

## need some ideas?

### Physical Activity

- Develop and deliver physical activity classes
- Organise physical activity events
- Purchase resources to support physical activity classes
- Develop workplace activities e.g. clubs, cycle to work schemes

### Food

- Display and make available information on healthier eating
- Develop and deliver Cook & Taste sessions on healthy foods
- Ensure healthier options are available to your customers and highlight them

### Stress & Relaxation

- Promote or deliver stress & relaxation classes
- Learn basic relaxation techniques and encourage others
- Set up positive supportive environments at work and play

### Stop Smoking

- Provide information on smoking, passive smoking and support services for those who want to stop
- Promote a smoke free environment in public places
- Arrange training for group members on how to support people who wish to stop smoking

## need help?

If you are applying for HeartWell Health Grant (HHG) and you need help with your application then, give us a ring and you can borrow an example of a completed application or download one from the HeartWell website.



North East Lincolnshire   
Care Trust Plus

### Specialist Health Promotion Service

North East Lincolnshire CTP NHS  
1 Prince Albert Gardens  
Grimsby DN31 3HT

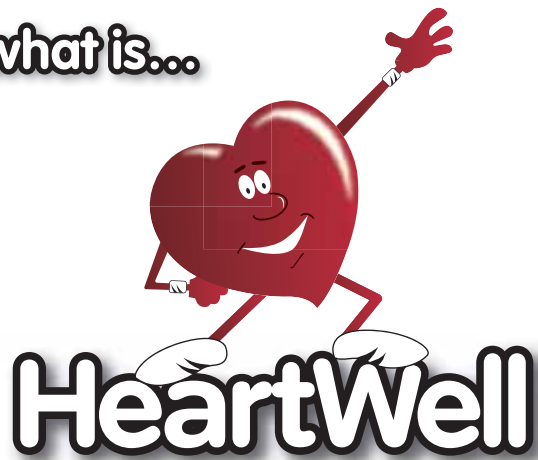
**tel: 01472 625504**  
**www.heartwell.org.uk**

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what is...



## the aims of HeartWell

- Encourage and enable health related behaviour change
- Promote the availability of healthier lifestyle choices
- Improve and maintain the quality of life for those already affected by Coronary Heart Disease (CHD)
- Contribute to achieving national and local targets for reduction in CHD



HeartWell is a working partnership between Health Organisations, North East Lincolnshire Council, Local Businesses, and Voluntary and Community Groups.

The HeartWell partnership promotes heart health by encouraging and assisting groups or individuals to work on issues that can help reduce heart disease.

## how can you get involved in HeartWell?



## the objectives of HeartWell

- Direct resources to areas where levels of CHD and inequalities are the greatest
- Develop and support initiatives which address risk factors for heart disease
- Support initiatives that provide healthier lifestyle choices
- Raise awareness within local communities of the links between health, well-being and everyday activities



Getting involved in HeartWell is easy, all you need to do is identify if your project needs help with funding and fits in with one or more of the following themes;

- Physical Activity
- Healthy Eating
- Stopping Smoking
- Stress & Relaxation

If it does, then fill out a HeartWell Health Grant (HHG) application form (available via telephone, email or website).



Small health grants are available to support projects that promote heart health in North East Lincolnshire. Any group (no matter how large or small) or individual is invited to take part in HeartWell.