Health and Wellbeing checklist 2

Your body is precious and it pays to look after yourself. Here are a variety of ideas to be - and stay - healthy

Read more online! Visit *checklists.co.uk* and follow 🖪 🞔 💿 @checklistsocial

Rediscover your freedom

Assist Mobility are proud to introduce by ACRE's Carbon Ultralight rollator, weighing only 4.8kg (10.6 lbs).

With an infinite warranty on the carbon fibre frame, the Ultralight is superbly engineered, easy to lift for daily use and has a unique stylish design. Forward-facing ergonomic handles encourage

good posture. One user says: "I've only had it for two weeks but already my physio says I'm walking better. It keeps me upright and straight."

This unique rollator arrives fully assembled with an organiser bag and travel lock.

If you're looking for something off-road, the OVERLAND version has all the unique features of the Ultralight, yet is designed to tackle harsher terrains such as beaches, forests and wet rugged trails with ease, weighing only 6.7kg (14.8lbs).



Regain your hair confidence

Take the first steps of your

company have recently been awarded Queen's Award for Enterprise

International Trade

Their main focus

is making

products that actually help others

in some way by using the finest

The unique GrowMe and

ConditionMe combo from their

the UK, and packed full of natural

ingredients engineered to target

and transform hair. It is fully loaded

with essential vitamins and minerals

designed to revitalise and strengthen

the hair shaft and make your scalp the optimum

hair. Free from parabens and sulphates, the

environment for achieving thicker looking healthy

hair-growth range is made in

results before profits

ingredients and putting customer

Watermans. This fast-growing



W

For a brochure call 020 8638 6308 or visit assistmobility.co.uk/spring

Reliable outdoor rollator



If you find yourself experiencing walking issues, consider investing in an efficient walking aid to help with unsteadiness. Trionic's outdoor one could be for you. Its terraintaking model, the Veloped, can overtake curbs, rocks, roots and other obstacles without losing ground contact, making it one of the most reliable walking aids on the market. The sturdy design and air-filled tyres minimise vibrations and offer a smoother ride on gravel, grass, cobblestone and forest tracks.

Request a free brochure, call 0330 808 5110 or visit trionic.uk/bestlife

Specialist care at home







Eden Ivy Care Ltd is one of the top 20 awarded

Domiciliary Care agencies in London, based in Bexley and Borough Green. They cover Bexley. Swanley, Hextable, Bexleyheath, Dartford, Crayford, Sidcup, Gravesend, Swanley, New Ash Green, Longfield and surrounding areas. They provide personal care and support people to live safely and independently in the comfort of their own home. Their services include 24-hour personal care,

meeting complex needs and age-related conditions Their highly qualified and compassionate Care Team deliver practical support tailored to their clients' needs. All their staff have undergone full

Visit edenivycare.co.uk or email enquiries@ edenivycare.co.uk to find out more. Contact the Bexley team on 01322 949494 and find them at 48 Bexley High Street, Bexley, DA5 1AH, Contact the Borough Green team on 01732 903419 and find them at The Old Bank, 1 Station Road, Borough Green, Sevenoaks, TN158ER.

Disclosure and Barring Service checks (DBS).

More than your diagnosis



WATERMANS

products are suitable for all hair types.

Over time, the products are

leaving fine or thinning hair to

looking hair from roots to tips.

achieve longer, stronger, thicker

designed to help reduce hair loss

by protecting from breakage whilst

also promoting healthy hair growth,

Visit watermanshair.com to shop the range.

Yoga Therapy: whole-person wellbeing



minded Institute is a supporting the

emerging profession of yoga therapy, the evidence-based application of voga to mental and physical conditions. In service of this mission, Minded provides expert education to help yoga and health professionals understand the benefits of yoga therapy for different individuals.

TMI is one of the leading yoga therapy training schools worldwide, offering short courses and a three-year diploma in yoga therapy. TMI is the only organisation in the world accredited by the British Council of Yoga Therapy, International Association of Yoga Therapists, and National Council of Integrative Psychotherapists.

With highly academic, evidence-based and embodied training, graduates transform services



through new approaches to health, open private yoga therapy practices, work on public health policy, fuse yoga therapy with pre-existing professions and most importantly, learn how to better care for themselves

Visit themindedinstitute.com to develop a new and rewarding career path.





Formed on the back of over 100 years' collective experience in ADHD by three founders, ADHD 360 is specifically driven to help people with ADHD live their best life'. A far cry from

standardised, sub-therapeutic treatment, '360's' approach to assessing and treating ADHD puts the patient genuinely in the middle of each and Many healthcare organisations aim to put

patients at the centre. ADHD 360 benefitted from a blank sheet of paper and was designed from inception to provide the best possible ADHD patient experience. Study of common ADHD care pathways, administration and management revealed many organisational and cultural barriers, an example being access for women, who are so often misunderstood regarding ADHD. ADHD 360 have removed these common, discriminatory barriers to service access and proudly have a 50/50 male to female patient ratio.

Video conferencing removes travel time, automation removes admin time, patient notes on tablets are seamlessly converted into GP letters and prescriptions, and their expert front office staff provide patient support and are the point of contact for other health professionals. Their clinicians get maximum time to work with patients. waiting times are reduced as they see over four times more patients than traditional mental health services.

Their patients have an online portal to make convenient appointments, weekend and evening slots are available, care plans can be viewed, and helpful videos and other information can be accessed. Patient and family support and advice is provided by ADHD 360's own dedicated patient advocate team and proudly ADHD 360 provide nonmedical support for patients in many formats, to suit

Recent feedback received through TrustPilot reads: "I can't fault ADHD 360 on any front. The system is very accessible and easy to use, my clinician was kind, helpful and efficient, and communications are prompt. It's been a very good experience."



Visit adhd-360.com to find out more.

Perilla alpaca bed socks



If you want toasty toes on chilly nights, then treat your feet to gorgeous, cosy 90% alpaca bed socks from alpaca specialist Perilla. This is a loose rib sock that just gets better and better

with wearing and washing.

Alpaca is warmer than any other wool, while the fibre naturally repels odour and bacteria so no need to wash for a week or more. Choose from an exquisit colour palette of cream, pinks, palest blue, palest lilac, grape and purples that

All socks can be beautifully gift boxed from one to three pairs, or select a gift box with a

Shop online now at perilla.co.uk or call 01886 853615 for a brochure.



Butternut Box - a fresh take on dog food



The idea for Butternut Box was born after friends Key and Dave saw the benefits that home-cooked food had on Dave's poorly rescue dog, Rudie. They believe 'good enough for the dog' is not good enough - dogs deserve better. So, they make fresh meals for dogs, taking dog food out of the bin bag aisle and replacing it with freshly prepared, perfectly portioned meals, delivered to their customers' doors.

All Butternut Box meals are made with humanquality meat and vegetables, gently cooked to create simple, tasty and complete meals, and





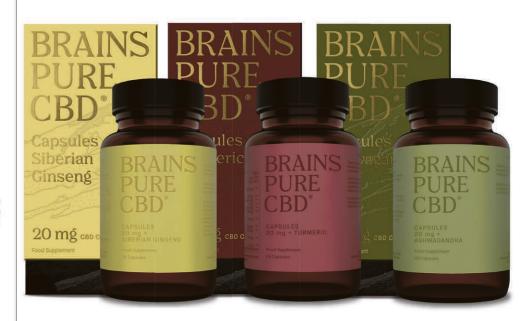
created with the right balance of vitamins and minerals for dogs of every age. The meals are tastetested by the team and cooked like you would at home, with absolutely no nasties. They're balanced meals that taste great too, so are perfect for fussier pups. Plus, the human-quality ingredients mean the meals are highly digestible, so they're gentle on tummies and great for sensitive stomachs.

The Butternut Box mission is to deliver health and happiness to dogs and their humans all over the world. For every new dog that signs up, Butternut Box donate a much-needed meal, or the cost of a meal, to a dog in need.

Try a fresh take on dog food, fetch 50% off your first two boxes at butternutbox.com/sundayfresh



Brains Pure CBD® – made better



BRAINS PURE CBD®+ range is made in the UK from 99.9% pure plant-based certified CBD. The range are THC free and non-GMO. Available in Holland & Barrett stores and online. Made to pharmaceutical grade, the BRAINS PURE CBD®+ products are clinically backed, through its parent company, Brains Bioceutical Corp, having supplied CBD to over 15 clinical trials around

Available in five innovative formulations. the BRAINS PURE CBD®+ range includes: CBD+ Siberian Ginseng, CBD+ Ashwagandha, CBD+ Curcumin, CBD+ Turmeric and CBD+ Magnesium All available in convenient bottles of 28 capsules, this range will help support daily wellbeing

where exceptional is found. The company chooses to work with nature, never against it, extracting its power to help make people and their lives better. The range is vegan, kosher and gluten free.

BRAINS PURE CBD® roots lie in nature, the place

They are also free from heavy metals, pesticides, parabens, allergens and colouring.

Now available in Holland & Barrett stores and online at hollandandbarrett.com/shop/brands/brains-pure-cbd

Win a Collagen Drops Month Supply Worth £74!

Deborah Mitchell is renowned in the beauty industry for her game-changing beauty essentials. She has been busy researching creating and testing these potent skincare supplements since 2016.

Heaven Collagen Drops contain no additives you may find the drinks or sachets you have been using the past contain bulking agents, fillers or sucrose. Instead, these are made from a skinboosting combination of high-intensity marine collagen, vitamin C. hvaluronic acid and a small amount of glucosamine that allow them to be accepted by the body quickly.

With their pleasant taste, you can simply add a few drops to food or drink, this is the most effective method. Alternatively, you can use the

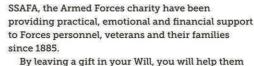


drops to supercharge your favourite moisturiser; or apply directly to the skin to tackle blemishes and break-outs.

Enter the competition to be in with a chance to win a one month supply, and try Collagen Drops

Visit shop.heavenskincare.com to buy online.

Help protect the health of the Armed Forces family with a gift in your Will to SSAFA, will make a huge difference to the lives



continue to support the Armed Forces family in times of need.

They understand that you'll want to take care of your family first. But anything you do wish to leave

of those who need them most. Any gift left to them they're truly grateful for. Find out how a gift in your Will can help protect

the Armed Forces family for generations to come.

Visit ssafa.org.uk/gifts-in-wills or call 020 4570 0351.

SSafa the Armed Force



For more, visit checklists.co.uk and follow 🛐 💓 🗿 @checklistsocial

Health & Wellbeing Checklist is an independent spread of advertorial from Hurst Media Company. While every care is taken in ensuring that the content is in compliance with the Advertising Standards Authority and The UK Code of Non-Broadcast Advertising and Direct & Promotional Marketing (CAP Codes), the publishers assume no responsibility in the effect rising therefrom, and readers are advised to seek professional advice before acting on any information.