

Cumberland House Surgery – Lifestyles Hub

At Cumberland House Surgery, we're committed to supporting your long-term health and wellbeing. Our Lifestyles section provides guidance on healthy living, managing long-term conditions, and accessing local support services.

What You'll Find

- Healthy living resources including diet, exercise, weight management, alcohol reduction, and smoking cessation.
- Support for diabetes, asthma, heart disease, high blood pressure, mental health conditions, and other long-term conditions.
- Links to local programmes such as exercise groups, weight management sessions, stop smoking support, and community wellbeing services.
- Easy-to-navigate, mobile-friendly content that is regularly updated.

Visit the Lifestyles Section

Small steps create big change – and we're here to help every step of the way.