

# Wirral

## Lifestyle, social and welfare services

### Smoking

Quit smoking your way with free and confidential advice and support from ABL. Visit:

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[ablhealth.co.uk](http://ablhealth.co.uk)  
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Phone 0151 541 5656

### Physical activity

Wirral Council have a number of leisure centres, open spaces and activities to help you keep active.

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[wirral.gov.uk](http://wirral.gov.uk)  
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### Alcohol

Wirral Ways to Recovery is a free and confidential advice and support service for those with concerns about their drug or alcohol use and families that may be affected. Visit:

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[changegrowlive.org](http://changegrowlive.org)  
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Phone 0151 556 1335

Tranmere Rovers run events and activities for the community.

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[tranmererovers.co.uk](http://tranmererovers.co.uk)  
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### Healthy eating

For advice on healthy eating visit:

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[nhs.uk](http://nhs.uk)  
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[nhs.uk/change4life](http://nhs.uk/change4life)  
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**GP Weight Management Referral Scheme** - Depending on your weight and healthy, you may be eligible for 12 weeks free support from your local Slimming World or Weight Watchers group.

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[askuswirral.org.uk](http://askuswirral.org.uk)  
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Phone 0300 3300 111

## Blood pressure

## Social and welfare

**Connect Us** (Involve North West) works across the Wirral to address health and social needs to people in receipt of Employment Support Allowance. Visit:

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[involvenorthwest.org.uk](http://involvenorthwest.org.uk)  
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Phone 0151 644 4516

**Ask Us Wirral** offers advice to residents on housing, benefits and other social welfare issues. Visit:

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