

Health & Well-Being Newsletter



As you are aware we have been given funding from NHS Berkshire West to improve Health & Well-Being in families affected by autism.
OUR AIM.....TO MAKE A DIFFERENCE TO YOU & YOUR FAMILY AND GIVE YOU LOTS OF HELPFUL INFORMATION & SUPPORT.

GETTING STARTED:

1. Visit our website www.asdfamilyhelp.org and click on the Health & Well-Being Tab
2. Download the monitoring forms which will help you keep track of your family's diet & exercise, doctors/dentist appointments etc.
3. Download the easy to read information booklets for helpful tips & advice
4. Complete surveys as & when required.
5. Contact Jayne – admin@asdfamilyhelp.org to let us know you are starting and we will keep you updated with information as it becomes available.

Did you know Pedometers are a fun way to keep track of your walking & help you increase your activity levels gradually? Simply clip it to your belt and it will measure every step you take. Try to do more steps each day.

Get yours FREE Now!!

Email: admin@asdfamilyhelp.org

PEOPLE'S COMMENTS SO FAR:

“We are a family of 7 & are all trying to beat each other's daily score using pedometers. They have made us much more active.”

“Great idea. I use the information booklets all the time – Thank You”

“Massive difference! The social stories & guided information makes everything so clear.”

“Promoted discussions about healthy lifestyle & how important it is.”

Plus see the Blog on our Health & Well-Being web-page

Please note that any comments which could improve NHS access for families are passed to the NHS – your identity remains anonymous

TIPS TO KEEP YOU MOTIVATED DURING WINTER:

1. Do a little every day. Take the stairs, run, cycle – even a few minutes are better than no minutes.
2. Embrace the cold, get outside in the fresh air. Open space is good for the mind as well as the body.
3. Our metabolism speeds up in winter to help keep you warm so it's the perfect time to get fit 😊
4. Be positive – anything is possible, nothing is impossible.
5. GO FOR IT !!

WAYS TO STAY HEALTHY THIS WINTER:

It may be cold outside but winter need not be the unhealthiest time of year for you & the family. Even though your body is telling you to hibernate, you can keep healthy and fit no matter what the weather is like 😊

For more information, click on the link below

<http://www.nhs.uk/Livewell/winterhealth/Pages/Healthywinter.aspx>

SURVEY RESULTS:

- 37% of the adults and 11% of the children/adult dependants are over-weight.
- 56% of the adults and 72% of the children/adult dependants consume chocolate & biscuits
- 50% of the adults & 40% of the children/adult dependants only visit the opticians when required
- Most of the people visit the dentist regularly.
- 13% of the adults & 12% of the children/adult dependants do NOT exercise at all.

COMING SOON:

The following items will be available soon on our website on the Health & Well-Being tab:

Sexual Health Booklet

List of family activities in the local area

For more information go to our website: <http://www.asdfamilyhelp.org>

Or contact LEAD.... Jayne: admin@asdfamilyhelp.org

Theresa: theresa@asdfamilyhelp.org

Hilary: hilary@asdfamilyhelp.org