

Your Health, Your Way

Your Health, Your Way is a free service available to support Nottinghamshire residents* to get more active, eat healthier, lose weight, drink less and quit smoking.



* Excluding Nottingham City

We are now delivering all elements of our integrated service, this means we are accepting referrals for:

Weight management

Losing weight and keeping it off can be hard. We take a realistic approach to weight management, no strict diets or exhausting exercise routines but a positive, regular, practical and realistic changes to achieve a healthy weight.

All with the support of our friendly and positive advisors, there to support you with encouragement, advice and maintaining a positive approach to managing your weight and health behaviours.

Smoking cessation

Your Health Your Way's Stop Smoking Service helps individuals quit smoking for good. For any one 12 years or older living in Nottinghamshire our dedicated and friendly stop smoking advisors deliver a range of 1-1 and drop-in sessions as well as phone and digital support.

We provide a full range of free nicotine replacement therapy alongside weekly support from our stop smoking advisors. We will support you to understand why you smoke, manage your cravings, and deal with relapses.

Physical activity

Getting more activity is important for everyone, no matter what your age or ability. We are here to support you to find out about and access local groups and classes in your area and provide advice and support to help you and your family move more.

If you think you currently do less than an hour of activity a week then we can support with personalised activity support, you can join one of our specialist groups to increase your fitness levels safely and 1:1 support.

Brief alcohol support

We can support with simple, realistic messages to help reduce your alcohol intake. We will ask you some quick questions to ensure our service is appropriate for you if not, we can support you to access other services in your area. We also include guidance on safe alcohol drinking in all our support sessions.

How to make a referral

- Via F12/Ardens template
- Online at www.yourhealthnotts.co.uk
- Call us on 0115 772 2515

All interventions will be delivered remotely in accordance with social distancing guidelines. We are able to provide both one to one and group based support via telephone and online (see below). Once safe to do so, we will be opening the service up to face to face delivery.



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