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 Swansea Libraries. To find your nearest branch call 01792 636464 or check online at: www.libraries.swansea.gov.uk

Help and support

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

Address: Public Health Wales, 4th Floor, Churchill House, 17 Churchill Way, Cardiff, CF10 2HH.
Tel: 0845 606 4060
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 4647 or visit their website: www.nhsdirect.wales.nhs.uk

Services in your area

Abertawe Alcohol and Drug Assessment Service (AADAS) - a specialist alcohol and substance misuse service for people aged 18 and over.
Tel: 01792 642759
Email: abm.aadas@wales.nhs.uk

Change4Life Swansea - campaign designed to help people make changes to their lifestyles so that they can eat well, move more and live longer.
Tel: 01792 635706
Email: change4life@swansea.gov.uk
Website: www.swansea.gov.uk/index.cfm?articleid=38362

Es gym - have experience of supporting people who are facing alcohol and substance misuse
Tel: 01792 798656
Website: www.esgyn.com

Sands Cymru - an open access service based close to Swansea City centre, offering a comprehensive menu of services to those affected by drug and alcohol use, their families and friends.
Tel: 01792 472002
Email: info@sandscymru.org
Website: www.sandscymru.org

The Wallich - The Cross Border Women’s Project - This residential project offers residential support to women who have alcohol and/or substance misuse issues in addition to other complex needs.
Tel: 01792 323954
Email: cbwp@thewallich.net
Website: www.thewallich.com

West Glamorgan Council on Alcohol and Drug Abuse (WGADA) – Swansea - It helps prevents and reduces the harm caused by alcohol and drugs to individuals (including young people and adults), their families and the community.
Tel: 01792 472519/306870
Email: admin.swansea@wgcada.co.uk
Website: www.wgcada.org
HEALTHY EATING AND PHYSICAL ACTIVITY

Help and support
Go online for a Food Diary, BMI calculator and The Eatwell Plate:
www.nhsdirect.wales.nhs.uk/LifestyleWellbeing/Healthyeating/

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

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
Change4Life Swansea - campaign designed to help people make changes to their lifestyles so that they can eat well, move more and live longer.
Website: www.swansea.gov.uk/change4life
Tel: 01792 635706
Email: change4life@swansea.gov.uk

LEAF (Learning about Exercise, Activity and Food) - a project funded by Big Lottery to improve the health, physical activity levels and general well-being of people aged 0-25, across the City and County of Swansea. LEAF Healthy Lifestyle Officers specialise in Cookery, Nutrition, Physical Activity or Peer Mentoring, and can design a practical programme tailored to your needs, to help you and, or your family develop your skills and knowledge of eating well and becoming more active! Each programme will run for 2 hours per week over 6 weeks.
Tel: 01792 544006
Email: amanda_edwards@scvs.org.uk
Website: www.scvs.org.uk

MEND (Mind, Exercise, Nutrition... Do it) Swansea - 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.
Tel: 01792 635706
Email: leanne.jenkins@swansea.gov.uk
Website: www.swansea.gov.uk/MEND

Positive Steps - Doctors and Practice Nurses can refer inactive patients with a variety of medical conditions to a short-term, supervised programme of activity at a local venue.
Tel: Sarah Nash 07818588939
Email: sarah.nash@swansea.gov.uk
Website: www.swansea.gov.uk/index.cfm?articleid=5652

Sports facilities – find your nearest centre: www.swansea.gov.uk/leisure_centres

Swansea Community Farm - a place where people of all ages can learn about the environment, organic gardening and animal care whilst taking an active role in the community.
Tel: 01792 578384
Email: phil@swanseacommunityfarm.org.uk
Website: www.swanseacommunityfarm.org.uk
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 ill health 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 464 625 or visit their website: www.nhsdirect.wales.nhs.uk/DofItYourself

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 - Swansea - 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. The Society also offers home support services and day activities at various venues in the Swansea area.
Address: Ty Garngoch, Gorseinon, Swansea, SA4 4LD
Tel: 01792 531028
Email: swansea@alzheimers.org.uk
Website: http://www.alzheimers.org.uk

Bipolar UK - Swansea Self Help Group - The Swansea Bipolar Self Help Group offers support and information in a friendly, safe and confidential setting for anyone affected by bipolar.

Address: Swansea Mind Centre, 66 St. Helen’s Road, Swansea, SA1 4BE
Tel: 01633 244244
Email: walesinfo@bipolaruk.org.uk
Website: www.bipolaruk.org.uk

Esgyn - Esgyn have experience of supporting people who are facing mental Health issues.
Address: Beaufort House, Beaufort Road, Plasmarl, Swansea, SA6 8JG
Tel: 01792 798656
Email: Via their website
Website: www.esgyn.com
MENTAL HEALTH

Mind – Swansea - mental health charity offering support to individuals with mental health issues. Groups include: Managing Anger; Self Harm Support; ‘New Beginnings’; and Women’s Emotional Support.
Address: Swansea Mind Centre, 66 St. Helen’s Road, Swansea, SA1 4BE
Tel: 01792 642999
Email: admin@swanseamind.org.uk
Website: www.swanseamind.org.uk

Gofal - Swansea and Neath Port Talbot - provides a range of community based mental health services for people with varying degrees and types of mental ill health.
Address: Suite H, Britannic House, Llandarcy, Neath, SA10 6JQ
Tel: 01792 321390
Email: enquiries@gofal.org.uk
Website: www.gofal.org.uk

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: www.nhsdirect.wales.nhs.uk/DoItYourself

STOP SMOKING

Help and support
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

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
SOCIAL MEDIA

Follow on Twitter
@ACCymru - Alcohol Concern Cymru
@ASHWales - ASH Wales
@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