

Trusted sources of information: Links shared during the webinar

Menopause: <https://www.nhs.uk/conditions/menopause/things-you-can-do/>

General healthy eating: [8 tips for healthy eating - NHS](#)

General physical activity: [Physical activity guidelines for adults aged 19 to 64 - NHS](#)

Find stop smoking services: [Find stop smoking support services - NHS](#)

The Better Health website – resources on losing weight, stopping smoking, drinking less and getting active:

- [Get active - Better Health - NHS](#)
- [Quit smoking - Better Health - NHS](#)
- [Get active - Better Health - NHS](#)

[Pelvic Floor Muscle Exercises \(for women\) | POGP](#)

[Pelvic Organ Prolapse - A physiotherapy guide for women | POGP](#)

[Management of Urinary Frequency, Urgency and Urge Incontinence | POGP](#)

[Fit for Pregnancy | POGP](#)

[Promoting Continence with Physiotherapy | POGP](#)

[Improving Your Bowel Function | POGP](#)

[Pelvic floor muscle exercises and advice - A guide for trans men, trans masculine and non-binary people \(who were assigned female at birth\). | POGP](#)

Educational video – how to look after your pelvic floor health: [FHFT pelvic floor class - YouTube](#)

Alternative resources available at <https://yourpelvicfloor.org/leaflets>

Preconception nutrition:

<https://www.nhs.uk/pregnancy/trying-for-a-baby/planning-your-pregnancy/>

Pregnancy nutrition and exercise:

<https://www.nhs.uk/pregnancy/keeping-well/have-a-healthy-diet/>

<https://www.nhs.uk/pregnancy/keeping-well/exercise/>

[Women & Girls – Get Berkshire Active](#) (although perhaps more focused towards professionals)

Vitamins, supplements and nutrition in pregnancy [Vitamins, minerals and supplements in pregnancy - NHS](#)

Pregnancy, breastfeeding and fertility while taking folic acid [Pregnancy, breastfeeding and fertility while taking folic acid - NHS](#)

Vitamin D [Vitamin D - NHS](#)

Health Start [Get help to buy food and milk \(Healthy Start\)](#)

How pharmacies can help <https://www.nhs.uk/nhs-services/pharmacies/how-pharmacies-can-help/>

NHS Contraceptive Choices: <https://www.contraceptionchoices.org/>

General find pharmacy services: [Find Pharmacy Services - NHS](#) then select which service

How to find EHC support available in each of the different areas within the Frimley footprint:

HIOW: [Emergency Contraception | Lets Talk About It](#)

Berkshire: [Home - Safe Sex Berkshire](#)

Healthy Surrey via Surrey CC website: <https://www.healthysurrey.org.uk/sexual-health>

Other sources of information:

[Home :: Frimley HealthierTogether](#)

[Onboarding Sleep Test - Sleepio](#)

[Self-Management Support Platform for MSK Injuries and Conditions](#)