



Buckinghamshire Integrated Lifestyle Service

Angela Jessop – Transformation Manger – Long Term Conditions,
Prevention and Supported Self Care

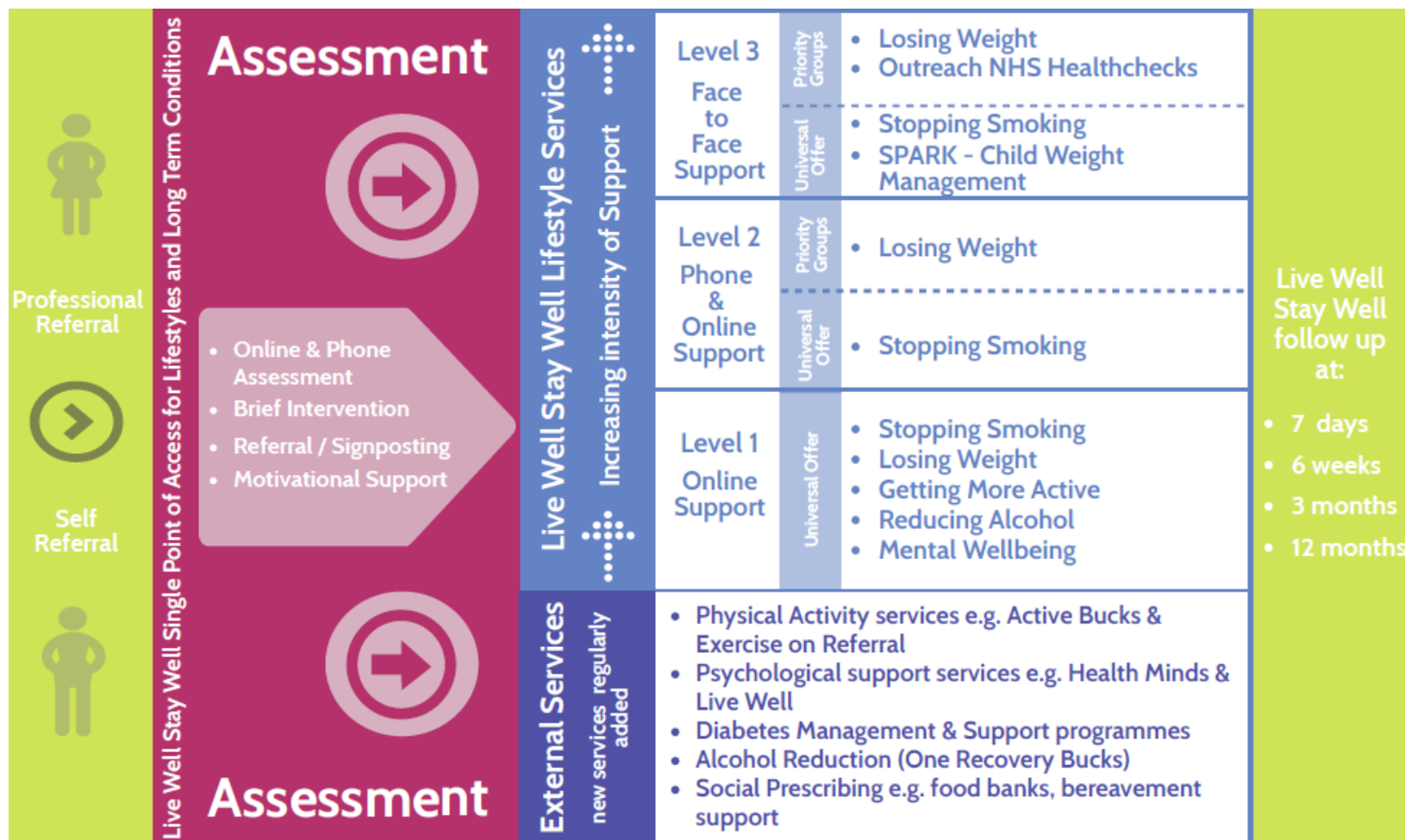


Healthy Minds: Live Well Service

innovative psychological therapies
for people with long physical
health conditions



Smoking cessation
Weight management
Exercise on referral
Health Trainers
Alcohol Recovery
Diabetes prevention
Social prescribing
Mental health support
Generic self-management



Direct Service

- Adult Weight Management
- Child Weight Management
- Smoking Cessation
- Drinking Sensibly Advice
- Healthy Eating and Nutrition
- Getting More Active
- Out Reach NHS Health Checks

Onward Referral

- Healthy Minds Psychological therapies
- Diabetes Management Courses
- Exercise on Referral
- Signposting social prescribing services e.g
 - One Recovery Bucks
 - Food Bank
 - Citizens Advice
 - Carers Bucks
 - Lindengate

Psychological Services

Courses:

- Long Term Condition Self Management Course
- Diabetes, COPD, MSK and Respiratory Self-Management Courses
- Computerised CBT for LTCs
- Live Well dietetics and Live Well exercise
- How close relationships can be affected by a long term health condition
- Mindfulness CBT for LTC

Support Offered:

- Preparing for the future & relapse prevention
- Acceptance and adjustment
- Pacing and goal-setting
- Tackling negative or unhelpful thoughts
- Managing worry and learning how to problem solve
- Improving sleep and having a healthy lifestyle
- Improving communication and relationships

Sleepio



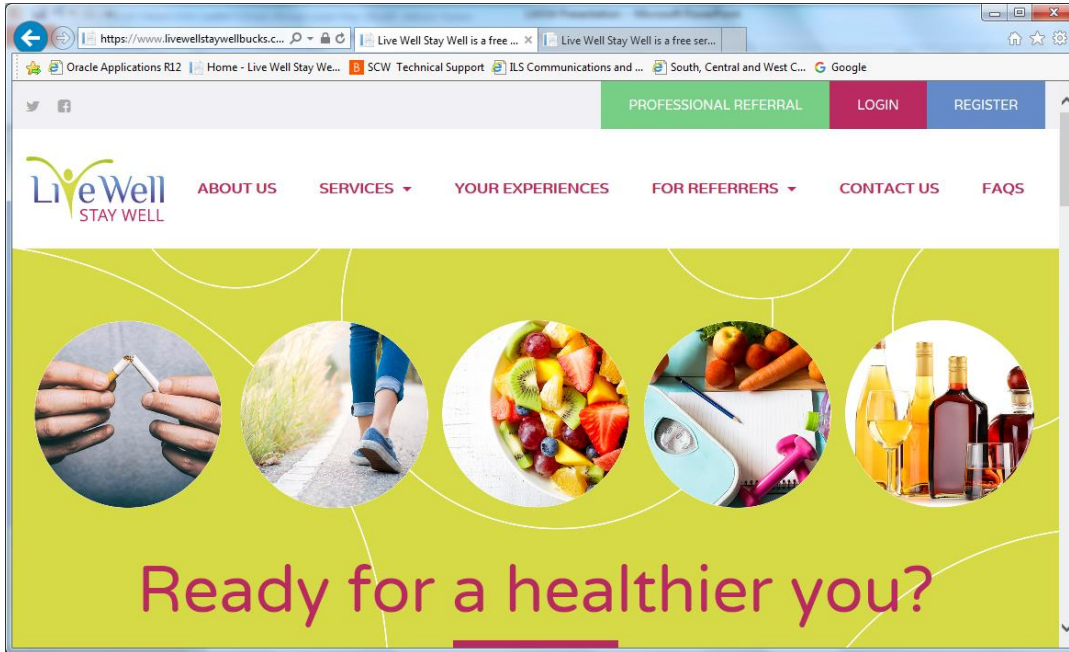
Why is SMI a priority for LWSW ?

- People with schizophrenia or bipolar disorder die on average 15-20 years earlier than the general population.
- More likely to experience heart disease, diabetes, respiratory disease and infections.
- Higher rates of smoking, alcohol consumption and drug misuse.
- Difficulties in accessing physical health care due to reduced motivation, and as a consequence of stigma or 'diagnostic overshadowing'.
- LWSW offers easy access for lifestyle interventions to improve the physical health of those with mental health illness and contribute towards reducing the mortality gap in this group.

LWSW Priority Groups: Mental Health, Deprivation Quintile 4 and 5, Pregnant, Learning Disability, South Asian Origin

Number of Interventions Offered:	
Priority Group: Mental Health	
Smoking Cessation	266
Exercise Referral	2039
Alcohol Advice	194
Diabetes Support	340
Healthy Minds	444
NHS Health Check	71
Adult Weight Management	1254
Getting Active	1486

April-October 2018 – Note: A patient will be offered multiple interventions



For more information contact:
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Live Well STAY WELL Are you ready for a healthier future? 

Even small changes will help you achieve your healthy lifestyle goals.

Live Well Stay Well offers support to help you find the right service that works for you; we have already helped thousands of people in Buckinghamshire.

Live Well Stay Well is a free service that has helped thousands of people to lose weight, quit smoking, get more active, feel happier or manage their diabetes. We can also support you with the emotional challenges of managing your long term condition.

The ticked services have been recommended for you:

- Stopping smoking
- Managing your type 2 diabetes
- Losing weight & healthy eating
- spark Children's healthy weight
- Feeling stressed, worried or low
- Getting more active
- Reducing alcohol
- Support with a long term condition

Visit: www.livewellstaywellbucks.co.uk
Or Call: 01628 857311