



South Tyneside Council

**Inspire**  
South Tyneside  
Working together to improve communities

**NHS**  
South Tyneside  
Clinical Commissioning Group

**ü can**

Could you help someone  
live a **healthier life**?

Quitting smoking | Cardiac rehab | Weight loss | Musculoskeletal | Long Covid

## **Made healthy lifestyle changes? Could you help others do the same?**

If you've been there and done it, you know just how worthwhile a healthier lifestyle is. In just a few minutes each week, you could help someone else change their life.

From smoking or healthy weight loss to cardiac rehab, musculoskeletal pain or long Covid, a helping hand from someone who knows what it's like can make all the difference.

As a UCan 'peer pal' you'd use WhatsApp and meet from time to time, to keep in touch with someone facing similar challenges, giving encouragement and a listening ear

**A small commitment, a big impact.**

**Helping hands for  
a healthier life.**

**a better ü**



## Helping hands for a healthier life

**We'd love to hear from you if you have lived experience of:**

- ▶ Quitting smoking
- ▶ Cardiac rehab, such as after a stroke or heart attack
- ▶ Healthy weight loss
- ▶ Managing musculoskeletal conditions
- ▶ Being diagnosed with Long Covid

### **Interested?**

- ▶ Phone Niki Marshall on **07719 078 077**
- ▶ E-mail **[niki.marshall@inspiresouthtyneside.co.uk](mailto:niki.marshall@inspiresouthtyneside.co.uk)**  
or **[enquiries@inspiresouthtyneside.co.uk](mailto:enquiries@inspiresouthtyneside.co.uk)**