



*Looking After Our
Community Wellbeing*



West Lancashire Community Connector and Wellbeing Team



The Community Connector and Wellbeing Team

Our team strive to make a significant difference in our local communities and to support residents in making lifestyles changes, introducing healthy behaviours and accessing opportunities to improve their physical and mental wellbeing. We also provide assistance around managing the current cost of living and look towards improving people's quality of life.

We always try to go above and beyond to support residents and pride ourselves in making a difference to local people and their communities.

We build strong connections with partners, communities and residents to ensure we can support and facilitate opportunities for people to become healthier and access the right services for them. This work involves a wide range of both council colleagues and external partners as well as local community centres, education, health and third sector organisations.

We have developed this booklet to provide simple tips and information to support your health and wellbeing. If you need any further information, please contact the Community Connector Team via email: community.connectors@westlancs.gov.uk or use the QR code below.



Information in this booklet was correct at time of printing January 2024

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Let's Eat Well Together

All prices valid at leading supermarket as of October 2023.

Speedy Nacho's - *Try this for Saturday night tea.*

Let's Shop

1. 4 mini tortilla wraps cut into quarters. **(69p)**
3 tsp Vegetable Oil (Store Cupboard Item).
2. 1 small onion, finely chopped. **(30p)**
3. 1 x 250g pack lean beef steak mince
(you can halve the mince and add a handful of red lentils). **(£2.09)**
4. ½ carton of passata. **(25p)**
1 tsp paprika, 1 tsp chilli (Store Cupboard Item).
5. 1 x 210g tin kidney beans drained and rinsed. **(33p)**

Total Cost £3.57

Serves 4

Let's Cook

- Preheat the oven to gas 6, 200°C, fan 180°C.
- Cut the tortilla wraps into eighths and brush both sides with oil. Bake in the oven until the edges are crisping up and lightly golden.
- Gently heat a tsp of oil in a pan, add the chopped onion and soften. Next add the mince and brown off, stir in the paprika, chilli, passata and kidney beans and simmer for 20mins.
- To assemble, place the wrap triangles in bowl, add a portion of the cooked mince on top and serve with a little grated cheese and shredded lettuce.

Option to double the recipe and freeze half in portions in zip lock bags.

Enjoy!

Cooking Tip

Why not use the left over passata and wraps to make a pizza base then just add your favourite toppings and cook for 10mins, in a moderate oven.

One Pot Creamy Turkey Pasta with Sweetcorn

Let's Shop

1. ½ peeled and chopped onion. **(30p)**
2. 1 bag of pasta. **(41p)**
3. ½ tub of full fat cream cheese. **(83p)**
4. 1 pack of cooked turkey. **(£2.49)**
5. 1/2 can sweetcorn. **(36p)**
6. Store Cupboard Items: 1 tsp vegetable oil, 1 tsp garlic paste ,
½ pint stock, 1 handful of frozen peas (optional).

Total Cost £4.39

Serves 4

Let's Cook

- In a pot, heat the vegetable oil then add onion and cook until soft, then stir garlic paste through.
- Add 1 pint vegetable stock, then add the pasta, put a lid on and simmer for 20mins stirring occasionally, remove lid and reduce the stock a little.
- Stir through the cream cheese and turkey.
- Add sweetcorn and peas.

Serve topped with grated cheese if you like.

Enjoy!

Cooking Tip

You can add any other frozen veg you may have or maybe chopped mushrooms.

Cook from Scratch in Batch

You may like to save any leftovers in an airtight container which would make a lovely, packed lunch.

Easy Chicken Curry -

Try this for as an alternative to takeaway!

Let's Shop

1. 1 can of coconut milk. **(85p)**
3 tbsp soy sauce (Store Cupboard Item).
1 tbsp of Curry Powder (Store Cupboard Item).
2. 300g skinless boneless chicken - chopped. **(£2.00)**
1 tsp chopped ginger (Store Cupboard Item).
2 cloves garlic chopped (Store Cupboard Item).
3. 1 red pepper chopped. **(52p)**
4. 1 large carrot chopped small. **(10p)**
5. 1 onion chopped small. **(30p)**

Total Cost £3.76

Serves 4

Let's Cook

- Empty can of coconut milk into a medium sized pan add soy sauce, curry powder, onion and simmer over a medium heat.
- Add chicken pieces, red pepper, carrots, celery, cover and continue to simmer for about 20mins stirring occasionally.

(Serve with a portion of rice)

Enjoy!

Cooking Tip

This recipe may also be cooked in a slow cooker by placing all ingredients into the pot and cook on high for 4 hours. Turn on to low heat until ready to serve.

Cook from Scratch in Batch

Double the ingredients and freeze into portions.

Vegetable Soup - Any soup anytime fresh and tasty.

Let's Shop

1. Any mix of two or more vegetables which complement each other.
E.g. carrot, swede, sweet potato. **Total Cost (£1.36)**
Red pepper and parsnip. **Total Cost (£1.42)**
Mushroom and leek. **Total Cost (£1.85)**
Leek and potato. **Total Cost (£1.55)**
2. Onion chopped.
3. Vegetable or chicken stock (enough to cover the chopped vegetables).
4. Salt and pepper to season.

Each Soup Serves 4

Let's Cook

- Soften chopped onion in a little oil.
- Add chopped veg of your choice and season with salt and pepper to your taste.
- Pour over enough stock to cover the vegetables and simmer until soft.
- Either puree with blender or serve chunky.
- Serve with wholemeal bread and butter.

Enjoy!

Cooking Tip

Use prepacked chopped vegetable soup bags to save time.

Cook from Scratch in Batch

Soup can also be made in slow cooker by placing all ingredients into pot and cooking on high until veg is soft, stirring occasionally. Left over soup may be frozen into portions.

Burgers and Wedges - Healthy Happy Meal

Let's Shop

1. 500g lean minced pork. **(£2.69)**
2 tsp of brown or Worcestershire sauce (Store Cupboard Item).
A good squeeze tomato puree (Store Cupboard Item).
2 cloves garlic (Store Cupboard Item).
2. 1 egg. **(22p)**
3. Slice of stale bread grated.
4. 4 large potatoes cut into wedges. **(65p)**

Total Cost £3.56

Serves 4

Let's Cook

- Place potatoes on cooking tray and spray with oil, place in oven and cook for 25mins or until golden brown and soft in the centre flipping halfway through.
- Combine all the ingredients in bowl and then divide into 6 and shape into medium sized burgers.
- Cook in the oven for approximately 20mins turning once until burgers are cooked through and there is no pink meat in the middle.

Enjoy!

Cooking Tip

These can be made with pork lamb or turkey mince too.

Cook from Scratch in Batch

Make extra and freeze in individual sandwich bags.

Let's Budget Together

Let's Cook on a Budget

- Plan your meals around foods that are on offer, or you have access to.
- Before you go shopping, check your cupboards and fridge, there may be ingredients you could use up first.
- Add pasta or rice to your soups and stews to make them go further.
- Choose at least two veggie meals each week.
- Avoid recipes that need special ingredients.
- Look for seasonal recipes.
- Batch cook and freeze.
- Use up leftovers in recipes.
- Use less meat and bulk up stews, soups, chilli and curries with canned pulses like kidney beans, butter beans and mixed beans. You could divide your usual portion of meat into two meals and add extra veg to make it stretch further.





Let's Shop on a Budget

- Make a list before you go shopping and stick to it.
- Go shopping with a friend and split bulk-buy discounts between yourselves.
- Don't shop for food when you are hungry.
- Check sell-by dates, supermarkets reduce prices on products that are close to their sell-by date, these can be frozen and used later.
- Loose fruit and vegetables can be cheaper than pre-packaged items.
- Frozen, dried and canned products are often cheaper than fresh options and are still nutritious.
- Stock up when there's a good deal on store cupboard ingredients that last – like cans of pulses and tomatoes or packets of pasta, rice and cereals.
- Why not try the 'Too Good to Go' and 'Olio' apps. These apps help food which would normally go to waste, be purchased and collected for a much lower cost.



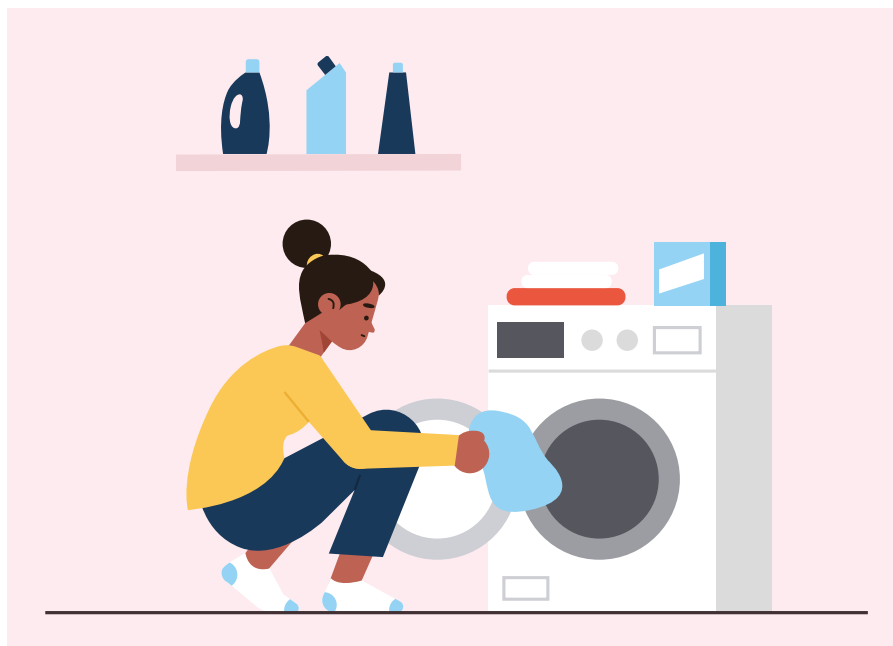
Let's Save £'s on Energy Cost's in the Kitchen

- Don't leave the fridge door open longer than necessary.
- Avoid putting warm food in your freezer as it makes it work harder.
- Defrost frozen food in your fridge. Frozen food will help keep the fridge cool and reduce the amount of electricity it uses.
- Keep the inside of the fridge between 0 and 5°C and use a fridge thermometer to check.
- For best energy saving, aim to keep your fridge and freezer at least three quarters full. Use water bottles to take up the space but don't overfill.
- Your fridge and freezer run most efficiently when they're defrosted regularly.
- Always cook with a lid on your pans and steam veg where possible.
- Use the right size pan for the cooking ring.
- Use a microwave if you can.
- An air fryer can save you money on your energy bills, however it depends on the size of the fryer and how many people you're cooking for. If you're cooking for one then it's cost-effective, however for larger families it's better to use an oven.
- All kettles use a similar amount of electricity but kettles that boil faster are more efficient. Try to only boil the amount of water you need and maybe boil it once and then fill a flask for later.



Let's Save Money on Washing and Cleaning

- Always fully load your washing machine, tumble dryer, washer-dryer or dishwasher. The fuller the load, the more energy efficient the cycle but don't overfill.
- Use eco cycles on your domestic appliances to cut electricity and water use.
- Wash clothes at 30°C, with only the occasional higher-temperature wash.
- If you're signed up to an energy tariff that offers cheaper off-peak electricity (Economy 7, for example), set your machine's delay-start function to come on during the cheaper period.
- Some energy companies offer lower priced energy at particular times of the day.



Let's Connect Together

Warm Spaces

Warm Spaces are somewhere you can go to get warm, stay warm and enjoy a little company. Light refreshments are available in certain venues.

warmspaces.org/about - Identifies warm spaces in your area.

www.warmwelcome.uk - Identifies warm hubs in your area.

- Please see the council website for any further updates
www.westlancs.gov.uk
- Community Connectors and Wellbeing Officers:
CommunityConnectors@westlancs.gov.uk



Let's Find Support Together

Foodbanks and Community Cafés and Coffee Mornings

	Tanhouse Community Centre	Christ The Servant	Evermoor Hub	Ormskirk New Church House	Burscough	Trinity Methodist Church	The Oaks	Skelmersdale Foodbank	St Thomas the Martyr School	ATT Central	Hesketh Bank Community Centre	Greenhill Community Hub
	Ennerdale Skelmersdale WN8 6AN	Christ The Servant Birkrig Skelmersdale WN8 9BN	1 Birleywood Skelmersdale WN8 9HR	Church St Ormskirk L39 3RD	Orell Lane Burscough L40 0SG	High Street Skelmersdale WN8 8AT	Hosted by Skem FB 6 Elmridge Skelmersdale WN8 6DD	Ecumenical Centre Northway Birch Green Skelmersdale WN8 6PN	No charge, no vouchers, no referral needed. 7 Church St Up Holland Skelmersdale WN8 0ND	Unit 63 Concourse	Station Rd Hesketh Bank Preston PR4 6SR	Beech Cl Skelmersdale WN8 8DL
	Contact	Contact	Contact	Contact	Contact	Contact	Contact	Contact	Contact	Contact	Contact	Contact
	www.westlancs.gov.uk/more/community-centres/tanhouse-community-enterprise-limited.aspx	www.uphollandalton.org.uk/christ-the-servant	www.westlancs.gov.uk/more/community-centres/evermoor-enterprises.aspx	www.ormskirkparishchurch.org.uk	skelmersdale.foodbank.org.uk	www.trusselltrust.org/get-help/find-a-foodbank/skelmersdale/	www.trusselltrust.org/get-help/find-a-foodbank/skelmersdale/	www.uphollandalton.org.uk/st-thomas-the-martyr	aboutthetown.co.uk/	www.heskethbankcommunitycentre.org.uk	www.westlancs.gov.uk/more/community-centres/greenhill-community-hub.aspx	
MON	11am-1pm	9.30am-10.30am	9am-9pm					10am-12pm	8.45am-11.45am			
TUE			9am-9pm				10am-12pm		8.45am-11.45am			
WED	11.30am-1pm Foodbank (Inclusion Café)	9.30am-10.30am	9am-9pm			10am-12pm			8.45am-11.45am			Community Lunch 12pm to 1.30pm
THUR		9.30am-10.30am	9am-9pm				10am-12pm Inclusion Café 12pm	8.45am-11.45am				Community Café 12pm to 1.30pm
FRI		9.30am-10.30am	9am-9pm	11am-12pm	10am-12pm			8.45am-11.45am	10am-12pm (Community Cuppa)	11am-1pm (Inclusion Café)		Also, we welcome anyone who wants a warm, chat and brew anytime and we never turn a hungry person away.
SAT			9am-9pm				10am-12pm					
SUN		9.30am-10.30am	9am-9pm									

HAF - Holidays, Activities and Food

The HAF program ensures eligible children have access to healthy food and enriching activities throughout the school holidays. The program is available for children in receipt of free school meals and families on a reduced income.

For more information visit: www.westlancashirehaf.com



Healthy Start

The NHS Healthy Start scheme helps young families and those who are pregnant to access healthy food, milk and vitamins via a prepaid card. Eligible people can apply for the scheme online

or if they cannot apply online, can call 0300 330 7010. Eligibility for the scheme depends on the benefit the person receives and what their income is.

For more information visit: www.healthystart.nhs.uk and Lancashire.gov.uk/family

Household Support Fund

The Government have given approval for the household fund to continue for the period 1 April 2023 to 31 March 2024.

The fund is intended to support all residents and we would encourage residents who are disabled, carers and care leavers to complete the application.

The funds can be used to help towards the cost of:

- Energy/water needs
- Food
- Essentials linked to energy/water needs
- Wider essentials but only in exceptional circumstances

For more information visit our website:

www.westlancs.gov.uk/bills-benefits/help-and-money-advice/household-support-fund.aspx

Olio App

Olio is a sharing app for local communities, making it easy to give away the things you don't need to someone else who would value them. When we first started out, we fought food waste. Today, we fight any thing going to waste. From food, furniture, clothing and books, Olio is the feel-good way to declutter.

Play and Skills at Teatime Activities (P.A.S.T.A)

P.A.S.T.A is a dynamic after-school program that's revolutionising the way children and parents approach nutrition and physical activity. This club is a vibrant hub of fun and learning, where families come together to develop their cookery skills, embrace healthier eating habits, and enjoy active playtime through engaging games.

The P.A.S.T.A Club is not just a club; it's a community where families bond, learn and grow together. Join us for a journey of taste, fitness, and fun that will empower children and parents alike to lead healthier, happier lives.

For more information and to join our sessions visit:

www.shareslancashire.co.uk/play-and-skills-at-teatime-activities-p-a-s-t-a



Workplace Wellbeing and Employability Team

The team has two strands to its service. Providing 1-2-1 tailored support for local residents looking to access training and employability support; this includes CV writing, interview preparation and support to access training platforms. The other side of the team provides assistance to local businesses and their employees to promote the importance of workplace wellbeing, offering bespoke training covering things such as stress management, healthy habits and mental health awareness. This QR code provides you access to a platform offering an employability service based upon your skills and interests as well as lots of online bitesize training courses.

Storehouse Project

The Storehouse Project provide furniture, household items, food, toiletries and clothing to those most in need in our local area. We provide mentoring, pastoral support and much more. We also have our 'Grace Shop' located on the first floor of the concourse shopping centre in Skelmersdale, providing affordable pre-loved items. For more information visit our website: www.storehouseproject.org

Skelmersdale FUSS

West Lancashire Borough Council have partnered with a charity called Wirral FUSS to support local families with school uniform needs. This scheme gives parents the opportunity to have access to free preloved school uniform items: www.skelmersdalefuss.co.uk

Too Good To Go

Too Good To Go is the app that lets you rescue unsold food from an untimely fate, at your favourite spots. Use the app to explore shops and restaurants in your local area and save Surprise Bags of surplus food from going to waste at a great price.

Money Advice QR Code

Our money advice code provides links to financial support.



The Children and Family Wellbeing Service

The Children and Family Wellbeing Service (CFW) offers a wide range of support across the 0-19yrs+ age range (25 years for SEND) with a 'whole family' approach.



The service identifies when a child, young person or family, need support helping them to access service in the right place, and at the right time.

Services can be found at:

- The Grove, Station Approach, Burscough, L40 0RZ.
- Eavesdale, Tanhouse, Skelmersdale, WN8 6AU.
- Skelmersdale Park, Barnes Road, Skelmersdale, WN8 8HN.
- The Zone, Yeadon, Skelmersdale, WN8 6NL.

CFW Facebook Page: www.facebook.com/cfwwestlancs

Find a CFW service near you: www.lancashire.gov.uk/children-education-families/early-years-childcare-and-family-support/family-support/children-and-family-wellbeing-service

WELL Centres

WELL Centres boast fantastic fitness and swimming facilities where dedicated fitness team are always on hand to support, motivate and inspire you to achieve your goals. Across our three sites, you will find a weekly programme of fitness classes and swimming lessons for all ages and abilities, as well as an array of sports activities including squash, badminton, archery, outdoor and indoor football and much more.

Our services can be found at:

- Burscough Sports.
- Nye Bevan, Skelmersdale.
- Park Pool, Ormskirk.

To find out more, check out our dedicated website:

www.westlancs.gov.uk/leisure



Let's Stay Healthy Together

Choose Good Carbs Not Zero Carbs

Carbs are not the enemy you just need to choose the right type, as they're needed to fuel our bodies. **Simple Carbs** are absorbed more quickly by your body the higher the sugar content the harder to burn off and your body will likely store it as fat. 'Simple' carbs can include white rice, white bread, pasta and noodles.

Complex Carbs take longer for your body to digest which results in a steadier release of energy which you're more likely to burn instead of storing as fat. Complex carbs can include brown rice, wholemeal breads and pulses. They contain fibre, protein, vitamin E and antioxidants which promote good health.

Powerful Protein

Good sources of protein can help with mood, sleep, focus, memory and learning, it also maintains our muscles and repairs our body tissue. Protein is complex to digest which means you stay fuller for longer.

Poor quality proteins are usually highly processed such as sausages, ham bacon and canned meats. These are usually full of saturated fats which can be harmful for your heart health. **Good quality protein** is mostly low in fat these include chicken, turkey, fish, plant proteins, dairy, eggs and grains.

Fibre-full Fruit and Vegetables

Try to include lots of vegetables in your diet. Eat a rainbow is a cliché but the more colours you eat the more nutrients you will consume. Fruit and vegetables also contain fibre which help us feel fuller for longer making it less likely we will reach for them sweet treats. Try to include some fruit in your diet but be aware they have a higher sugar content than most veg.

Avoid Processed Foods

These foods provide excess energy which you probably won't use up, so will be stored as fat.

Be Sure About Sugar

Sugars found in fruit and vegetables are ok however we should control our intake of foods and drinks that contain added sugar such as chocolate and sweets, sugar-sweetened drinks, cordials, fruit drinks, energy and sports drinks.

Good Fats, Bad Fats

Fat can add up quickly in the diet particularly saturated fat. In excess, it can cause weight gain and increase the risk of chronic diseases such as heart disease, diabetes some cancers, high blood pressure and stroke. Be more conscious of your fat choices, swap to olive oil and lean or white meats, avoid processed fats like mayonnaise and choose skinny milk in your coffee latte and cereals.

Stay Hydrated

The average person should be drinking 2 litres of water each day. Why not carry a bottle with you or drink a glass each time you go to the kitchen?

Cut the Caffeine

Limit caffeine intake and don't drink caffeine after 12pm, if you can help it.

Prepare For Hunger, Don't Respond To It!

Prepare your meals in advance and fill the fridge with healthy snacks.





West Lancs Healthy Weight Walk This Weigh



8 Week Courses
Local Community Venues
Free Of Charge

Topics include:

- Fats
- Sugars
- Goal Setting
- Food Labelling
- Why Diets Don't Work
- Portion Control
- Benefits of Physical Activity
- Blood Pressure Checks



Small groups / Face to face delivery
Informal sessions and a friendly welcome awaits!

For more information/bookings, please contact:

Tel: 01695 583276

Email: activewestlancs@westlancs.gov.uk

Web: www.westlancs.gov.uk/leisure

Changing Lifestyles

Exercise Referral Programme



WLBC Community Connectors Team are running a pilot scheme @Nye Bevan, Skelmersdale

- Duration** – 12 weeks
- Cost** – £20 'one off' payment
- Gym Sessions** – 1-2-1's and supervised
- Access** – Unlimited use of Gym & Swim facilities (subject to Referral Officers discretion)
- Membership** – 'Changing Lifestyles' offer on completion of course

Referral Information

GP, Nurse or Health Care Practitioner referrals welcomed.
Self-referral: complete form via our website, QR Code or alternatively, our contact email address is below.



Criteria

We accept referrals from Cardiac, Pulmonary and Cancer patients including those clinically 'at risk' of developing these conditions.

This includes the following long term health conditions i.e. high blood pressure, high cholesterol, heart disease, angina, diabetes, obesity, long covid, asthma and COPD.

Email: changinglifestyles@westlancs.gov.uk
www.westlancs.gov.uk



Let's Get Moving Together

Try to exercise for at least 30 minutes at least 5 days a week. Regularly increase frequency and time to avoid a plateau and keep moving.

You can do this by building this into your day through routine and habit.

Give yourself time to get used to your new routine and be kind to yourself, too much pressure too soon might put you off.

Do Things You Enjoy

- Swimming
- Cycling
- Football
- Walking
- Jogging
- Go to a class with friends
- Join a club



Choose activities that fit into your day effortlessly

- Walking the dog
- Going to the park with friends and family
- Gardening
- Dancing to music whilst doing housework
- Using the stairs



Benefits

Physical Health

- **Manage Weight:** Exercise can help you maintain your weight and reach your weight loss goals.
- **Stronger Muscles and Bones:** Exercise helps increase muscle mass and bone density, reducing the risk of osteoporosis and assist weight loss.
- **Better Heart Health:** Exercise routine can reduce your risk of heart disease, high blood pressure and lower cholesterol levels.
- **Improve Flexibility and Co-ordination:** Stretching can increase your range of motion, reduce the risk of falls and promote cognitive function.

Mental Wellbeing

- **Happy Hormones:** Exercise triggers the release of endorphins, which can boost your mood and reduce symptoms of anxiety and depression.
- **Stress less:** Being active may help you manage and lower stress and clear your mind, especially if you can get outdoors.
- **Sleep well:** Exercise can help you sleep well, making it easier to fall asleep and stay asleep.

Social and Personal Benefits

- **Feeling Confident:** Reaching your fitness goals can boost your self-esteem and confidence.
- **Connecting:** Exercising can help you meet new people and stay motivated.

Boost Energy

- **More Energy:** Moving more boosts your energy, helping you to feel motivated and ready to take on your day.



Let's Visit Green Spaces Together

Community Orchards

These orchards can be found right across the borough as well as being havens for wildlife and improving the landscape and keeping our borough green. These orchards provide opportunity for people to gather the fruit for eating and cooking.

Useful information such as where they can be found and when is the right time to pick, can be found on our website, please follow the link to find out more [Community Orchards in West Lancashire - West Lancashire Borough Council](#) (westlancs.gov.uk)



The Ranger Service

The Ranger Service take care of sixteen parks and countryside sites across West Lancashire, providing open space and wildlife on your doorstep. Keep an eye out for the Parks & Countryside Events programme which will include a wide range of free events and activities providing fun for all the family. [Parks and countryside - West Lancashire Borough Council](#) (westlancs.gov.uk)

Why not get outside and visit some of our boroughs fantastic green spaces and enjoy our local surroundings.

- The Meadows, Appley Bridge
- Leeds Liverpool Canal
- Tawd Valley Park, Skelmersdale
- Abbey Lakes, Upholland
- Chequers Lane Lake, Upholland
- Platts Lane Lake, Burscough
- Burscough Brick Pitts
- Ruff Wood Ormskirk



www.westlancs.gov.uk/leisure-recreation/keeping-fit/health-walks.aspx



Let's Look After Our Wellbeing Together

Seven Top Tips for Super Sleep!

Proper sleep is essential to good mental health, energy levels and maintaining a healthy weight!

If you have problems sleeping (and 1 in 3 adults do on a regular basis!) it is important that you practise good sleep hygiene. This means doing things which are known to improve sleep and avoiding those things which are known to disturb sleep. Here are seven things you should know about getting better sleep; each of these points is based on scientific research (from Loughborough Sleep Research Centre) and could help you to get the most out of your sleep:



1. Keep the bedroom quiet, cool, and darkened during the night but spend some time in natural daylight (or bright artificial light) during the day. This can help regulate the hormone (melatonin) needed for sleep!
2. Try to do regular, even mild, physical exercise every day (if you are able) but avoid doing this in the 2 hours before bedtime.
3. Avoid alcohol around bedtime because although it can promote sleep at first, it disrupts sleep later in the night and will leave you feeling more tired.

4. Avoid eating a large meal immediately before bedtime, although a light snack may be beneficial.
5. Keep your bedroom mainly for sleeping. Try to avoid watching television, working, or using your phone/gadgets in your bedroom.
6. Keep the bedroom calm and tidy. Select a mattress, sheets, and pillows that are comfortable.
7. Avoid nicotine (including nicotine patches or chewing gum, etc) an hour before bedtime and when waking at night. Nicotine is a stimulant.

If you are interested in finding out more about sleep, mental health or any other aspect of wellbeing, please see links on page 28. If you are a business in West Lancashire, please contact our workplace wellbeing lead julie.duffy@westlancs.gov.uk for details of free upcoming courses and wellbeing activities!

5 Ways To Wellbeing



Let's Get Mental Health Support

For those living across Central and West Lancashire who feel they need urgent mental health care or have an enquiry about their routine care, please call **0800 0130708**. You can speak to a member of the team and discuss your current mental health needs.

www.lancashire.gov.uk/health-and-social-care/your-health-and-wellbeing/mental-health

www.nhs.uk/nhs-services/mental-health-services

www.nhs.uk/nhs-services/mental-health-services/how-to-find-local-mental-health-services

www.lscft.nhs.uk/services/mental-health

www.lscft.nhs.uk/services/service-finder-z/crisis-line

www.nhs.uk/every-mind-matters

www.meccgateway.co.uk

www.hubofhope.co.uk



At West Lancashire Borough Council, we recognise everyone should be able to access healthy nutritious food every day. However, we also appreciate that in more challenging times, a little extra support may be necessary.

This booklet is full of useful cooking, shopping, budgeting, fuel, money saving advice, ideas and tips to help people provide healthy, affordable meals for themselves and their families, to support best health and wellbeing.

If you are experiencing severe financial hardship and in need of further provision, it is possible to get support from local foodbanks. Please call **01695 577 177** or visit <https://www.westlancs.gov.uk/bills-benefits/help-and-money-advice/food-banks>





COPPICE CAFE

@ BEACON COUNTRY PARK

Open 10:30am to 15:30pm 7 days a week

Seasonal opening hours may apply.

Serving breakfast, lunch plus a selection of hot and cold drinks, snacks and cakes.

There are children's play areas and outside seating throughout the beautiful 300-acre country park.

Party room hire available!

For more information please contact:

beaconeventsroom@westlancs.gov.uk

The cafe is
dog friendly

