

Cheshire West

Lifestyle, social and welfare services

Smoking

Quit smoking with free advice and support from Cheshire Change Hub. Visit:

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cheshirechangehub.org
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Phone 0300 777 0033

Alcohol

Turning Point provides free support to those affected by drug and alcohol addiction in the Cheshire West and Chester area. Visit:

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turning-point.co.uk
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Phone 0300 123 2679

Physical activity

Cheshire Change Hub and Brio Leisure run schemes to get you back into fitness. GP exercise referrals, community walks and more. Visit:

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cheshirechangehub.org
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brioleisure.org
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Phone 0300 777 0033

Healthy eating

Cheshire Change Hub provides a weight management and healthy eating service for those who are eligible. Visit:

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cheshirechangehub.org
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Social and welfare

Adult and child services. Visit:

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westcheshirelocaloffer.co.uk
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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.