

For more information:

please call 01706 751 190

Or visit

www.rochdale.gov.uk/health_and_wellbeing.aspx

LivingWell Service

Lock 50

Oldham Road

Rochdale

OL16 5RD

Commissioned by



LivingWell is part of The Big Life group of social businesses and charities

LivingWell
Heywood • Middleton • Rochdale • Pennines



Oral Health
Stop Smoking Services
Health Trainers
Health Checks
Living Well Coaches
Group Information
One to One Support
Health Information
Awareness Raising
Exercise on Referral
Sexual Health



The LivingWell team can work with you

The LivingWell team works with you to help you make changes to your health and wellbeing.

LivingWell delivers services out of local community venues across the Rochdale borough and all our services are free to use. The service is commissioned by Rochdale Metropolitan Borough.

LivingWell is currently made up of the following services:

Oral Health

Support for a healthy mouth and a healthy smile

Stop Smoking Service

Get help with quitting smoking (you are 4 times more likely to quit with us than going it alone)

Exercise Referral Scheme

Helping you access physical activity whatever your needs and abilities

Sexual Health

Advice and information

Health Trainers and Living Well Coaches






Support with improving your lifestyle and health

LivingWell also works alongside other services in Rochdale, helping you find the right support even if it isn't something delivered directly by Living Well itself.

LivingWell Coaches

Do you want to feel better about life, starting with your health and wellbeing? Feel like there's too many things to change at once?

If you'd like to change two or more of these things:

-  Low mood
-  Weight
-  Getting more active
-  Smoking
-  Reducing your alcohol intake

Then our Living Well Coaches could help you on your way to wellbeing.

Our LivingWell Coaches will work with you one-to-one or in a group and can support you for up to a year. You will decide what changes to make – and then find out what can make them stick.

LivingWell helps you to take more control and create solutions for your daily life, helping you towards a happier, healthier life.

feel
better
about
life

LivingWell 

