

LIFESTYLE SERVICES IN STOCKPORT

November 2010

Generic lifestyle advice & information	
NHS choices	www.nhs.uk/Pages/HomePage
NHS Health Check (40-74 age group)	www.nhs.uk/Planners/NHSHealthCheck
Physical Activity	
PARiS	Stockport Sports Trust 0161 443 4070
Health Walks	NHS Stockport Lifestyle Services 0161 426 5085 sto-pct.stockportlifestyles@nhs.net
Home Activity Guide (home-based PA for housebound)	Stockport Sports Trust 0161 947 4364
Drug and Alcohol	
Alcohol Health Advice	NHS Stockport Lifestyle Services 0161 426 5085 sto-pct.stockportlifestyles@nhs.net
Substance Misuse Single Point of Contact	Stockport Council 0161 474 3141
Diet	
Keep it Off for Good	NHS Stockport Lifestyle Services 0161 426 5085 sto-pct.stockportlifestyles@nhs.net
Weight Watchers vouchers	NHS Stockport Lifestyle Services 0161 426 5085 sto-pct.stockportlifestyles@nhs.net
Dietary Advice Direct	NHS Stockport Lifestyle Services 0161 426 5085 sto-pct.stockportlifestyles@nhs.net
Specialist weight management service	NHS Stockport Lifestyle Services 0161 426 5085 sto-pct.stockportlifestyles@nhs.net
Mental health & wellbeing	
Mental health services single point of contact	Pennine Care 0161 419 4678
Psychological Wellbeing Practitioners	Mind 0161 480 2020
Computerised CBT(Beating the Blues)	Self Help Services 0161 232 7854
Self Help CBT booklets	NHS Stockport 0161 426 5034
Wellbeing Centre	0161 474 7713
Swellbeing.org.uk (local wellbeing website)	www.swellbeing.org.uk
Self Health @ Your Library	Public Health 0161 426 5034
Arts on Prescription	NHS Stockport Lifestyle Services 0161 426 5085 sto-pct.stockportlifestyles@nhs.net
Pearl (formerly Mums in Art) Reddish, Heaton Norris and Heaton Mersey	NHS Stockport Lifestyle Services 07900681385 or 0161 426 5085 sto-pct.stockportlifestyles@nhs.net
Stressbusters	Beacon Counselling 0161 440 0055
Mind	0161 480 7393 or 0161 429 0893
Social support groups for people who identify themselves as having mental health issues	NHS Stockport Lifestyle Services 07880746079 or 0161 426 5085 sto-pct.stockportlifestyles@nhs.net
Social support group for people in the Mottram Towers estate or Lancashire Hill and South Reddish who consider themselves at risk of isolation	NHS Stockport Lifestyle Services 07887950259, 0791862281, or 0161 426 5085 sto-pct.stockportlifestyles@nhs.net
ABLED: volunteer support for residents in Adswold and Bridgehall with a range of health issues.	NHS Stockport Lifestyle Services 07880746124 or 0161 426 5085 sto-pct.stockportlifestyles@nhs.net
Smoking	
Stop Smoking Service	Stockport NHS Lifestyle Services 0161 426 5085 sto-pct.stockportlifestyles@nhs.net