



my

LIFE

MY

HEALTH

HEALTH FAIR
ON THE CORNHILL

Wednesday 24th June

10AM - 4PM

Drug | Recovery
and Alcohol | Grant Scheme

 Suffolk
County Council


IPSWICH
BOROUGH COUNCIL



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LIVE WELL SUFFOLK

Live Well Suffolk is the county's free healthy lifestyle service. We provide free information and practical support to help local people become healthier. If you want to stop smoking, lose weight, become more active or improve your diet, we can help you make the changes needed to improve the way you feel now and your future health and happiness.

VOICEBOX

The Matthew Project Norfolk provides a mobile youth work service called the 'Voicebox', offering young people an opportunity to talk informally with skilled members of our team. Young people set the agenda and we tend to discuss issues around drugs, alcohol, smoking, sexual health and healthy eating on a regular basis.

THE BRITISH RED CROSS

The British Red Cross wants you to feel confident and willing to give first aid. Everyday First Aid makes it easy to learn the skills you'll need to help in an emergency.

TURNING POINT

Turning point are the providers of substance misuse services across Suffolk. We work with anyone who is affected by substance misuse, whether it's their own, a family member, friend or parent.

SUFFOLK FAMILY CARERS

Substance misuse can have a major impact on family carers. The health of the family carer is likely to be more compromised than that of the users. Family carers can experience stress, guilt, shame, helplessness and isolation. If you support someone with substance misuse or perhaps you have personal experience, we would like to hear about what you think can help family carers to cope.

AIR SPORTS NETWORK

Using a full multi-sport, incentive and education programme to improve health and key skills development, we aim to tackle the lifestyle and personal issues that can contribute to substance and alcohol misuse.



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HEALTH OUTREACH NHS

Health Outreach provide treatment to some of the most vulnerable people from society. We work with people who do not know their way around the health system or have fallen out of mainstream services. We will be giving free health checks for those aged between 40-60.

GREEN LIGHT TRUST

We are an environmental charity that works to engage groups and individuals in need of support, with the benefit of outdoor conservation and forest school activity to improve health and wellbeing.

SUFFOLK CONSTABULARY

Representatives of Suffolk Constabulary will be available to give advice on the laws around drugs, in particular New Psychoactive Substances and alcohol and how the Police work in partnership with other organisations to prevent misuse in the community.

ANGLIA CARE TRUST

For interactive alcohol awareness tools and alcohol recovery support service information.

ICENI

Provide comprehensive support to parents and their families in high-needs areas, including an emphasis on intervening early before problems become a crisis.

All aspects of a family's development are addressed through a range of services to parents, including addiction assistance, domestic abuse and improving parent child relationships.

PUBLIC HEALTH SUFFOLK

Public Health Suffolk will be testing your knowledge of 'calories in' versus 'exercise out' in our Calorie Match game. We will also be testing your awareness skills under the influence of alcohol with our American style sobriety test. Can you beat our interactive beer goggles and pass the test? There will also be information, fun facts and giveaways.

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