

Healthy Slough



Being active and eating well is the most beneficial way of looking after your own health. If you could put the effects of an active lifestyle and a balanced, healthy, diet into a tablet, it would be the most effective medicine ever made.

In Slough two thirds of adults are overweight and out of 152 local authorities in England, Slough is the 47th most inactive.

Within this leaflet there is information on activity and diet and how to achieve healthy amounts of both.

Information regarding carers support, volunteering opportunities and events/activities in Slough is also available inside.

Contents

Physical activity	2
Types of exercise	3
Being less sedentary	4
Eat and drink well	5
Carers support	8
Events - what going on?	9
Activity timetables	9
Volunteering opportunities	11
Contacts	12



Physical activity

Physical activity is essential in feeling, looking and staying healthy and well! Not only does being active reduce the chances of serious illness, but it's a great way to get out, meet new people and make new friends. Keeping your muscles and bones moving helps maintain your strength and mobility, allowing you to keep doing the things you enjoy.

Physical activity or exercise doesn't mean sport. You don't have to join a club, buy all the gear, or run on a treadmill every day to be physically active. Neither do you have to be super fit to take part in exercise, in fact the more of a novice you are, the greater the effects.

Picking an exercise that suits you is also essential. Don't bother joining classes, or go out running if you don't enjoy it.



Choose something you enjoy and look forward to it so it becomes imbedded into your lifestyle. For example, this could be a healthy walk. Make exercise a habit!

Adults should be achieving a minimum of 30 minutes of physical activity a day, for at least five days a week. This amounts to 150 minutes a week. It doesn't necessarily matter how you achieve the 150 minutes a week, but we suggest doing more than 10 minutes in one go. Children and young people should aim for double this amount of exercise a week. This is because they are still growing; therefore putting a healthy amount of pressure on the body promotes better growth and repair of the muscles and bones.



Types of exercise

Your preference and ability will shape what exercise is more suited to you. You should be aiming for 150 minutes of activity a week.

The diagram below gives a few examples and ideas.

For more information about the recommended guidelines visit:

www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-adults.aspx

Fitness For a healthy heart and mind		Strength Keep muscles, joints and bones strong	Balance Reduce falls
Vigorous intensity	Moderate intensity		
Running	Walking	Gym	Dance
Sport	Cycling	Yoga	Tai Chi
Stair climbing	Swimming	Carrying bags (shopping)	Bowls
75 (vigorous intensity) minutes a week OR 150 (moderate intensity) minutes a week OR a combination. Vigorous intensity - fast breathing, difficulty breathing. Moderate intensity - increased breathing, able to talk.		2 days per week	
Something, is better that nothing. Start with small amounts and build it up. Set small targets and beat them!			

Being less sedentary

Most of us could benefit from spending less time sitting down, and that applies even if you're keeping active, people who spend long periods of time sitting have been found to have higher rates of diabetes, cardiovascular disease and poor mental health.

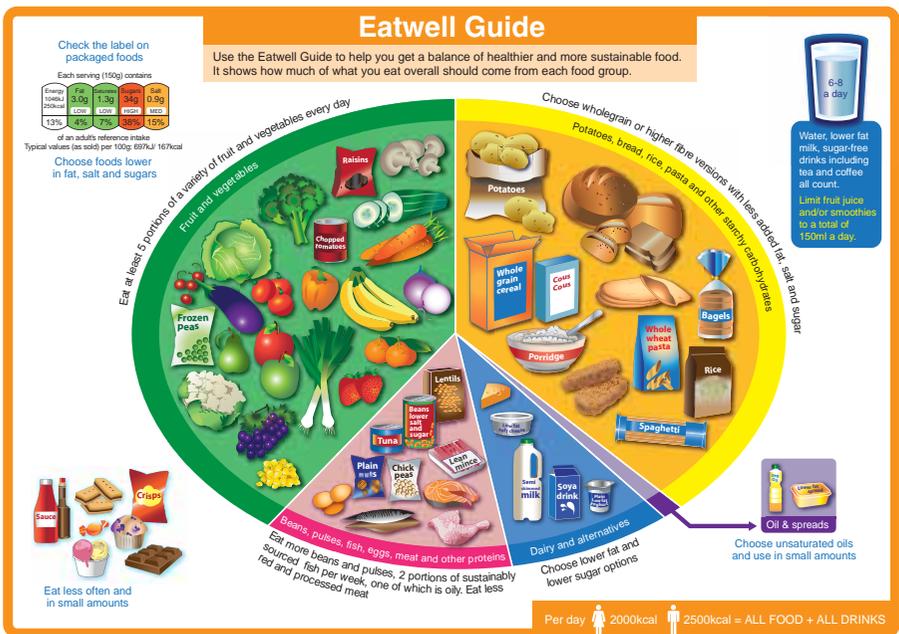
Sedentary behavior is increasingly common in a society where many of us do desk jobs, travel in motor vehicles and spend leisure time in front of computers and televisions, so why not move more.

- Try to take regular breaks from looking at a screen
- Stand instead of sitting
- Set a time limit on sitting, 30 minutes for example
- Have an active lunch break at work
- Spread your steps throughout the day and walk regularly to the toilet, water fountain etc.



Eating and drinking well

Eating a healthy, balanced diet is an important part of maintaining good health and helping you feel your best. This means eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink to achieve and maintain a healthy body weight.



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland. © Crown copyright 2016

Eat at least five portions of a variety of fruit and veg a day

More than half of the adults residents in Slough (54.7%) do not meet the recommended '5-a-day' on a 'usual day'. Fruit and vegetables should make up more than a third of the food we eat each day. Aim to eat at least five portions of a variety of fruit and veg each day. Choose from fresh, frozen, tinned, dried or juiced.

(Remember that fruit juice and/or smoothies should be limited to no more than a combined total of 150ml per day.)

Fruit and vegetables are a good source of vitamins, minerals and fibre.



Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates. Choose wholegrain where possible

Starchy food should make up just over a third of the food we eat. Choose higher-fibre, wholegrain varieties, such as whole-wheat pasta and brown rice, or simply leave skins on potatoes. There are also higher-fibre versions of white bread and pasta.



Eat some dairy items, choose lower-fat and lower-sugar options

Milk, cheese and yoghurt are good sources of protein and some vitamins, and they're also an important source of calcium, which helps to keep our bones strong. Try to go for lower-fat and lower-sugar products where possible, like 1% fat milk, reduced-fat cheese or plain low-fat yoghurt. You can also try alternatives (such as soya drinks and yoghurts).



Eat some beans, pulses, fish, eggs, meat and other protein. Aim for at least two portions of fish every week - one of which should be oily, such as salmon or mackerel

These foods are good sources of protein, vitamins and minerals. Choose lean cuts of meat and mince and eat less red and processed meat like bacon, ham and sausages.



Choose unsaturated oils and spreads and eat in small amounts

Unsaturated fats are healthier fats and include vegetable, rapeseed, olive and sunflower oils. Remember all types of fat are high in calories and should be eaten less often.



Eat foods high in fat, salt and sugar less often and in small amounts

These foods include chocolate, cakes, biscuits, sugary soft drinks, butter, ghee and ice cream. These foods are not needed in your diet and should be eaten less often and in small amounts.



Drink plenty of fluids

Water, lower-fat milks and lower-sugar or sugar-free drinks including tea and coffee all count. Fruit juice and smoothies also count towards your fluid consumption but they contain free sugars that can damage teeth, so limit these drinks to a combined total of 150ml per day.



Cutting down on alcohol

After a long day, many of us like to unwind with a nice glass of something. But it's funny how drink can sneak up on us. The odd glass in the evening can quickly become two or three regular glasses, most evenings.

The trouble is that drink sneaks up on bodies too - it can give our organs a hard time. Regularly drinking above the guidelines can lead to serious health

problems, from liver damage to a greater risk of getting cancer or having a heart attack. And don't forget that alcohol also contains empty calories, which could contribute to weight gain.

How many calories are in your drink?

With a pint of beer the same as a packet of crisps, and a standard bottle of alcopop the same as three teacakes, the calories from alcohol soon add up.

Drink	Calories (kcal)
A standard glass (175ml) of 12% wine	126kcal
A pint of 5% strength beer	215kcal
A glass (50ml) of 17% cream liqueur	118kcal
A standard bottle (330ml) of 5% alcopop	237kcal
A double measure (50ml) of 17.5% of fortified wine	65kcal

(source: <http://www.nhs.uk/change4life/Pages/cutting-down-alcohol.aspx>)

This information is from www.nhs.uk/Livewell

The NHS website also provides further information and helpful tips on living a healthy lifestyle.

Carers support

Valuing our carers

Carers provide a very important role in promoting and maintaining the wellbeing of others. It is therefore crucial they are supported to lead as full a life as possible alongside their caring role.

The Care Act 2014 has increased the rights and recognition of carers in the adult social care system by putting them on an equal footing to the person they care for.

Who is a carer?

A carer is someone who may support a partner, family member or friend due to the person's age, illness, disability, substance misuse or mental health problem. This is different to providing paid professional care, or acting as a volunteer through an organisation. Carers come from all communities and are of all ages. Caring for someone includes helping them with washing, dressing, eating, managing finances or keeping appointments, as well as providing emotional support when the person they care for feels lonely or anxious.

What support can I get as a carer?

Following the implementation of the Care Act, if you are a carer, you will have the right to have a carer's assessment based

on your needs and regardless of the amount of care you provide. This is a very important change as you no longer have to show you provide substantial and regular care to qualify for an assessment. If you think you are a carer, you may be able to get support from the council, other public services or from the local community to help you carry on with your caring role and look after your own health and wellbeing. The Care Act also introduces a new duty for councils to involve carers in the assessment of the person they care for.

Eligibility criteria for carers support

The Care Act introduces new national rules to determine carers' eligibility for support, known as 'eligibility criteria'. This sets out whether a carer's needs and desired outcomes (changes they are looking for), make them eligible for support. If, as a carer, you have been assessed as eligible, you will be entitled to assistance to help meet your needs as a carer.

For full information on carers support visit:

www.slough.gov.uk/health-and-social-care/carers.aspx

sloughcarerssupport.co.uk/

Carers helpline: 01753 303428

Active Slough



Active Life

A physical activity programme aimed at helping adults and carers to get more active. A range of free activities are available around Slough, offering all abilities the opportunity to be more active.

Slough healthy walks

A variety of different volunteer led walks around Slough. All abilities are welcome.

Get Active

Physical activity programme with a range of sport and exercise classes for people aged 14 and above.

Junior Get Active

A range of sports for children aged 5-13 to come and try.

Chair based exercise

Seated exercise is perfect for people trying to get into activity, returning to activity or people who are unable to complete exercise whilst standing. These fun and sociable sessions are open to all abilities with the aim of improving strength, fitness, balance and flexibility. All of the exercises can be completed whilst sitting in a chair, however the better you get the harder we can make it!

Timetables

All timetables are available to view on the Slough Borough Council website at: www.slough.gov.uk/leisure-parks-and-events/active-slough.aspx



Volunteering and training opportunities

Active Slough volunteering

If you would like to get involved in the delivery of any of the Active Slough projects please visit www.slough.gov.uk/jobs/volunteering-opportunities.aspx and fill in the volunteer application form. Return it to jack.steadman@slough.gov.uk

Training opportunities

If you are keen to deliver a community session within Slough, but you don't have the qualification get in contact with the Active Slough team. We run training courses for people in the community. For more information about these, get in touch using the email or phone number below:

Email: activeslough@slough.gov.uk
Tel: 01753 875754

Exercise for you

If you are part of a group or have a number of friends interested in a particular exercise, but don't know of anything in your local area, get in touch with Active Slough. We can help support a new physical activity class for your group or the community.

Examples of some the opportunities available are below:

- Football (including walking football)
- Yoga
- Pilates
- Healthy walks
- Seated exercise
- Zumba
- Bollywood dance

Email: activeslough@slough.gov.uk
Tel: 01753 875754

Parity of esteem

- valuing mental health equally as physical health

It is important to look after our mental wellbeing as well as our physical health.

For example, the Mental Health Foundation reports that depression increases the risk of death from heart disease by 67% and also increases the risk of death from cancer by 50%.

Research shows that by looking after our mental wellbeing we have a better chance of having improved physical health and vice versa.

The five ways to wellbeing are:

- connect with people
- be active
- take notice
- keep learning
- give

Completing these actions daily improves mental wellbeing.

For more information on how to look after your mental wellbeing visit www.mentalhealth.org.uk/publications



Useful links

- www.slough.gov.uk/leisure-parks-and-events/active-slough.aspx
- servicesguide.slough.gov.uk/kb5/slough/services/home.page
- www.sloughccg.nhs.uk/your-health/one-you
- gba.sportsuite.co.uk/activities

Falls prevention

- www.fallsfree4life.co.uk/

Lifestyle services

- www.lets-get-going.co.uk/
- www.eat-4-health.co.uk/
- www.cardiowellness4slough.co.uk/
- www.smokefreelifeberkshire.com/

Young people's mental health

- kooth.com/
- www.puffell.com/thrive

Parent guide for mental health

- www.servicesguide.slough.gov.uk/kb5/slough/services/site.page?id=Q9Bml4d2plo

Community mental health

- www.slough.gov.uk/health-and-social-care/community-mental-health-team.aspx

Older people's mental health

- www.slough.gov.uk/health-and-social-care/older-persons-mental-health-services.aspx



This document can be made available on audio tape, braille or in large print, and is also available on the website where it can easily be viewed in large print.

Healthy Slough

If you would like assistance with the translation of the information in this document, please ask an English speaking person to request this by calling 01753 875177.

यदि आप इस दस्तावेज में दी गई जानकारी के अनुवाद किए जाने की सहायता चाहते हैं तो कृपया किसी अंग्रेजी भाषी व्यक्ति से यह अनुरोध करने के लिए 01753 875177 पर बात करके कहें.

ਜੇ ਤੁਸੀਂ ਇਸ ਦਸਤਾਵੇਜ਼ ਵਿਚਲੀ ਜਾਣਕਾਰੀ ਦਾ ਅਨੁਵਾਦ ਕਰਨ ਲਈ ਸਹਾਇਤਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਸੇ ਅੰਗਰੇਜ਼ੀ ਬੋਲਣ ਵਾਲੇ ਵਿਅਕਤੀ ਨੂੰ 01753 875177 ਉੱਤੇ ਕਾਲ ਕਰਕੇ ਇਸ ਬਾਰੇ ਬੇਨਤੀ ਕਰਨ ਲਈ ਕਹੋ।

Aby uzyskać pomoc odnośnie tłumaczenia instrukcji zawartych w niniejszym dokumencie, należy zwrócić się do osoby mówiącej po angielsku, aby zadzwoniła w tej sprawie pod numer 01753 875177.

Haddii aad doonayso caawinaad ah in lagu turjibaano warbixinta dukumeentigaan ku qoran, fadlan weydiiso in qof ku hadla Inriis uu ku Waco 01753 875177 si uu kugu codsado.

اگر آپ کو اس دستاویز میں دی گئی معلومات کے ترجمے کے سلسلے میں مدد چاہئے تو، براہ کرم ایک انگریزی بولنے والے شخص سے 01753 875177 پر کال کر کے اس کی درخواست کرنے کے لئے کہیں۔