
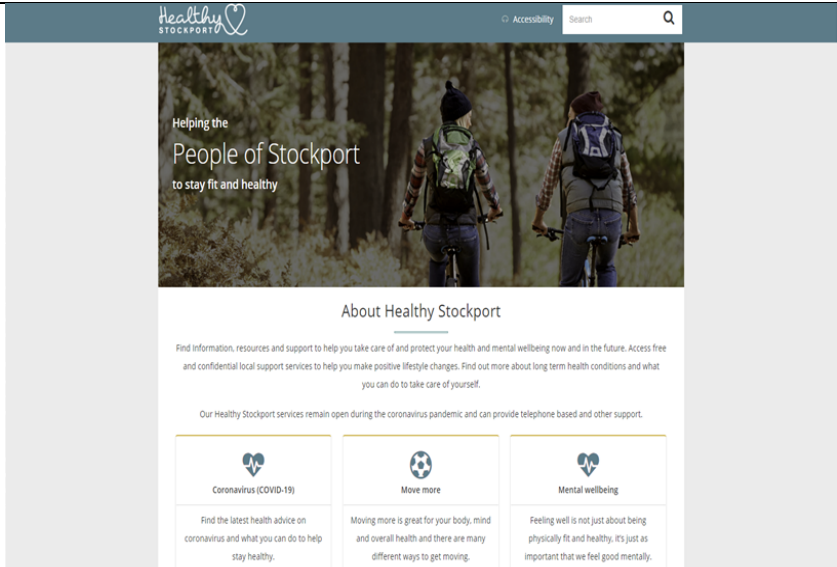


Healthy Stockport website

The Healthy Stockport website makes it easy to find local information and support to help you stay fit and healthy.

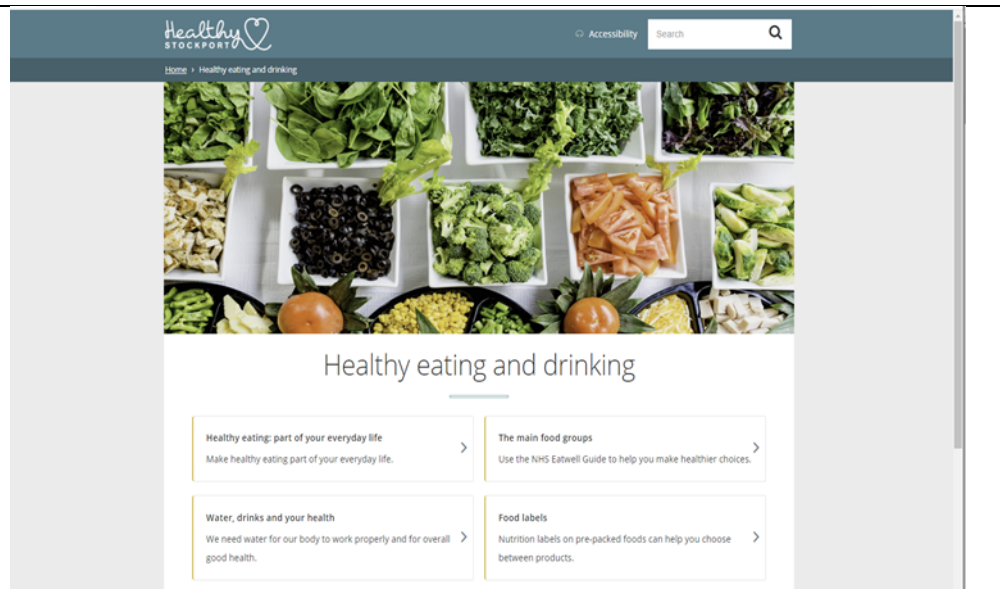
- You can find out about what you can do yourself to take care of and protect your health and mental wellbeing.
- You can find out how to get in touch with free local services that can help you make changes to your lifestyle.
- If you have a long term health condition you can learn more about what you can do to take care of yourself and live well with your condition

Let's get started and explore the site!

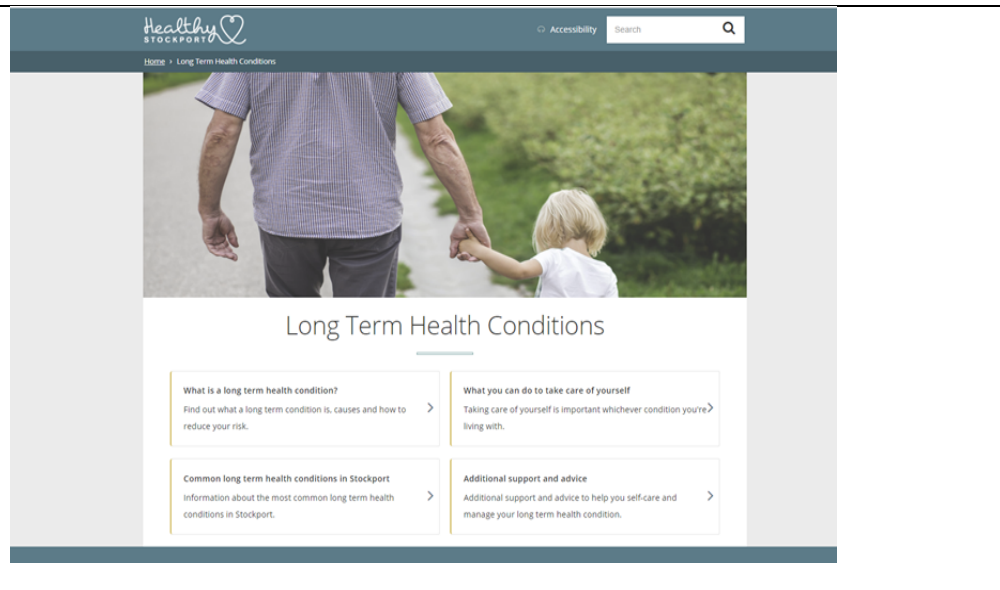
1	<p>To access the Healthy Stockport website you first need to go on the internet via an internet browser. Once opened type www.healthystockport.co.uk into the address bar along the top and press enter.</p>	
2	<p>The Healthy Stockport website should appear and look something like this. You will see that there are headings on this page which groups information into useful sections. We will now have a look at some of these sections.</p>	

3 Click on the **Healthy Eating and Drinking section**.
 It looks like this.
Click on each heading to open pages which have useful information and details about support to help you make healthy eating and drinking part of your daily life.

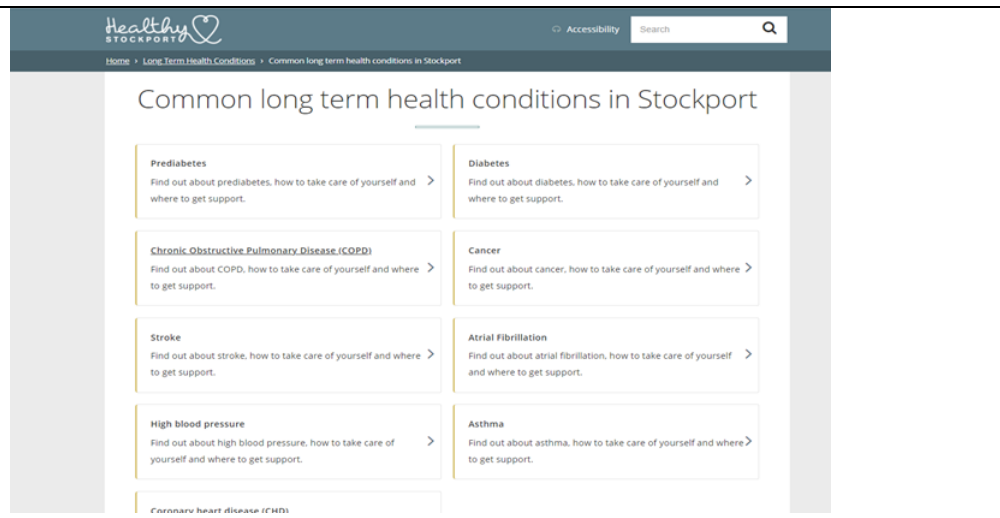
Can you find out how much water adults should aim to drink each day?

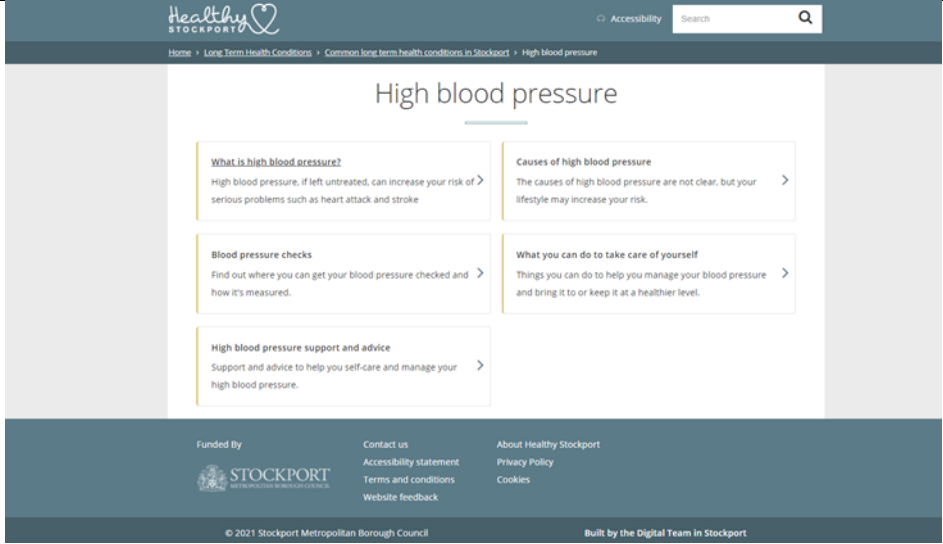



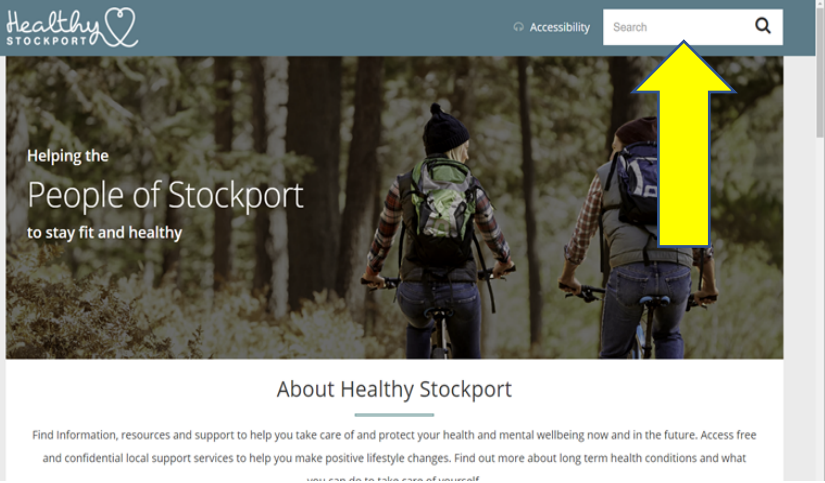
4 Click on the **Long Term Health Conditions section**.
 It looks like this.



5 Now click on the heading **Common Long Term Health Conditions in Stockport**.
 It looks like this



<p>6 We want to find out more about High Blood Pressure. To do this, click on the heading High Blood Pressure. It looks like this. You can now explore the pages and find out more about high blood pressure and what you can do to take care of yourself.</p> <p>Can you find out why being more active can help to lower blood pressure?</p>	
<p>7 If you want some extra support to help you with your goals to become healthier you can contact START (Stockport Triage Assessment & Referral Team). A member of the team will chat with you to see what services are best to support you.</p> <p>To find out more about START go back to the Healthy Stockport home page.</p> <p>To do this: Click on home at the top left of any page you are currently visiting.</p> <p>Then scroll down to the very bottom of the home page and click on About Healthy Stockport.</p> <p>What are the three ways you can get in touch with START?</p>	

<p>8 If you already have an idea about what you are looking for on the website you can use the search button. This always appears on the top right of any page you are visiting and looks like this.</p> <p>Type in a word or phrase and click enter and you'll be taken straight to a page or given some suggestions to look at.</p>	
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Spend some time now browsing Healthy Stockport. Remember to use it as a first point of call if you or friends and family are looking for information to help you stay fit and healthy, protect your health and wellbeing and care for yourself if you have a long term condition.