

HEALTH

Southampton City Council

Southampton Healthy Living

April 2017 saw the launch of Southampton Healthy Living – a new and innovative partnership of health, voluntary, community and social enterprise organisations. Southampton Healthy Living offer a single service to enable individuals, families and communities develop more control over their lifestyle by helping create communities where healthy behaviour is the norm.

Southampton Healthy Living actively works with communities to help people live longer, fuller lives and to reduce health inequalities between communities in the city. They support residents who can access the service through the Southampton Healthy Living hub so that they can choose the most appropriate to them www.southamptonhealthyliving.org.uk

In addition, groups are run across the city to help people making similar changes come together to talk about their experiences and to offer our support should they need it. Southampton Healthy Living works across the city, in locations that are accessible to local people, to offer support with making small lifestyle changes that can have a big impact on health. This involves working closely with GPs, pharmacies and others to ensure people are referred through to the service and are supported to make a positive change to their lifestyle.

Southampton Healthy Living is led by Social Care in Action (SCA) group, an established provider of health and social care delivery in Southampton. A charitable social enterprise, reinvesting all profit back into the organisation and the wider community, the SCA Group is partnered by Southampton Voluntary Services (SVS) the umbrella body for local voluntary and community groups in Southampton.

For further information contact:

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