

INFORMATION FOR A HEALTHIER LIFESTYLE

NHS WESTERN ISLES HEALTH PROMOTION

This information sheet highlights ways in which you can improve your health, and the services that can support you to do this.

Physical Activity

The more time spent being active, the greater the health benefits. Even a small increase in physical activity can improve your health and quality of life.

Walk on Hebrides offers health walks for people who are inactive and would benefit most from doing more physical activity.

Contact details:
Email: wi.hpadmin@nhs.scot



Alcohol & Drugs

Using alcohol and drugs may have long term negative effects. If you are worried about your own or someone else's drinking or substance use, there are local organisations available to help.



The Alcohol & Drug Nurse/The Alcohol Misuse Community Nurse both offer support and treatment.

Contact details: 01851 703069 (Lewis/Harris)
01870 603279 (Uist/Barra)

NHS Inform offers health information on illnesses, injuries and conditions, tests and treatments, healthy living topics and much more.



Contact details:
0800 224488 (freephone) www.nhsinform.scot

Quitting Smoking

Quitting smoking is tough, but being prepared increases your chances of success. Everyone's different; this means the way you stop smoking needs to be tailored to what works for you. For local support speak to your GP.



Many think there is little, or no risk associated with regular vaping. The long-term health implications are unknown - just as they once were with tobacco - but there is emerging evidence and increasing concerns about the risks.



The Quit Your Way Hebrides

service offers support and advice to people who want to stop smoking.

Contact details:
Email: wi.hebridesquityourway@nhs.scot



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Western Isles



Sleep Habits

Sleep plays an important part in good health. The way you feel when awake is influenced by how well you sleep. During sleep, your body works to support healthy brain function and maintain your physical health.



Diet & Hydration

A well-balanced diet provides all of the energy you need to keep active throughout the day. We should aim to eat a variety of foods like fruits and vegetables, potatoes, pasta, rice, eggs, meat, dairy alternatives, oils and spreads. It provides the nutrients you need for growth and repair, helping you to stay strong and healthy and help to prevent diet-related illness.



You should drink plenty of fluids such as water or diluting juice to stay hydrated. The key is to drink regularly throughout the day (at least 6-8 glasses). During hot weather and exercise, you might need to drink more than this to avoid becoming dehydrated.



Dietetics: Self-refer to a dietitian if you have any concerns about your diet or nutrition without having to see a GP first.

Contact details: 01851 708279
Email: wi.dietetics@nhs.scot

Sexual Health

Sexual health is about well-being, not merely the absence of disease. Sexual health involves respect, safety and freedom from discrimination and violence. Sexual health services are free and available to everyone. Contraceptives and Pregnancy Testing Kits are available to order.



Contact details

Email: wi.hpadmin@nhs.scot

Mental Health

Throughout our lives, many people and factors may combine to protect or undermine our mental health. It's not always easy to take care of our wellbeing. We don't always have the same levels of energy or motivation. Be kind to yourself and do what feels right for you at that moment.



Western Isles Association for Mental Health - offers mental health support to people.

Contact details:

01851 704 964 (Western Isles)
Email: info@wiamh.org

Samaritans - offers a safe place for you to talk anytime you like, in your own way - about whatever is getting to you.



Contact details: 116 123
www.samaritans.org

The four **Western Isles CABs** offer free and confidential advice on many problems. They offer legal, benefits, finance and housing experts.

Contact details:

01851 705727 (Lewis), 01859 502431 (Harris)
01870 602421 (Uist), 01871 810608 (Barra)
www.wicas.uk

Financial Inclusion for those on low incomes the financial inclusion and benefits office can provide support to pay rent and administer Council Tax reductions.

Contact details: Email: benefits@cne-siar.gov.uk

Scottish Welfare Fund can provide crisis grants to cover the cost of an emergency.

Contact details: 01851 822 642

www.cne-siar.gov.uk/benefits-and-grants/scottish-welfare-fund

Homelessness Service

provides support, if needed, to households assessed as homeless or potentially homeless.



Comhairle nan Eilean Siar

Contact details:

01851 822 821 (Lewis/Harris)
01870 602 425 (Uist/Barra),
Out of Hours 01851 701702
Email: hservice@cne-siar.gov.uk

Jobcentre Plus supports to help you find or retain employment, obtain Universal Credit and provide benefits advice.

Contact details:

Freephone number - 03000 386 083
Email: stornoway-jobcentre@dw.gov.uk

jobcentreplus