

Summary and eligibility criteria for services available through the Community Health & Wellbeing Team



Live Well Swindon Hub

The Hub is the first point of contact for clients and referral agencies and provides information, advice and a triage service. To access any of the services, please contact the Live Well Hub on:

01793 465513

livewell@swindon.gov.uk

livewellswindon@nhs.net

Ability Sport and Special Olympics

We have a range of physical activity and sport sessions aimed at adults and children with physical and learning disabilities. These pay-as-you-go sessions are tailored to help give every participant the opportunity to take part in some form of physical activity. Sessions currently available include:

Cycling, Gym, Swimming, Trampolining, Boccia, Multi Sports, Football, Athletics, Tennis.

Eligibility:

Resident in the Borough of Swindon

The sessions are designed to be inclusive, however we aim to target adults and children (aged 5+) with disabilities (physical and learning)

Cost: Between £1.50 and £3 dependent on session

This service will accept self-referrals

Active and Inclusive Sessions

We have a range of physical activity sessions aimed at adults who are either new to exercise, can no longer cope with the level of a main stream class or require closer supervision. These pay-as-you-go sessions are tailored to help people increase and maintain independence. Sessions currently available include:

- Exercise to Music – a low impact class, suitable for all ages who are independently mobile
- Cycling 4 Health – an open access session with a wide range of bikes available including a selection of adapted bikes
- Strength and Balance class, suitable for those who have had a fall or at risk of falling.
- Gentle Circuits; suitable for all ability levels can be adapted to suit individual needs
- Gentle Aqua; referrals only from the Weight management Clinic – GWH
- Walking: a range of walks across the town led by trained Walk Leaders

Eligibility:

Resident in the Borough of Swindon

Aimed at adults new to exercise or need closer supervision

Cost: £3.00

This service will accept self-referrals (with the exception of the Gentle Aqua)

Adult Weight Management

Dietbusters is a 12-week weight management programme providing support to people looking to lose weight and maintain a healthy lifestyle. The course sessions consist of 45 minutes of education and 45 minutes of exercise tailored to individual needs. We can also provide vouchers to clients for Slimming World & Weight Watchers giving them access to a 12 week weight loss programme at an existing club in their area.

Eligibility:

Resident in the Borough of Swindon

Are ready to tackle their weight

Aged 16 years and over

High or very high health risks related to their BMI and waist circumference

Is not pregnant, breastfeeding or has an eating disorder

Patients **must also** have one or more of the following:

- Type 2 Diabetes
- Free prescriptions
- Mild learning disabilities
- On the mental health register (but able to attend the sessions)

Cost: Free

This service must be referred via GP

Child & Family Weight Management

Alive 'N' Kicking is a national weight management programme for children, young people and the family as a whole. The 10 week programme delivered locally is designed to encourage healthy eating and physical activity.

Eligibility:

Resident in the Borough of Swindon

Juniors (5 – 11 years)

Seniors (11 – 16 years)

Cost: Free

This service will accept self-referrals

Community Involvement

We offer a range of easily accessible, friendly and informal opportunities designed to improve confidence, develop skills and tackle loneliness and isolation. The programme of activity changes regularly to meet demand, however Coffee and Connections and The Big Knit are two current projects on offer. Both are designed to offer purposeful activity to connect individuals with others.

Eligibility:

Resident in the Borough of Swindon or registered with a GP within the NHS Swindon CCG boundary

Cost: Free

This service will accept self-referrals

Community Navigators

The Community Navigator service is designed to offer one to one support to individuals who have been diagnosed with one or more long term health condition. The Navigators work with clients for up to 8 sessions, encouraging them to self-manage their condition and improve their quality of life through participation in community life.

Eligibility:

Resident in the Borough of Swindon or registered with a GP within the NHS Swindon CCG boundary

Age 18+

Has one or more Long Term Health Condition(s)

Is not working with a CPN (Community Psychiatric Nurse)

Cost: Free

This service must be referred via GP

Girls Group

These sessions are designed to improve the emotional and physical wellbeing of girls in Swindon aged 14 to 18 years. The programme consists of a series of educational workshops around healthy eating, sexual health, physical activity, personal safety and employability.

Sessions: Wednesday nights at Youth First, Walcot
Thursday nights at The Underground, North Swindon.

Eligibility:

Resident in the Borough of Swindon
Female aged 14 to 18 years
Identified as vulnerable through involvement in risky behaviour or poor emotional health

Cost: 50p per session

This service is referred through partner agencies (e.g. Youth Engagement, Police, Youth Offending team, GP's)

Health Ambassadors

The Health Ambassador service offers free lifestyle advice and support to individuals wanting to improve their physical and emotional wellbeing. Working on a one to one basis for up to 6 weeks, the Health Ambassador and client will agree goals around positive behaviour change.

Eligibility:

Resident in the Borough of Swindon
16 +
Ready to make lifestyle change

Cost: Free

This service will accept self-referrals

Healthy Lives

This programme is for patients who have a new or existing diagnosis for COPD and where appropriate, adult Asthma. Healthy Lives takes place in a more informal community setting and is delivered by specially qualified and experienced staff. 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.

Sessions: Each course consists of two sessions per week (Tuesday and Thursday) for seven weeks and runs throughout the year. Current sessions are being held at the Haydon Centre in Haydon Wick.

Eligibility:

Resident in the Borough of Swindon or registered with a GP within the NHS Swindon CCG boundary
Must be diagnosed with COPD or Asthma

Cost: Free

This service must be referred via GP or Health Care Professional

NHS Health Check

The NHS Health Check service is designed to help prevent the onset of diseases such as stroke, heart attacks or diabetes. Everyone between the ages of 40 and 74 who have not been diagnosed with pre-determined conditions is invited for a check once every five years. The Health Check assesses the risk of developing these conditions and gives advice on actions to improve health.

Eligibility:

Resident in the Borough of Swindon or registered with a GP within the NHS Swindon CCG boundary
Aged 40 – 74
Must not be taking any Statins
Must not be receiving treatment for Heart Disease, Kidney Disease, Diabetes or High blood pressure

Cost: Free

This service will accept self-referrals

Smoking Cessation

We offer a 12-week programme, tailored to the individual which provides expert advice, support and encouragement to stop smoking. The service has trained Advisors who can offer 1-2-1 or group support. They can also recommend nicotine replacement products and other medicine to stop smoking.

Eligibility:

Resident in the Borough of Swindon

Cost: Free

This service will accept self-referrals

Steps to Health

The Steps to Health scheme promotes better health through physical activity and is designed to support individuals who require more specialist support and assistance. Steps to Health aims to aid the management of chronic health conditions for inactive or ineffectively active individuals

Anyone referred to the scheme will be invited to a face to face consultation where trained and experienced staff will ensure they are ready to participate and will recommend the most appropriate session.

Eligibility:

Resident in the Borough of Swindon

Clients must be clinically stable – no change in symptoms or medication during the previous month.

Clients should have

- 2 or more CHD risk factors or
- Mild to moderate mental health conditions who need structured and supported exercise

Cost: Free consultation. £3 per session (pay as you go)

This service must be referred via GP or Health Care Professional

Swindon Circles

Swindon Circles matches local volunteers with lonely and isolated older people to encourage them to access activity and social networks in their local community. The service is not designed to replace care services, but add value through companionship.

Eligibility:

Resident in the Borough of Swindon or registered with a GP within the NHS Swindon CCG boundary

Clients must be aged 65 or over and are:

Socially isolated (less than 5 hours or less a week of social contact)

Volunteers must be aged 16 or over

Cost: Free

This service will accept self-referrals

Volunteering

The team have many volunteering opportunities for people to get involved with and offer a flexible and inclusive approach. We are committed to making sure that our Volunteers feel part of the team, are clear on their role and are continuously supported through training and supervision.

Eligibility:

We welcome volunteers from any walk of life, with any amount of experience.

Volunteers are required to provide 2 references and undergo a DBS check.

Some of our volunteering opportunities are restricted to those aged 16 or over

Cost: Free

This service will accept self-referrals

Welcome Sessions

The Live Well Welcome Sessions are designed to provide an informal introduction to the services we offer. The sessions provide a brief outline of the Community Health and Wellbeing services as well as the opportunity to meet the team and ask any questions. Participants can bring a companion with them.

Eligibility:

Resident in the Borough of Swindon or registered with a GP within the NHS Swindon CCG boundary

Aimed at individuals who have been referred to or are interested in any of the services offered by the Community Health and Wellbeing Team.

Cost: Free

This service will accept self-referrals