falls prevention

Designed to help keep you standing strong and avoid any unnecessary trips or injuries, because staying on your feet means staying independent and safe!

You will receive up to 25 weeks access to our Better Balance classes, designed to improve your strength and balance. Classes are a combination of online support and in-person sessions at several community venues across the borough.

Our instructors will talk you through everything and ensure you're performing the exercises safely, particularly if you're managing other health conditions.

this service is available if you:

- Live in Cheshire West & Chester
- Registered with a GP
- Aged 65+
- Low - Medium risk of falls

how to get support

Reach out to your GP to learn more and get started.

is this the right service?

This service is not suitable if you are unable to stand or walk, or have an unstable health condition. Speak to our Health Referral Advisors for advice on our programmes before you ask your GP for a referral.

weight management

Our programme offers the support you need to manage your weight and live a healthier, happier life.

Join us twice a week, we focus on helping you make small, sustainable changes to your nutrition and physical activity. Over time this creates significant improvements in your overall health and wellbeing.

Your journey begins with a personalised consultation to assess your needs and set achievable goals. Then you'll engage in our fun and supportive group sessions that include expert advice on nutrition alongside a circuit-based class to keep you active and motivated.

eligibility critera:

- Be 18 years or older
- Live in Cheshire West & Chester
- Registered with a GP
- Have a BMI of 30+
- Be diagnosed with one of the following conditions:
  - Learning Disability
  - Severe Mental Illness (SMI)
    Including bipolar disorder, schizophrenia, or psychosis.
  - Hypertension (on medication).
  - Physical Disability
    Where physical functioning is clinically evidenced to have a long-term negative effect on exercise ability, and you are receiving a qualifying disability benefit related to physical function.

how to get support

A referral from your GP is required to confirm your eligibility.

speak to your gp today.

brio wellbeing

wellbeing for every body

Our programmes offer the support you need to live a healthier, happier life.

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go smokefree

Are you tired of feeling chained to cigarettes, longing to break free but not sure where to start? You're not alone, and help is right here.

With our expert guidance and personalised support, you'll gain the tools and confidence to conquer the habit. We provide up to 12 weeks' worth of products to ease withdrawal symptoms, ensuring you have everything you need to succeed.

So why wait any longer? Take charge of your health and embrace a SmokeFree life today. Say farewell to cigarettes and hello to a brighter, healthier future with Brio.

our scheme is free and open to people who:

- Smoked in the last 2 weeks
- Are over the age of 12
- Live in Cheshire West & Chester

how to get support

We have over 20 clinics at a range of times and venues, meaning you can access the support you need with ease.

scan to self refer

or call
0300 777 0033

here for 9-5'ers, high schoolers, plus-sizers, PB chasers, drifters, go-getters, team players, overthinkers, first-timers, old-timers, daydreamers, never enough timers, you.

brioleisure.org

your journey, your way

brio christleton
Chester, CH2 2AU

brio ellesmere port
Ellesmere Port, CH65 9LB

brio frodsham
Cheshire, WA6 6RX

brio neston
Neston, CH64 9NQ

brio northgate
Chester, CH2 2AU

brio northwich
Northwich, CW9 5QJ

brio winsford
Winsford, CW7 1AD

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