New Year often means a change in lifestyle for many, if you are thinking of making a change for the better with regards to your health, we have lots of services and people who can help.

Lots of us feel like we’re drinking a bit too much, or too often, or just like we could do with some time off. **Dry January** is the perfect way to reset your relationship with alcohol. It only takes three weeks to break a habit, so this could be your route to happier, healthier drinking long-term.

**New year, new you** - do Dry January and feel healthier and happier as:
- you sleep better
- your skin improves
- you lose weight

More money in your pocket (the average person spends £50,000 on booze in their lifetime). Get healthier - through giving up alcohol for a month you do your insides a lot of good. Amazing sense of achievement!

Alcohol is linked with more than 60 health conditions, including liver disease, high blood pressure, depression and seven types of cancer. In fact, alcohol is the biggest cause of death for people aged 15-49 in the UK. Cutting back reduces your risk of developing these conditions.

Please can you spare 5 minutes to complete the survey using the link below? Wigan residents are invited to give feedback (anonymously if you choose to) on alcohol and the impact alcohol related issues have within their areas.

**Plan your Drink Free Days in between festivities this December**

See how at [www.drinkaware.co.uk](http://www.drinkaware.co.uk)

Please join in The Greater Manchester Big Alcohol Conversation by going to [www.thebigalcoholconversation.org](http://www.thebigalcoholconversation.org) and completing the survey. Thank you.

If anyone wants to tell us their story or share pictures please send details to [healthchampions@wigan.gov.uk](mailto:healthchampions@wigan.gov.uk)
In the run up to Christmas, we’re urging people to remember that alcohol can cloud your judgement when it comes to safe sex. With festivities such as Mad Friday and Christmas parties, people can stay safe over the Christmas period – with the following advice to protect their sexual ‘elf!

Our top-tips to remember are:

- Wrap up - Protect against sexually transmitted infections (STIs) and pregnancy by using a condom every time you have sex.
- Sleigh STIs - Visit a clinic for testing and treatment if you have unprotected sex.
- Fill your stockings - Ensure you have enough condoms and contraceptive pills to last you the Christmas period.
- ‘Elf control - Stay in control of yourself when drinking and stick to the recommended 14 weekly alcohol units (spread over 7 days). This will avoid being influenced into making rash decisions when it comes to sex, such as not using a condom.
- Avoid unwanted gifts - If you’re cosying up to potential sexual partners, discuss your boundaries and use condoms to protect each other from STIs such as chlamydia, syphilis and gonorrhoea.
- Spectrum clinics at The Galleries shopping centre and Leigh Health Centre will slightly alter their opening times over Christmas and New Year. Please check out their festive opening times on the Spectrum website. If anyone is in need of urgent treatment and our clinics are closed, they should call NHS 111 for advice. [https://spectrumhealth.org.uk](https://spectrumhealth.org.uk)

Do you want to improve your health, quit smoking, drink less, be more active and eat more healthily? Or you just want to feel better about yourself but you’re not sure where to start? Our Healthy Routes service is based in your local community and offers free and practical 1-2-1 support. [www.healthyrouteswigan.co.uk](http://www.healthyrouteswigan.co.uk)

Ring: 01942 489012 or Text: HUB to 61825 (normal network rates apply)

Although Christmas is a wonderful time of year for many, there are many people who suffer from stress and worries over the Christmas period. Our #togetherwecan campaign encourages and supports mental wellbeing in the Wigan Borough. Visit [www.wigan.gov.uk/togetherwecan](http://www.wigan.gov.uk/togetherwecan) for details of help and support.
This month’s case study - Lose Weight Feel Great

Chloe joined our Lose Weight Feel Great programme with her mum so they could support each other. She said she loved how you can eat whatever you want, it’s just the way you make it. Chloe says she enjoys the support, it keeps you on track and inspires you to keep going and gives you confidence in yourself. She says she didn’t expect to lose the weight she did as quick as she has, and found it difficult in the past. Chloe now loves buying clothes and doesn’t mind having her photo taken and now has more confidence when talking to others. She has learned how to control herself and eat a balanced diet. Chloe’s final quote is ‘I have lost 4 stone in a year, if I can do the plan then anyone can as I have always had trouble losing weight in the past. The plan is so easy when you are used to it and it is a lifestyle change, even though it is just a balanced diet and is easy to maintain.’

Well done Chloe, you look fabulous! The photo in the middle was taken at our Celebration Event last month – a massive well done to all our models from all our weight management services.

Are you over 18?
Do you have a BMI of between 25-39.9?
Do you live, work or are you registered with a GP in the borough?
Not sure on your BMI? Check it here

Give Inspiring healthy lifestyles a call on 01942 496496. www.wigan.gov.uk/LWFG

Did you know that our Council internet website has details of health and well-being services available within our borough? Please check out the link – https://www.wigan.gov.uk/Resident/Health-Social-Care/Adults/fit-and-well/index.aspx
TRAINING OPPORTUNITIES & DATES FOR YOUR DIARY

Dementia Friends Information session
Increase your understanding about dementia and learn a little more about what it’s like to live with dementia. **Tuesday 29th January 2019 at 12.00 - 1.00 pm, Wigan Life Centre, Wigan, WN1 1NJ**

Please help us to keep people safe this winter, if you’re aware of people struggling to keep warm please refer them to AWARM Plus. AWARM can provide emergency support at crisis but also long term support for energy efficiency measures to the home including grants and also income maximisation and reduced energy bills. Winter is a challenging time for many families within the borough, please ensure those referrals into AWARM Plus continue, especially as we experience this cold period. To refer, please call the team on 01942 239360 or alternatively complete an electronic referral form available at www.wigan.gov.uk/warmhomes. The team will still continue to provide emergency heating over the festive period.

Fuel Poverty training dates
**Friday 25th January 2019, 10am-12pm Wigan Life Centre (South site), Room 8**
https://www.eventbrite.co.uk/e/fuel-poverty-and-health-training-tickets-53905183856

**Thursday 21st February 2019, 2-4pm Wigan Life Centre (South site), Room 8**
https://www.eventbrite.co.uk/e/fuel-poverty-and-health-training-tickets-53905244036

**Wednesday 20th March 2019, 10am-12pm, Wigan Life Centre (South Site) Room 16**
https://www.eventbrite.co.uk/e/fuel-poverty-and-health-training-tickets-53905295189

To book your place or for more information on any of our training courses please contact the Public Health Team on 01942 404243 or email healthchampions@wigan.gov.uk

January / February 2019

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<tr>
<th>Date</th>
<th>Event</th>
<th>Website</th>
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<tbody>
<tr>
<td>All January</td>
<td>Red January</td>
<td><a href="https://www.mind.org.uk/redjanuary">https://www.mind.org.uk/redjanuary</a></td>
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<tr>
<td>All January</td>
<td>Dry January</td>
<td><a href="http://www.dryjanuary.org.uk/">http://www.dryjanuary.org.uk/</a></td>
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<tr>
<td>All January</td>
<td>Love your Liver</td>
<td><a href="http://www.britishlivertrust.org.uk">www.britishlivertrust.org.uk</a></td>
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<tr>
<td>14th -20th January</td>
<td>National Obesity Awareness week</td>
<td><a href="http://www.nationalobesityforum.org.uk">www.nationalobesityforum.org.uk</a></td>
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<tr>
<td>14th January</td>
<td>National STI Day</td>
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<tr>
<td>All of February</td>
<td>National Heart month</td>
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<td>7th February</td>
<td>Time to Talk</td>
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<tr>
<td>4th February</td>
<td>World Cancer Day</td>
<td><a href="http://www.worldcancerday.org/">http://www.worldcancerday.org/</a></td>
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**FREE registration for RED January 2019 now live.**

https://www.communitybook.org/