

## HEALTH AND WELLBEING OFFER

IHL is a registered charity working across the Wigan Borough to inspire people to choose healthy, active and creative lifestyles. Working collaboratively with partners across all 7 Service Delivery Footprints (SDFs), IHL is able to offer a wide range of support for physical and mental health wellbeing, providing inclusive solutions for:

### Children and Young People

We work closely with schools, youth groups and early years centres to support the health and wellbeing of young people across the borough. Whether through our innovative family weight management programme, help pupils to manage SATs stress or provide a safe environment to play. We're here to support young people to be happy, healthy and confident.

### Older People

Support for stronger, more balanced and confident older people through one to one and group activity sessions within community settings. We also work with care homes across the borough to support residents to become more physically active. All activity is/or can be adapted to be dementia friendly.

### Long Term Health Conditions

We provide specifically designed programmes which aim to improve health and quality of life. We have specially trained instructors support people with a range of health conditions including, heart problems, back pain, diabetes, cancer, lung conditions (Asthma, COPD) Stroke, Parkinson's Disease, MS, arthritis and mobility, dementia.

### Getting more active

Opportunities for everyone to become more physically active indoors and outdoors. Whether we provide guidance to someone who wants to start jogging, help a full-time mum get back into netball or encourage a person suffering with social anxiety to join a walking group- we're here to inspire all corners of our communities.

### Community Delivery and Volunteering Opportunities

Providing varied and enriching volunteering opportunities to residents across our health and wellbeing initiatives within our communities. From supporting care homes, to making welfare calls or helping vulnerable people get outside for a walk run and cycle- our volunteers are here to help our residents across the community.

### Our Online Offer

We've brought our health, leisure and wellbeing offer online. Our Home Health Hub [homehealthhub.org](http://homehealthhub.org) has been launched to help keep people active, creative and healthy in and around the home. From wellbeing advice and virtual exercise classes to activities to keep the whole family active and entertained, we strive to have something for everyone on the Home Health Hub. We also bring live fitness into living rooms throughout the week through our Facebook channel [@InspiredWigan](https://www.facebook.com/InspiredWigan).

### Weight Management

No matter what size, weight, age or ability we can create a specialist programme for everybody. Whether they want to lose weight in a group or need a more one to one approach, we take the time to get to understand the individuals needs and support their goals.

### For more information, get in touch:

**Telephone:** 01942 488 481

**Email:** [wellbeing@ihlmail.org](mailto:wellbeing@ihlmail.org)

**Web:** [www.inspiringhealthylifestyles.org/wigan](http://www.inspiringhealthylifestyles.org/wigan)

For ideas to keep you active, creative and healthy, in and around the home visit our Home Health Hub: [homehealthhub.org](http://homehealthhub.org)