

[Home](#) > [Residents](#) > [Education and schools](#) > [Local offer](#) > [Young people](#) > [My physical health](#)

# My physical health

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Here are some useful links to websites to support your physical health

- [Get active - Better Health - NHS](#)
- [Get active - find social activities for me](#)
- [Get active, Blackpool SEND events](#)
- [How to find an NHS dentist - NHS](#)
- [Lose weight - Better Health - NHS](#)
- [Overview – Eating disorders - NHS](#)
- [Quit smoking - Better Health - NHS](#)
- [Drink less - Better Health - NHS](#)

## Hospital passports

This template is available for young people and adults with a learning disability to take with you into hospital to make sure the people supporting you understand your needs. [Hospital passport template.](#)

[↑ Back to top](#)

### Blackpool Council

Municipal Buildings  
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