

Health & Well-Being Newsletter



As you are aware we have been given funding from NHS Berkshire West to improve Health & Well-Being in families affected by autism. **OUR AIM.....TO MAKE A DIFFERENCE TO YOU & YOUR FAMILY AND GIVE YOU LOTS OF HELPFUL INFORMATION & SUPPORT.**

GETTING STARTED:

1. Visit our website www.asdfamilyhelp.org and click on the Health & Well-Being Tab
2. Download the monitoring forms which will help you keep track of your family's diet & exercise, doctors/dentist appointments etc.
3. Download the easy to read information booklets for helpful tips & advice
4. Complete surveys as & when required.
5. Contact Jayne – jayne@asdfamilyhelp.org to let us know you are starting and we will keep you updated with information as it becomes available.



SHINEplus: Activity Programme for adults with long term health conditions, as well as the carers and families of those individuals.

The programme includes a pass to access local leisure centres to use the gym and swimming pool, at a reduced rate as well as regular activity sessions such as: **Aquacise / Boccia & Bowls / Nordic Walking / Pilates / Rebound Therapy / Trampolining** 9.30am-4.30pm 7 days a week

<http://www.wokingham.gov.uk/sports/disabled/shineplus/>

Pedometers still available

Get yours FREE Now!!

Email: admin@asdfamilyhelp.org



NEW: Wokingham Active Adults

As part of the Sports and Leisure Team's Health and Wellbeing focus for 2014, we have a new and exciting programme for those over 18 years old. This programme offers a variety of activities that focus on aspects of physical activity such as aerobic and endurance, muscle strength, tone and relaxation.

These sessions are available to all ability levels and you must complete a booking form before you attend the session.

Activities include: **Fit Steps / Boxercise / Fitness Bootcamp / Pilates / Stretch & Relax**

<http://www.wokingham.gov.uk/sports/adultfitness/>

Let's get physical

If you don't fancy the gym or classes then the NHS has an alternative to keep you motivated. Download one of their podcasts straight to your phone and get started ☺

<http://www.nhs.uk/livewell>



Change for Life

Smart people make smart swaps! Just one small change to your family's diet can make a big difference...

Sign up to Smart Swaps today and get a great free pack to help you make a swap. All you have to do is pick a swap and get swapping for 28 days.

Resolution Booster

Do you want to make a healthy change to your life in 2014? Then look no further, sign-up to Resolution Booster today and we'll boost your chances of success. Get ready to look forward to a healthier new you in the New Year!

<http://www.nhs.uk/change4life/Pages/change-for-life.aspx>

For more information go to our website: <http://www.asdfamilyhelp.org>

Or contact LEAD.... Jayne: jayne@asdfamilyhelp.org

Theresa: theresa@asdfamilyhelp.org