



Helping you help yourself

We offer a range of health and wellbeing services delivered by experienced, specialist trained practitioners



Our services include:

Health Trainer

A Health Trainer will work with you one to one to achieve health goals – like stopping smoking, losing weight, or getting more active.



Health Checks

Curious about the effect your lifestyle is having on your health? Contact us via our e-mail address and find out where our local health check drop in's are.

Move more

Doing regular exercise is a fantastic way to lose weight and improve your overall health and well-being.



Lose weight, eat well

Maintaining a healthy weight isn't just good for your physical health, it plays a vital part in your mental well-being too.



Scan the QR code to find out more

It's all FREE!



Stay falls free

You can reduce your risk of having a fall by making simple changes to your home and doing exercises to improve your strength and balance.

Be well at work

Healthy and happy employees are productive employees – let us help improve your productivity by improving the health and happiness of your employees.

Make Every Contact Count (MECC) Training

Improve your conversation skills to support people with their health and wellbeing with our FREE training suitable for EVERYONE!

Stop smoking in pregnancy

We offer free stop smoking support for pregnant ladies and anyone living in their household, helping to create a safe, smoke-free home for all the family.



Scan the QR code to
find out more

What do I do now?

Visit: southend.everyonehealth.co.uk

Email: eh.southend@nhs.net

Text: **Shift It** to **60777**

Tel: **0333 005 0095**