

Stop Smoking support/advice

Suitable for ages 12+

Provider - Xyla Health and Wellbeing

Self-Referral - <https://eastriding.healthier-futures.co.uk/services/quit-smoking/>



Healthy Eating information

Suitable for all

Provider - NHS

Information available to all - <https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>



Physical Activity information

Suitable for all

Provider - NHS

Information available to all - <https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/>



Healthy Lifestyle support

Support for ages 11 to 18

Provider - East Riding Leisure

Requirement - BMI required

Parent referral - <https://www.eastridingleisure.co.uk/health/young-live-well/>



Family Lifestyle Support

Suitable for ages 4-17

Provider - Xyla Health and Wellbeing

Self-Referral - <https://eastriding.healthier-futures.co.uk/services/healthier-together/>



Chat Health - Confidential text messaging service

Suitable for ages 11-19

Provider - The Integrated Specialist Public Health Nursing Service (ISPHNS)

<https://humberisphn.nhs.uk/chathealth/> - 07507 332891

