Do you want to?

Make a change to the amount of alcohol you drink?

Be more active?

Make any changes to what you eat?

Find out more about wellbeing?

Stop smoking?

If you do, this booklet will help you to find more information and details about services in your area to help you make these changes.

→ Books and health information for adults and children

Books on health and wellbeing are available to borrow free of charge from North Wales Public Libraries as well as from your own college library.
To find your nearest branch call or check online:

Conwy - Tel: 01492 576139
Website: www.conwy.gov.uk/libraries

Flintshire - Tel: 01352 754791
Website: www.flintshire.gov.uk/libraries

Wrexham - Tel: 01978 292620
Website: www.wrexham.gov.uk/libraries

→ Help and support

Health Promotion Library – contact the library for information about health and wellbeing. Membership is free.

Address: Public Heath Wales, 4th Floor, Churchill House, 17 Churchill Way, Cardiff, CF10 2HH.
Tel: 0845 606 4050
Email: hplibrary@wales.nhs.uk
Website: www.publichealthwales.org/health-promotion-library
**Help and support**

If you are concerned about your own or someone else’s drinking, talk to your GP or contact the **Wales Drug & Alcohol Helpline**: 0808 808 2234 www.dan247.org.uk or call **Drinkline** on 0800 917 8282.

Go online for a Units Calculator and an Alcohol Diary: www.nhsdirect.wales.nhs.uk/LifestyleWellbeing/Alcohol

**Alcohol Concern Cymru** - working to ensure more people in Wales understand more about alcohol and what is sensible drinking.
Tel: 029 2022 6746
Website: www.alcoholconcern.org.uk/projects/alcohol-concern-cymru

**NHS Direct Wales** - To speak to a Health Information Adviser call 0845 464 7030 or visit their website: www.nhsdirect.wales.nhs.uk

**Services in your area**

**CAIS Drug and Alcohol Rehabilitation**
- supports people having problems with addictions, mental health, personal development and employment - as well as offering assistance and information to their families and friends.

General contact details for CAIS
Tel: 0845 06 121 12
Email: enquiries@cais.org.uk
Website: www.cais.org.uk

**CAIS - Wrexham and Flintshire**
Address: Grove Park House, 11 Grove Road, Wrexham, LL12 7AA
Tel: 01978 367030

**CAIS - Conwy and Denbighshire**
Address: DAWN Centre, 35-37 Princess Drive, Colwyn Bay, Conwy, LL29 8PD
Tel: 01492 523690

**The Wallich** - works with other agencies and government to deliver innovative solutions to homelessness.
Tel: 029 2066 8464
Email: mail@thewallich.net
Website: www.thewallich.com

**Wrexham – St John’s Hostel** - The service helps people with specific needs and problems that are caused or exacerbated by homelessness, for example substance misuse or mental health problems.
Address: St John’s, Chester Road, Wrexham, LL12 7AX
Tel: 01978 355 155
Email: st.johns@thewallich.net

**Touchstones 12** - A charity providing support for people who have drug and alcohol problems.
Address: Norfolk House, 39 Princes Drive, Colwyn Bay, Conwy, LL29 8PF
Tel: 01492 534090
Email: rob@touchstones12.org.uk
Website: www.touchstones12.org.uk
Help and support

Go online for a Food Diary, Body Mass Index calculator and The Eatwell Plate: www.nhsdirect.wales.nhs.uk/LifestyleWellbeing/Healthyeating

Change4Life - campaign designed to help people make changes to their lifestyles so that they can eat well, move more and live longer.
Tel: 0800 100 900
Email: change4life@wales.gsi.gov.uk
Website: www.change4lifewales.org.uk

Community Food Cooperatives - a food co-op is a simple way of buying fresh fruit and vegetables, in your community, whilst supporting a local business. Food co-ops are run weekly by volunteers from a community venue such as a school, community centre or workplace.
Website: www.foodcoopswales.org.uk

National Exercise Referral Scheme - a Welsh Government funded scheme which offers two fully supervised group-based sessions every week for 10 weeks. The scheme is particularly for people who have a chronic disease or who are at risk of developing a chronic disease.
Website: www.wlga.gov.uk/ners

NHS Direct Wales - To speak to a Health Information Adviser call 0845 4647 or visit their website: www.nhsdirect.wales.nhs.uk/DoItYourself

Services in your area

Groundwork North Wales (Pedal Power All Ability Cycling Project) - All ability Cycling sessions at Alyn Waters Country Park
Address: Alyn Waters Country Park, Mold Road, Gwersyllt, Wrexham, LL11 4AG
Tel: 01978 757524
Email: keefe.owen@groundworknorthwales.org.uk
Website: www.groundworknorthwales.org.uk

MEND (Mind, Exercise, Nutrition... Do it!) - With just ‘10 weeks’ support on a MEND programme your family could become fitter, healthier and happier! It is FREE, fun, easy and designed to make small changes that make a big difference.
Address: MEND Coordinator, Wrexham County Borough Council, Waterworld Offices, Holt Road, Wrexham, LL13 8DH
Tel: 01978 292088
Email: MEND@wrexham.gov.uk

Sports facilities – find your nearest leisure centre:
Conwy: Tel: 01492 574000
Website: www.conwy.gov.uk/leisure
Flintshire: Tel: 01352 701111
Website: www.flintshire.gov.uk/leisure
Wrexham: Tel: 01978 292000
Website: www.wrexham.gov.uk/leisure

Troedio Clwyd Walks – Denbighshire and Flintshire County Councils
Troedio Clwyd Walks aims to improve the physical, mental and social wellbeing of walkers by providing a safe and friendly way to enjoy the countryside. Find weekly and monthly walks and walks for families on their web site.
Address: Loggerheads Countryside Service, Mold, CH7 5LH
Tel: 01352 810614
Email: info4walkaboutflintshire@gmail.com
Website: www.walkaboutflintshire.com
MENTAL HEALTH

Help and support

Book Prescription Wales - a scheme that aims to help people with mild to moderate emotional problems to make use of high quality self-help books that have been specially selected by psychologists and counsellors working in Wales.

For more information contact the Health Promotion Library on 0845 606 4050 or visit their website: www.publichealthwales.org/health-promotion-library or contact your local public library.

C.A.L.L. Helpline - Offers emotional support and information on mental health and similar topics for people in Wales.
Tel: 0800 132 737
Website: www.callhelpline.org.uk

Mind Cymru - campaigns to create a society that promotes good mental health and that challenges mental health stigma.
Address: Mind Cymru, 3rd Floor, Quebec House, Castlebridge, Cowbridge Road East, Cardiff CF11 9AB
Tel: 029 2039 5123; Mind InfoLine: 0300 123 3393
Email: contactwales@mind.org.uk
Website: www.mind.org.uk

Mental Health Foundation – working to reduce the suffering caused by mental illness and to help everyone lead mentally healthier lives.
Address: C/o Hafal, 47 Duckpool Road, Newport NP19 8FL
Tel: 01633 264 625
Website: www.mentalhealth.org.uk

NHS Direct Wales - To speak to a Health Information Adviser call 0845 4674 or visit their website: www.nhsdirect.wales.nhs.uk/DutyYourself

Samaritans - If something’s troubling you, then get in touch.
Helpline - 24 hours a day, 365 days a year.
Tel: 08457 90 90 90
Website: www.samaritans.org

Services in your area

Alzheimer’s Society - provides information and support for people with dementia and their carers. The Society runs Carers Support groups and dementia support which offers home visits, information sessions and drop-in ‘Feel Good’ cafes for carers.
Website: www.alzheimers.org.uk

Alzheimer’s Society - Conwy
Address: Office Suite Nos. 9 & 10, Quinton Hazell Enterprise Park, Glan y Wern Road, Colwyn Bay, LL28 5BS
Tel: 01492 546 881
Email: conwybranch@alzheimers.org.uk

Alzheimer’s Society - Flintshire
Address: Unit 17, Mold Business Park, Wrexham Road, Mold, Flintshire, CH7 1XP
Tel: 01352 700 741
Email: flintshire@alzheimers.org.uk

Alzheimer’s Society – Wrexham
Address: Room 18, Ty Awr, 21 Egerton Street, Wrexham, LL11 1ND
Tel: 01978 364 859
Email: wrexham@alzheimers.org.uk

Bipolar UK – provides a range of services so that people with bipolar and associated illnesses can take control of their lives.
Email: walesinfo@bipolaruk.org.uk
Tel: 01633 244244
Website: www.bipolaruk.org.uk

Bipolar UK - Flintshire Self Help Group
Address: The Clwyd Room, Aston House, Deeside Community Hospital, Plough Lane, Higher Shotton, Deeside, CH5 1XS
Tel: 01633 244244

Bipolar UK - Llandudno Self Help Group
Address: The Craig Y Don Community Centre, Queens Road, Craig Y Don, Llandudno, LL30 1TE
Tel: 01633 244244

Bipolar UK – Wrexham Self Help Group
Address: The Quaker Meeting House, Holt Road, Wrexham, LL13 8HL
Tel: 01633 244244

Conwy and Denbighshire Mental Health Advocacy Service - offers free, independent and confidential advocacy for mental health service users. You can call to make an appointment to meet an advocate at a place near you.
Address: Eirianfa Community Centre, Factory Place, Denbigh, LL16 3TS
Tel: 01745 813999
Email: admin@cadmhas.co.uk
Website: www.cadmhas.co.uk

Hafal - an organisation managed by those it supports: people with serious mental illness and their carers. There is a Young People’s Information Hub for young people 11-25 with a serious mental illness in Wales.

Hafal Head Office
Address: Suite C2 William Knox House, Britannic Way, Llandarcy, Neath, SA10 6EL
Tel: 01792 816600
Email: hafal@hafal.org
Website: www.hafal.org

Conwy and Denbighshire Mental Health Advocacy Service
Address: Eirianfa Community Centre, Factory Place, Denbigh, LL16 3TS
Tel: 01745 813999
Email: admin@cadmhas.co.uk
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Tel: 01792 816600
Email: hafal@hafal.org
Website: www.hafal.org
**MENTAL HEALTH**

**Stop Smoking Wales** – Stop Smoking Wales is a free NHS service to help people in Wales quit smoking.

Telephone free to make an appointment with Stop Smoking Wales in your local area:
Tel: 0800 085 2219
Website: www.stopsmokingwales.com

**Hafal – Flintshire**
Address: Deeside Community Hospital, Hafal, Aston House, Plough Lane, Shotton, Deeside, CH5 1XS
Tel: 01244 834 927
Email: Flintshire@hafal.org

**Hafal – Conwy**
Address: Mental Health Resource Centre, Nant y Gamar Road, Craig-y-Don, Llandudno, LL30 1YE
Tel: 01492 860 926
Email: aberconwy@hafal.org

**Hafal – Llanrwst**
Address: 6 Station Road, Llanrwst, Conwy
Tel: 01492 642511
Email: llanrwst@hafal.org

**Hafal – Colwyn Bay Adult Mental Health Community Support Services**
Address: 5 Rhwi Road, Colwyn Bay, LL29 7TF
Tel: 01492 535398
Email: combs@hafal.org

**Mind – Llanrwst**
Address: Luke O’Connor House, Barter Court, Barrack Field, Hightown, Wrexham, LL14 8QT
Tel: 01978 310 936
Email: wots@hafal.org

**Mind – Aberconwy**
Address: 3 Trinity Square, Deeside, Conwy, LL30 2PY
Tel: 01492 879 907
Email: info@aberconwymind.co.uk
Website: www.aberconwymind.org.uk

**Conwy Refrain** – provides counselling for people with both mental health and substance misuse problems.
Address: DAWN Centre, 35-37 Princes Drive, Colwyn Bay, Conwy, LL29 8PD
Tel: 01492 523 690
Email: enquires@flintshiemind.org.uk
Website: www.flintshiemind.org.uk

**Mental Health & Care Homes**
Address: 3 Trinity Square, Deeside, Conwy, LL30 2PY
Tel: 01492 879 907
Email: info@aberconwymind.co.uk
Website: www.aberconwymind.org.uk

**Mind – Flintshire** – promotes and safeguards mental health for people in Flintshire. Address: The Wellbeing Centre, 23b, Chester Street, Mold, CH7 1EG
Tel: 01352 757 637
Email: enquiries@flintshiemind.org.uk
Website: www.flintshiemind.org.uk

**Parabi Talking Therapies Partnership** – provides short-term therapeutic support for individuals facing common mental health problems or challenging life events in a non-stigmatising environment.
Address: 35-37 Dawn Centre, Princess Drive, Colwyn Bay, LL29 8PD
Tel: 0300 777 2257
Email: ask@parabi.org
Website: www.parabi.org

**Stop Smoking Wales**
Go online for a Smoking Diary and a smoke free timeline to discover the health benefits from the moment you stop:
Website: www.nhsdirect.wales.nhs.uk/LifestyleWellbeing/Smoking

**ASH Wales** – the leading voluntary organisation in Wales tackling tobacco use.
Address: 2nd Floor, 14-18 City Road, Cardiff, CF24 3DL
Tel: 029 2049 0621
Website: www.ashwales.org.uk

**NHS Direct Wales** – To speak to a Health Information Adviser call 0845 4647 or visit their website:
Website: www.nhsdirect.wales.nhs.uk/DoItYourself
SOCIAL MEDIA

Follow on Twitter
@ACCymru - Alcohol Concern Cymru
@ASHWales - ASH Wales
@Conwy_Refrain – Conwy Refrain
@C4LWales - Change4Life Wales
@PublicHealthW - Public Health Wales
@StopSmokingW - Stop Smoking Wales

Facebook Search for:
Alcohol Concern
ASH Cymru
Change4Life
Community Food Co-ops in Wales
Public Health Wales
Stop Smoking Wales

Find patient success stories on YouTube
Search for:
Change4Life Wales
Community Food Co-ops in Wales
Public Health Wales
Stop Smoking Wales