



# it's time to... eat well, move more and scale new heights

Our new wellbeing  
referral programme can  
help you reach your peak



Together with Indirock, Everyone Health in Southend on Sea have designed a 12 week Weight Management course to help you lead a more active lifestyle to improve your wellbeing.

INDIROCK

# it's time to.. shift it!..

Everyone health will provide the behaviour change and nutritional foundations, and work in partnership with Indirock, who will provide the physical activity element of the programme.

## Who is the programme for?

- Adults, aged 16 and over, who have one or more long term health conditions.
- And or, those that have a BMI of 30 and above.
- And or, those that are BMI of 27.5 ethnic minority and above.

## Where and how will the programme be delivered?

- At Indirock, who are based in the town centre, who provide bouldering walls at their venue, as well as social space and a cafeteria.
- After an initial assessment with a specialist from Everyone Health and you will be booked onto the next available course, consisting of 12 weekly sessions.
- At the end of the course, we will support you, so you are able to continue to lead a more active lifestyle and also follow up at 6 months and 12 months after the course completion.

## Cost?

- £2 per person, per session.

## What do I do now?

To refer others, or yourself to this FREE service, please get in touch with us.



Visit: **everyonehealth.co.uk**

Email: **eh.southend@nhs.net**

Text: **ShiftIt to 60777**

Tel: **0333 005 0095**

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