

# Healthy Lifestyle Resource

Social Prescribing Richmond

February 2023

**ruils**  
independent living

# Welcome!

The Healthy Lifestyle Resource was created by Ruils to help anyone who would like to improve their health and wellness - whether you are looking for an exercise app, a weight loss programme or an exercise activity or want to engage in local offers.

This is a digital resource and if [you click on the blue underlined headings](#) the links will take you to the websites.



# Online Support for Healthy Living

- [NHS Better Health](#)

Kickstart your health – get active, lose weight, quit smoking and drink less.  
Handy apps & tools to help you on your wellness journey

- [NHS Healthier Families](#)

Healthier Families - food facts, recipes and activities

- [NHS Live Well](#)

Advice, tips & tools to help you make the best choices about your health and wellbeing

- [OneYouHounslow](#) (online resources available for everyone)

A wealth of information on keeping healthy, looking after your physical and mental health

# Well-being & Activity Online

- [NHS Get Fit for Free](#) - exercise tips and fitness guides
- [NHS Better Health](#) – Couch to 5K & Active10, motivation to be more active
- [Go Jauntly App](#) – Self guided cultural and sensory walks
- [Sports England](#) – tips, advice and guidance on how to keep active
- [Every Mind Matters](#) - looking after our mental health
- [Help to Stop Smoking](#) – help and advice to stop smoking
- [Healthwatch Richmond](#) – information and advice on Richmond Healthcare
- [MyFitness Pal](#) - take control of your goals, track calories, break down ingredients and log activities



# Exercise Classes – Community Centres

- [ETNA Centre](#)  
Yoga, Pilates, Zumba and Tai Chi
- [Cambrian Community Gym](#)  
Specialist exercise referral for cardiac, respiratory, neurological and elderly care
- [Castelnau Centre](#)  
Pilates, Table Tennis and Walking Football
- [Whitton Community Centre](#)  
Yoga, Dance and Keep Fit
- [The Inspired Hub in Hampton Hill](#)  
Yoga, Pilates and activities for all ages
- [The Avenue in Kew](#)  
Exercise classes and men's club
- [Elleray Hall](#)  
Yoga and Pilates
- [Linden Hall](#)  
Pilates, Boxing Fit & HIIT
- [Greenwood Community Centre](#)  
Yoga, Dance and Keep Fit

Make sure to check availability as class times/locations are subject to change.

# Leisure Centres & Other Activities

- [Richmond Borough Sport and Activities](#)  
Sport clubs and activities in Richmond Borough
- [Richmond Borough Centres](#)  
Sports and Fitness Centres and Swimming Pools
- [Activate](#)  
Soup and Stretch - Meet people, build confidence and improve mobility
- [Positive Living Group - RB Mind](#)  
Connect through therapeutic cooking & learning more about how food impacts our health
- [Cambridge Park Bowls Club](#)  
Indoor & Outdoor bowling greens

# Outdoor Exercise

## Richmond Parks and Active Travel

- [Fitness Training in Richmond Parks](#)  
Fitness classes and bootcamps in parks around Richmond
- [Fitness Equipment in Parks](#)  
Outdoor fitness gyms that incorporate equipment which is suitable for both users who have mobility problems and those that are able bodied
- [Play Tennis Richmond](#)  
There are 11 public Tennis Courts welcoming people of all ages and abilities
- [Cycling Richmond](#)  
Active Travel in Richmond including cycle safety



# Outdoor Exercise

## Running, Swimming & Conservation

- [Park Run](#)  
Saturday morning 5K runs in Richmond Borough Parks
- [Good Gym](#)  
Combine running with helping those in need in the community
- [Hampton Pool](#)  
Outdoor swimming in a heated pool all year round
- [TCV Green Gym](#)  
Become a Conservation Volunteer to help transform green spaces and improve physical and mental health by being outdoors, active and connected to others





# Outdoor Exercise

## Assisted Walks and Activities

- **Ruils Activities**
  - [Wellbeing Walks](#)
  - [Accessible Wellbeing Walks](#)
  - [Accessible Allotment](#)
  - [Bowls Club](#)
- [Age UK Richmond Travel Companions](#) can provide free support to people aged 50+ to help them build the confidence they need to make journeys independently, whether it's by foot, bike or public transport.



# Outdoor Exercise

## Walks

- [OneYouHounslow](#) (for Hounslow Residents)  
Free Community Health Walks and resources
- [Richmond Health Walks](#)  
Free walks in various locations around the Borough
- [Let's Go Outside and Learn Walks](#)  
Explore local parks, their wildlife and history using discussion, written word, quizzes, art and relaxation techniques
- [Walk with a Doc](#)  
Walks with a local GP in Orleans House Gardens
- [Kew Circular Walk](#)  
Circular walk around Kew



# Outdoor Exercise

## Assisted Walks and Activities

- [Dementia Friendly Health Walks in Kew Gardens](#)  
Free walks start from Victoria Gate; carers can attend
- [Friendly Parks for All Project](#)  
Facilities for people who face barriers to spending time in parks and open spaces.
- [Companion Cycling](#)  
Resource for people with special needs to access specialised cycles in Bushy Park
- [RISE](#)  
Richmond Inclusive Sports and Exercise



# Diet and Nutrition

- [Shepherd's Star](#)  
Delivering cooking workshops as part of the Explore Programme as well as Table of Hope communal lunches.
- [Cooking Up](#)  
Running a series of cooking classes for the community showing people how to prepare a healthy meal from ingredients provided
- [RB Mind Positive Living Group](#)  
Learn how food impacts on mental health, and how to source and prepare tasty, nutritious, mood boosting meals.
- [The Real Junk Food Project](#)  
Turn surplus food from local retailers into delicious meals that they serve at their cafe, plus lots of surplus food to take away. Open to anyone. Pay as you feel.
- [Richmond Aid Surplus 2 U Food Stall](#)  
Free surplus food from local retailers.



# Healthy Ageing

- [Age UK Richmond](#)  
Exercise classes including Zumba, fit for men, walking football, Tai Chi and low impact aerobics
- [Silverfit](#)  
Nordic walking and Online videos
- [Chartered Society of Physiotherapy](#)  
At home exercises for the elderly
- [Third Age Trust](#)  
Offering a variety of in-person and online groups including bird watching, cycling, rambling and river walks



Make sure to check availability as class times/locations are subject to change.

# Weight Loss Support

- [NHS Better Health](#)  
NHS 12 week weight loss plan – to help you start healthier eating habits  
Plus other Support, a BMI Calculator and special offers on other Weight Loss Plans
- [OneYouHounslow](#) (for Hounslow Residents)  
Health advisers will help you set goals towards a healthier you



# Mental Health Resources

- [Richmond Wellbeing Service](#)  
Supports clients with CBT around relationship to food and changing negative habits
- [National Centre for Eating Disorders](#)  
Support Line and Directory of counsellors for eating disorders support (private)
- [BEAT](#)  
Eating disorder support, information and helplines
- [Mind](#)  
Information on eating problems and how to access treatment and support
- [Recovery College](#)  
Free wellbeing webinars in mindfulness, anxiety, and making changes
- [Ruils Bridging the Gap Booklet](#)  
Mental Health Directory for Richmond Borough

# Diabetes Resources

- [NHS Healthier You Diabetes Prevention Programme](#)  
Empowering people with a risk of developing Type 2 diabetes to take charge of their health and wellbeing
- [Diabetes UK](#)  
For everyone affected by diabetes
- [Richmond and Twickenham Diabetes Group](#)  
A welcoming and supportive environment for people to discuss diabetes and its effects
- [HRCH Diabetes Service](#)  
Community Healthcare Diabetes Team
- [NHS South London Diabetes Education Courses](#)  
A new and easy way to access diabetes education in South London
- **Further information on managing diabetes**
  - [NHS Diabetes Toolkit](#)
  - [NHS Type 1 Diabetes Overview](#)



# Resources for Independent Living

- [NHS Managing Weight with a Learning Disability](#)  
Support to stay a healthy weight
- [Learning Disability Healthy Living Pack](#)  
Information on food labelling, fruits and vegetables, salt, healthy recipes with very clear photos and instructions
- [NHS Get Active with Disability](#)  
A guide to getting active if you have a disability or long-term health condition
- [General Accessible Exercises](#)  
Wheelchair exercises, managing balance, Pilates and adapting workouts
- [We are Undefeatable](#)  
Supporting you to get active whilst managing a long-term health condition



We have done our best to ensure that the information in this guide is correct. However, activities and services are subject to change. If you feel something is missing or has changed please do let us know [info@ruils.co.uk](mailto:info@ruils.co.uk).