564 422

Crossroads Carers Centre.....01369 707 700

Lomond and Argyll Advocacy Service

Support and advocacy for people with health problems and carers.

Helensburgh & South East Argyll.....01389 726 543

Cowal & Bute.....01369 840 250

Oban & Lorn Office.....01546 606 056

Kintyre Office.....01586 553 428

Mid-Argyll Office.....01546 606 056

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