

Lifestyle, social and welfare services

Smoking

Quit smoking your way with free and confidential advice and support from Knowsley Stop Smoking and the City Health Care Partnership CIC. Visit:

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readytostopsmoking.co.uk
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Phone

0151 426 7462 or
0800 3247 111

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changegrowlive.org
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Phone 0151 482 6291
(The Peake Centre, Huyton)

Phone 0151 546 9557
(The Link Centre, Kirkby)

ENGAGE Knowsley is a free and confidential support service for young people who may have issues with alcohol or drugs. Visit:

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changegrowlive.org
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Phone 0151 546 9557

Alcohol

Knowsley Integrated Recovery Service and CGL provide support, treatment and advice for adults and young people with addiction problems at two sites in Huyton and Kirkby. Visit:

Physical activity

Healthy Knowsley provides support and advice if you want to change your lifestyle – from diet and exercise to becoming a

healthier you. Visit:

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healthyknowsley.co.uk
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Phone

0151 289 9555 or
0800 073 1202

Knowsley Community Health Service provide various clinics across the borough to promote health and wellbeing as part of the North West Boroughs Healthcare NHS. Visit:

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nwbh.nhs.uk
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Phone 0800 073 1202

The Community Physical Activity Wellbeing Programme is for adults over 16 who are inactive or need to exercise to improve their health. You can self-refer or speak to a health professional. The programme is delivered by Volair Leisure. Visit:

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volair.org.uk
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Phone 0151 443 2200

Leisurely activities such as a walk in your local park, swimming or cycling are all things you can do to improve health and wellbeing. Visit:

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knowsley.gov.uk/things-to-do
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Pedal Away is a community based cycling scheme to enable people to ride, regardless of their age, ability or cycling experience. Visit:

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cycling.org.uk/pedal-away
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Healthy eating

Healthy Knowsley provides support and advice if you want to change your lifestyle – from diet and exercise to becoming a healthier you. Visit:

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healthyknowsley.co.uk
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Phone

0151 289 9555 or
0800 073 1202

Changes Adult Weight

Management provides help and support for people with a BMI of over 35 and their families to make long-term lifestyle changes for a healthier and longer life. Visit:

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nwbh.nhs.uk
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Phone

0151 290 4335 or 4336

Social and welfare

Benefits advice - Get advice and support on benefits managed by the council and its partners. Visit:

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knowsley.gov.uk
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Phone 0151 443 4042

Centre for Independent Living

A partnership of organisations and local services who work together to promote independence and mobility across Knowsley. Visit:

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knowsleycil.org
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Phone 0151 244 4070

Citizens Advice - Get advice about debt, housing, benefits, consumer issues and more.

Visit:

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citizensadviceknowsley.org.uk
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Phone 0344 826 9694

Winter Warmth Project -

Advice and support if you're having trouble with your heating or boiler. Visit:

Phone 0151 443 5817

Foodbanks - Foodbanks provide three days of nutritional, non-perishable food to people in crisis. Visit:

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knowsley.foodbank.org.uk
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Phone

0151 546 0470 or
07731 789 794

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](https://www.nhs.uk)
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[bloodpressureuk.org.uk](https://www.bloodpressureuk.org.uk)
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[stroke.org.uk](https://www.stroke.org.uk)
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[bhf.org.uk](https://www.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.