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Helping Yourself to Wellbeing (HY2W) is a seven week course designed to provide people with the knowledge, skills and tools to improve their health and wellbeing. It aims to provide them with the confidence and motivation to set realistic goals for making changes to their lifestyle.

**Aim:**

To improve the health and well-being of people who live, work, study or are registered with a Bury GP by supporting and empowering individuals to take an active role in maintaining good health and wellbeing through the promotion of the self care principles.

**Objectives:**

Through interactive sessions, the course will help participants to :

* Understand health and the benefits of having a healthy lifestyle
* Understand the behaviour change process and how this can be used to support individuals to adopt healthy lifestyles by setting realistic and achievable goals for change
* Explore how to increase confidence, self esteem and become more assertive
* Recognise the symptoms of stress and learn basic stress management skills
* Understand how to use health services appropriately and manage minor ailments
* Signpost participants to relevant services for further support as identified

**Course content**

* Week 1 Introductory session, monitoring forms and discussions around health
* Week 2 Behaviour change – why it isn’t easy
* Week 3 Self esteem and confidence
* Week 4 Dealing with stress and anxiety
* Week 5 Healthy Eating, Alcohol and Smoking
* Week 6 Physical Activity, Sexual Health and Managing Minor Ailments
* Week 7 Dementia Prevention and The Bury Directory

**Comments from participants**

* “I would like to thank you both. Since I went on your course, helping yourself to well-being, I have found myself thinking happier thoughts, feeling calmer, and I am a lot more confident about doing things in the future. If it hadn't been for you both I would never have signed up for more courses. You have made me feel stronger.  And thanks to you stress management advice I had the best Christmas in years.

Thank you both so much”

* “The Helping Yourself to Wellbeing course was very informative and really made me think about how I live my life and the things that I wanted to change”.
* Very useful, especially the cycle of change. I would recommended it to others”
* “This course has made me aware of issues I didn’t want to deal with, plus the cycle of change made me aware that I don’t have to give up when I have a small lapse”
* “I would recommend people to come on this course as it is something that can change your lifestyle and wellbeing. It is a very good course”
* “The course helps you discover yourself and how to control your life”