

“Small steps...
right direction”



Stop Smoking Service

01803 299160

stopsmoking.torbay@nhs.net

advice for people wanting to quit
individual tailored support
with a stop smoking advisor
quit groups
advisor training
smoke free homes

You are up to four times more likely
to quit smoking for good with the
support of your local NHS stop
smoking service

Community Fitness Team

01803 321867

free walking groups
free pedometer loans
free advice on becoming
more active
discounted GP referral exercise
classes in water or in the gym
(£35 for 10 weeks)*
balance and strength exercises*
cardiac rehabilitation*

Lifestyle Support Workers

01803 208840

one to one support on:
changing your eating habits
changing your drinking habits
becoming more active
stress control
giving up smoking

Training on supporting others
to make healthier choices and
understanding how to spread the
health messages correctly.

Community Nutrition Team

01803 208875

MEND - a free 10 week lifestyle
change programme for 7-13 year
old children and their families.

Adult weight management groups
- a free 10 week programme
offering support and advice
to those trying to lose weight.
Groups are held at a variety of
times and venues within Torbay*

Diabetes group education - for
individuals newly diagnosed with
type 2 diabetes, and their carers*

*indicates you need a referral from from
your GP or practice nurse.