

HLS Warwickshire Toolkit

Briefing Note



Introducing Warwickshire's New FREE Community Healthy Lifestyles Service

Helping people across Warwickshire make healthier choices with free, personalised support.

Our friendly lifestyle coaches offer practical advice and ongoing support to help people make positive changes that improve their health and wellbeing. The service is available across North Warwickshire, Nuneaton and Bedworth, Rugby, Stratford-on-Avon and Warwick.

Who is eligible?

People can access the service if they:

- Live within the Warwickshire County Council area.
- Are registered with a GP practice within the Warwickshire County Council area.

How can we help?

Making small, positive lifestyle changes today can have a lasting impact on future health. Our free service supports people to reduce their risk of preventable conditions such as heart disease, high blood pressure, type 2 diabetes, stroke and certain cancers.

Support is available to help people:

- Stop smoking.
- Achieve and maintain a healthy weight.
- Increase their physical activity.
- Reduce their alcohol consumption.

How can you help?

You can support the Healthy Lifestyles Service by:

- Encouraging colleagues, patients, friends and family to access the service.
- Sharing our resources, including posters, social media graphics and email content.
- Signposting anyone who is ready to make a positive lifestyle change to HLS Warwickshire for free local support.

Contact Us

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Together, we can help the people of Warwickshire live healthier, happier lives.