**Swindon Live Well Hub**

**A-Z COMMUNITY HEALTH & WELLBEING SERVICES**

**Ability Sports**

Disability Sport sessions work with disability groups across the Borough. The aim is to deliver sporting opportunities for disabled people and to ensure that all disabled children and young people, whether in mainstream or special schools, can access a range of sporting opportunities and maximise potential.

The following sessions are provided:

* **Ability Trampolining, Ability Ice Skating, Ability Gym, Ability Climbing and Champions Multisports Club**

**Adult Weight Management**

* **Dietbusters**

Dietbusters is a 12-week Weight Management Programme that will help set people on their way to a healthy lifestyle by encouraging sensible eating habits and increasing activity levels. The course sessions consist of 45 minutes of education and 45 minutes of exercise tailored to individual specific needs. GP referral only.

**Child Weight Management**

This service is primarily targeted at young people who are assessed to be obese using the criterion of BMI above the 98th centile:

* **Alive ‘n’ Kicking Toddlers (2 – 4 years)**

Is an obesity prevention programme involving parental nutrition workshops and children’s active play sessions. The programme aims to educate and inform parents on healthy eating and physical activity.

* **Alive ‘n’ Kicking Juniors (5 – 11 years)**
* **Alive ‘n’ Kicking Seniors (11 – 16 years)**
* **Future Fit Juniors (Primary School children)**
* **Future Fit Seniors (Secondary School children)**
* **Gym Club (Secondary School children)**

The aims of these 10 week courses, consisting of weekly 60 minute sessions, are to educate and guide parents in ensuring that physical activity and healthy lifestyle habits are prioritised and continued.

**Community Health & Wellbeing Girls Group**

These sessions aim to improve the emotional and physical wellbeing of girls in Swindon aged 13 to 18 years. The personal development is achieved through educational workshops around healthy living/ eating, sexual health, physical activity, personal safety and employability.

**Community Navigators**

Community Navigators help clients who are either, newly diagnosed with a long term health condition, or with an existing long term health condition and are keen to make changes. The Navigators work one-to-one with clients to help them: self-manage their condition; improve community participation and reduce social isolation; and gain the confidence to access support resources outside of statutory services. GP referral only.

**Diabetes: Living With, Living Well**

The purpose of this project is to increase physical activity levels and educate individuals about managing their condition. It is a 10 week project which aims to support clients with Type 1 or Type 2 Diabetes through improved self-management of their condition and an increased physical fitness and levels of confidence.

**Health Ambassadors**

Are not medically trained but have a National Health Trainer Award qualification and can work on a 1-2-1 with clients for 6 sessions assisting towards a healthier lifestyle.

Goals are set by the client and all health & wellbeing is considered e.g. improving diet, increasing exercise, stopping smoking, accessing learning and connecting with the local community. Each session can be different e.g. going for a walk or shopping for healthier food can be an option. This service is free to all over age 16. Clients are allocated through the triage Hub.

**Health Check (NHS)**

This is a free service and part of a national NHS scheme helping to prevent the onset of cardiovascular diseases such as stroke, heart attacks, kidney disease or diabetes.  Everyone between the ages of 40 and 74 who have not been diagnosed with these conditions is invited for a check once every five years.  The Health Check assesses risk of developing these conditions and gives advice on actions to improve health.

**Healthy Lives - Getting Help to Manage COPD (Chronic Obstructive Pulmonary Disease)**

This programme is for patients who have a new or existing diagnosis for COPD, and where deemed appropriate, adult Asthma. When a patient is referred they will be allocated a place on the next available course.

Healthy Lives takes place in a more informal community setting at the Haydon Centre, Haydon Wick and is delivered by specially qualified and experienced staff. Each course consists of two sessions per week (Tuesday and Thursday) for seven weeks and runs throughout the year. Each session includes up to one hour of gentle and appropriate exercise which will be tailored to individuals’ requirements, followed by one hour of education relating to various aspects of self-management.

**Physical Activity Sessions**

The following activity sessions are aimed at mature adults who are new to exercise or require closer supervision. The sessions are tailored to help people increase and maintain independence:

* **Supervised gym sessions**
* **Exercise to music**
* **Cycling 4 health**
* **Cardio care – Gentle Circuits**
* **Balance and safety**
* **Gentle aqua**
* **Up ‘n’ walking**

**Special Olympics**

Special Olympics sessions provide opportunities for participants with learning disabilities to improve health, reduce social isolation and develop physical fitness.

A person is eligible to become a Special Olympics athlete provided that he/she is eight years of age and older and has been identified as having an intellectual (learning) disability. Swindon is an accredited branch of SOGB (Special Olympics Great Britain) and currently provides sport opportunities in the following areas:

* **Tennis**
* **Football**
* **Boccia**
* **Athletics**

**Specialist Health Ambassador (SHA)**

The primary purpose of this role is to deliver the NHS Health Check and Stop Smoking provision. SHAs have Stop Smoking adviser qualifications and can work one-to-one or facilitate group sessions. SHAs have expert knowledge in key areas such as: mental health, drugs and alcohol, long term conditions, young people and pregnancy. Clients are allocated through the triage Hub as well as being directly identified by SHAs.

**Stop Smoking Service**

This is a free service providing expert advice, support and encouragement to help anyone stop smoking for good. The Service has trained advisers (Specialist Health Ambassadors) who offer free one-to-one or group support. They can also recommend nicotine replacement products and other stop smoking medicines.

**Tri-Active**

This project aims to increase the number of people in Swindon regularly running, swimming and cycling. The project predominantly targets inactive people from the underprivileged areas of the Borough. For minimal cost per session the project runs the following weekly sessions:

* **Track session**
* **Sky Ride Local**
* **Be a Swimmer**
* **Be a Swimmer (Ladies only)**
* **Cycle Drop in**

**Wellbeing Befrienders**

Wellbeing Befrienders work with people who may feel isolated and lonely but are ready to connect to their local community. For example, a member of this team might accompany someone to a learning classroom or go walking with a client who might join a local walking group.

This is a free service available to those over age 16 and up to 6 sessions are offered.