

Cheshire East

Lifestyle, social and welfare services

Smoking

Stop smoking with One You Cheshire East who will put you in touch with trained practitioners to help you quit.

Visit:

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oneyoucheshireeast.org
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Phone 0808 1643 202

Phone 01625 422 100
(Macclesfield site)

Phone 01270 656 301
(Crewe site)

Emerging Futures provides transitional recovery based accommodation and support to homeless people with high support needs. Visit:

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emergingfutures.org.uk
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Phone 0333 0124714

Alcohol

Stepping Stones is delivered by Cheshire and Wirral Partnership NHS Trust and provides support, treatment and advice for adults and young people with addiction problems. Visit:

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cwp.nhs.uk
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One You Cheshire East provides advice and community support services to help keep your drinking under control. Visit:

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oneyoucheshireeast.org
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Phone 0808 1643 202

Physical activity

One You Cheshire East

provides integrated lifestyle and health services for people who want to exercise more, eat well or lose weight. Visit:

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oneyoucheshireeast.org
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Phone 0808 1643 202

Healthy eating

One You Cheshire East

provides integrated lifestyle and health services for people who want to exercise more, eat well or lose weight. Visit:

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oneyoucheshireeast.org
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Phone 0808 1643 202

Social and welfare

Benefits help and advice. Visit:

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cheshireeast.gov.uk/benefits
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Phone 0300 123 5013

Live Well Cheshire East

A directory of services in the area from health and community activities to education and money advice. Visit:

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cheshireeast.gov.uk/livewell
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Blood pressure

You can get your blood pressure checked at your local pharmacy or general practice, at community events and kiosks, and you could even buy a machine to check your own blood pressure at home. For more information about high blood pressure you can visit the following websites:

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nhs.uk
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bloodpressureuk.org.uk

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stroke.org.uk

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bhf.org.uk
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This information is brought to you by Public Health Liverpool on behalf of the Cheshire and Merseyside Cancer Alliance.