

The first step is for you to register for the Healthy Passport scheme with your local champion. They'll then keep in touch with you throughout your journey.

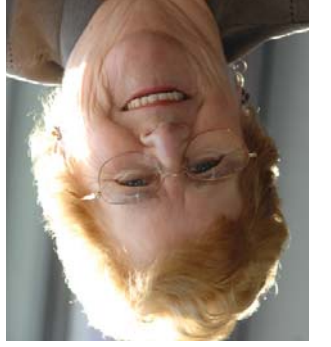
Karen Owen
 Older People's
 Champion for
 Rowley Regis & Tipton
 Tel: 07814 540 651
 or 0121 569 5245



Maggie Turner
 Older People's
 Champion for
 Wednesbury
 & West Bromwich
 Tel: 07814 262 044
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Edna Barker
 Older People's
 Champion for
 Smethwick & Oldbury
 Tel: 07814 540 643
 or 0121 569 5335



Agewell have three Older People's Champions who are here to provide you with all the help and support you need to encourage you on your journey.

Your Tour Guides

Well done for taking the first step towards a healthier life. The Healthy Passport scheme has been tried and tested already in various parts of Sandwell where residents have really enjoyed taking part in local healthy activities and services. Not only have they felt healthier, they've had some fun and made new friends into the bargain. The scheme has now been extended to cover the whole of Sandwell. See centre pages for details of the different activities and services for older people. Each time you take part in an activity or use one of the services you'll gain healthy points which can be exchanged for prizes. **Don't forget to take your passport with you and get your Points Tracker signed and dated.**

Starting Your Journey

OFF TO NEW HEALTHY PLACES

Your Tour Operator
 The Healthy Passport scheme is funded by Sandwell Primary Care Trust and run by Agewell. Its aim is to enable local people aged 50 and over to enjoy a happier and healthier lifestyle which can lead to greater independence.

Your Prizes
 A goodie bag
 A £20 gift voucher

Points Tracker

Home Accident Assessment

Signed _____ Date _____ **5 POINTS**

Stop Smoking

Signed _____ Date _____ **10 POINTS**

Signed _____ Date _____ **15 POINTS**

Signed _____ Date _____ **2 POINTS**

Healthy Eating

Activity _____
 Date _____ **5 POINTS**

Help Yourself to Stay Healthy

Keep a Healthy Diary for four weeks
 Signed _____ Date _____ **10 POINTS**

Benefits Check

Signed _____ Date _____ **5 POINTS**

Keeping Active

Activity _____ Date _____ **10 POINTS**
 Activity _____ Date _____
 Activity _____ Date _____
 Activity _____ Date _____
 Activity _____ Date _____

Home Fire Safety Check

Signed _____ Date _____ **5 POINTS**

Self Care

Book your place on an Expert Patient Course
 Signed _____ Date _____ **2 POINTS**

Attend an Expert Patient Course
 Signed _____ Date _____ **10 POINTS**

Eye Test
 Signed _____ Date _____ **5 POINTS**

Medication Review
 Signed _____ Date _____ **5 POINTS**

Dental Check
 Signed _____ Date _____ **5 POINTS**

Healthy Passport

for Sandwell residents aged 50+

Earn healthy points which can be exchanged for prizes.



THIS PASSPORT BELONGS TO

DATE ISSUED:
EXPIRY DATE: 1 YEAR FROM DATE OF ISSUE
PASSPORT NO:



Sandwell Primary Care Trust



THE DESTINATIONS

Start collecting your points by making the most of these local activities and services. Your Older People's Champions will help point you in the right direction.

Home Accident Assessment

The Home Accident Prevention Service (HAPS) encourages older people to lead safe and independent lives in their own homes. The risk of falls and accidents increases with age so this assessment provides advice and practical help to reduce any risk in your home.

5 points Call the HAPS team on 0121 507 6341 to book your **FREE** assessment which lasts approximately one hour.

Stop Smoking

Stopping smoking is one of the most effective ways to improve your health. You are four times more likely to stop smoking if you attend an NHS Stop Smoking Service than if you go it alone.

10 points Call the Stop Smoking Service on 0800 073 1388, attend a Stop Smoking Session and set a date to quit.

15 points Stay tobacco-free for four weeks.

2 points For never smoking.

Keeping Active



Taking up a new activity – and keeping it up – is the key to gaining your points here. Activities include gentle exercise to music classes, organised bike rides, nature conservation activities, regular Health Walks and Active Sandwell activities. Or you could take a look at the opportunities offered at local leisure and community centres. Tea dances, tai chi, swimming, bowling – the choice is yours.

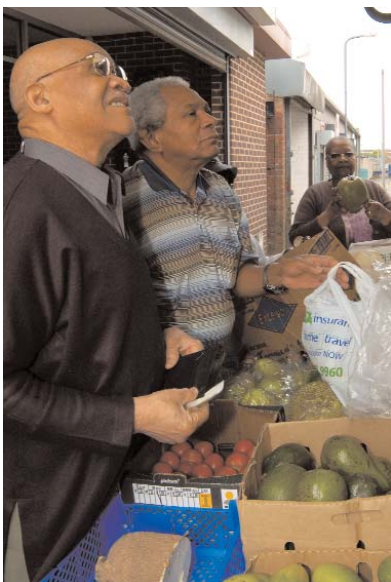
10 points For trying 5 new activities or undertaking one new activity 5 times.

Benefits Check

Check whether you're receiving all the benefits you're entitled to with a benefits check. Book an appointment with a Welfare Rights Adviser – they will look at your circumstances, such as what your income is and whether you have any difficulties coping on a day to day basis, and will tell you which benefits you should be claiming for.

5 points Contact Sandwell Council's Welfare Rights Unit on 0121 569 5838.

Healthy Eating



Have fun tasting and talking about food with others by attending either an Eatwell Food Interest Group (FIG) or another food related activity. You'll learn about healthy eating in an informal setting, taste different foods - and enjoy yourself at the same time.

5 points For attending a FIG, joining a Slimwell weight loss group, or taking part in a Cookwell activity.

Contact the Food Team on 0121 612 2962 for further information on Eatwell activities in your area.

Home Fire Safety Check

Find out if there are any accident or fire risks in your home by booking a free home fire safety check. Firefighters will visit your home, highlight any risks and provide advice on how to stay safe. Free smoke alarms will be fitted and advice on maintaining smoke alarms, and how to make an escape plan, will also be given.

5 points Book your **FREE** assessment by calling freephone 0800 389 5525.

Help Yourself to Stay Healthy

Keeping track of your alcohol consumption, what you eat and how much you exercise will help you stay healthier.

10 points Fill in the enclosed Healthy Diary every day for four weeks.

Drink wisely

Think before you drink. Did you know that women should drink a maximum of two to three units of alcohol a day and men a maximum of three to four units a day. One unit is half a pint of beer or a single measure of spirits.

Eat more fruit and vegetables

All types of fruit and vegetables are important. They contain antioxidants which can reduce heart disease and cancers. They also contain vitamins A, C and E, potassium and fibre. Aim for five portions a day which can be fresh, frozen, dried or tinned.

Exercise more often

Being physically active is good for your physical and mental health. Adults should aim for 30 minutes of moderate to intense activity five times a week. The 30 minutes can be broken down into two or three 10-15 minute sessions. Moderate activity means getting slightly warm and slightly out of breath - like going for a brisk walk.

Self Care

Attend an Expert Patients Course

A six-week self management course for people with long term health conditions. To help you learn ways to cope with daily living, share ideas and make small changes which will improve your quality of life.

2 points Contact Judy Blaney, Expert Patients Programme Co-ordinator, on 0121 612 1476 to book your place.

10 points Attend four or more sessions.

Eye Test

It is important to have your eyes tested every two years - whether or not you wear glasses.

5 points Contact any local optician to arrange an eye test.

Medication Review

Taking a number of medicines regularly can increase your risk of falling.

5 points Contact your GP or local pharmacist to review your medicines.

Dental Check

It is important to visit your dentist for regular check ups, even if you wear dentures.

5 points Contact your dentist for a check-up.