

Improving health and wellbeing is everybody's business

Improving health and wellbeing is everybody's business which is why you can play your part by offering brief intervention on staying healthy, prevention and lifestyle behaviour change through Healthy Chat and signposting to services for support.

We aim to Make Every Contact Count by using the wider workforce to raise lifestyle issues with members of the public, other staff, colleagues, friends and family, to briefly assess their readiness to change lifestyle behaviour and signpost them to support services.

As a result, the brief intervention can lead to a change in lifestyle behaviours

- Improved health, including improved mental health
- Improved quality of life
- Longer healthier life expectancy and consequently less pressure, and cost, on health and social care services.

People are 4 times more likely to quit smoking with help from the Stop Smoking Service.

Obese people live on average 9 years less than people in a healthy weight range.

Every year around 51 people in North Lincolnshire die due to alcohol related diseases.

Compared to non-drinkers, if you regularly drink above the recommended units you risk a higher rate of illnesses including: Alcohol dependency; memory loss; wrinkles & ageing; liver damage; liver cancer, stomach ulcers, oral cancers and breast cancer.

There are around 70 winter deaths in North Lincolnshire (mainly in the older population) look out for signs of Fuel Poverty: cold home; damp; inactive householder; respiratory problems; portable heaters; lots of layers of clothes.

Ask - Raise the issue

Pick up on someone's mood as a link to lifestyle issues. Take the opportunity to listen if someone mentions they are unhappy with any lifestyle issue.

Assist - Assess motivation

Ask on a scale of 1-10 How important it is?

On a scale of 1-10 How ready are they to change?

People are more likely to adjust their lifestyle when they are ready to change, but you can still plant the seed and offer support for when they are ready.

Act - Signpost to Service

- A) If not ready to change, highlight positive reasons to consider for changing, and advise of number for when they are ready.
- B) If they are ready to change refer to service overleaf.

Make Every Contact Count

Healthy Chat
Ask
Assist
Act

NORTH LINCOLNSHIRE SERVICES

Drugs and Alcohol

Alcohol - For help and support locally regarding alcohol please call **0808 1430640**. By calling this number our staff will be able to advise you on the best service for you. If you would prefer to speak to someone in person please call in at CGL Step Forward, 189 High Street, Scunthorpe.

- Outreach Clinics
 - Viking Resource Centre, Barton – Tuesdays
 - Children's Centre (Brigg) – Thursdays
- Predominantly planned and pre-booked appointments
- Facebook Page – Search Step Forward – regular updates to services

DELTA - Young Persons Drug and alcohol treatment/ advice service 01724 298528

Ageing and Fuel Poverty

For further information on **Affordable Warmth** Assistance for vulnerable households please contact North Lincolnshire Council on Tel: **01724 297000** to request a Home Assistance Enquiry Form.

SafeCare – over 75s at risk of falling or already fallen-through GP referral.

Sexual Health

Advice and support for all STI screening and contraception needs call on  Tel: **0300 330 1122** & for information and to book appointments on line www.thesexualhealthhub.co.uk

NHS Health Check

Free NHS Health Check Helping you prevent heart disease, stroke, diabetes, kidney disease and dementia. For people aged between 40-74 years who have not had a health check in the last 5 years and are not currently being treated for certain medical conditions. For more information contact your GP

Stop Smoking, Weight Management and Health Trainer Service

North Lincolnshire Healthy Lifestyle Service

Tel No: **01724 298212** nlc.healthylifestyles@nhs.net
www.northlincs.gov.uk/healthylifestyleservice

A team of friendly and knowledgeable Healthy Lifestyle Facilitators can support groups of people wanting to focus on the following:

- Achieving and maintaining a healthy weight
- Stopping smoking
- Reducing alcohol use
- Being more physically active
- Increasing wellbeing, including mental and emotional health
- Training around health and wellbeing for those people who are interested in becoming trained as health champion

We offer an initial one to one assessment to identify individual's health and wellbeing goals and either 6 or 12 week group sessions and continued support as required. People can refer themselves to the Healthy Lifestyle Service team, or can be referred by another agency or organisation.

Get Going - a FREE healthy lifestyle programme for young people aged 4-16 years old above a healthy weight. Tel: **07702 275246** Email: nlccg.get-going@nhs.net

Mental Health

Improving access to psychological therapies
The Talking Shop, 19 Market Hill, Scunthorpe
01724 867297 (Mon-Thur 8.30-3.30pm Fri 8.30-3pm)

Network Café: The Network Café (part of the Community Mental Health Social Work Team) is holding drop-in sessions for anyone requiring help with mental health issues and social problems. To find out where your nearest drop-in is held, contact Sandra Jackson or Karen McLaughlin on **01724 296633**.

Physical Activity

There are a wide range of services and activities available

Walking the Way to Health

Tel: **01724 297631** or Tel: **07717 586380**
www.northlincs.gov.uk/tourism-museums-and-the-arts/enjoying-the-countryside/walks-cycle-routes/walking-to-health

Active Ageing - A programme that offers a 'gentler' less strenuous approach to exercise

Tel: **01724 297270**

Free Breeze - Women Only Led Bike Rides and Ride Social - Free social bike rides for men and women.

Exercise referral through GP/health professional or contact your local leisure centre for more information.

Log onto **British Cycling's Lets Ride** website www.letsride.co.uk/ and search for your nearest free bike ride.

Leisure centres

www.northlincs.gov.uk/leisure/leisure-centres

'Do Something Different' Sport, leisure and cultural sessions Tel: **01724 297270**

Park Run - FREE 5k run Every Saturday 9am in Central Park and Normanby Hall Country Park
www.parkrun.org.uk/scunthorpe
www.parkrun.org.uk/normanbyhall

Additional Information/Contacts

NHS dental services including help to find a dentist:
www.nhs.uk/NHSEngland/AboutNHSservices/dentists/Pages/find-an-NHS-dentist.aspx

For information, support and advice about breastfeeding please contact the **Breastfeeding Peer Supporters** on **07900 567052**
breastfeedingfeedback@northlincs.gov.uk

One You: Get free personalised advice on keeping yourself healthy and active. www.nhs.uk/oneyou