

# Lifestyle Interventions in West Berkshire



A collation of information about West Berkshire's Tier 1 and 2 lifestyle interventions and services to aid patient signposting and referral



## Overview of Interventions and locations:

Intervention:	Location:
<b>Physical Activity:</b>	
Walking for Health	Locations across West Berkshire
Green Bags	Thatcham, Northcroft Leisure Centre, Mobile Libraries, Speen, Stockcross, Victoria Park, Council Offices Calcot (Sainsbury's), Beech Hill Parish Council
Sport in Mind	Northcroft Leisure Centre, Theale Green Leisure Centre
Bikeability	Kennet Leisure Centre, Northcroft Leisure Centre, Pangbourne Primary, Theale Green, Cotswold Sports Centre
Macmillan Wellbeing Programme	Northcroft Leisure Centre, Newbury (Tuesday morning)
Newbury and Thatcham Green Gym	Thatcham Nature Discovery Centre, Snelsmore Common Country Park.
West Berkshire Activity for Health ( Exercise on referral) Scheme	A variety of locations please see the leaflet attached <a href="mailto:jennifer.charlton-yates@parkwood-Leisure.co.uk">jennifer.charlton-yates@parkwood-Leisure.co.uk</a>
<b>Healthy Eating / Physical Activity combined:</b>	
Eat4 health	A variety of locations across west Berkshire please contact Melanie Benford - <a href="mailto:melanie.benford@solutions4health.co.uk">melanie.benford@solutions4health.co.uk</a>
<b>Weight Management:</b>	
Barometer	Locations in Newbury, Berkshire - Stephanie Irfan <a href="mailto:stephanie.irfan@nhs.net">stephanie.irfan@nhs.net</a>
<b>Smoking Cessation:</b>	
Smokefree Life Berkshire (Solutions for Health)	Various <a href="#">locations</a> including GPs, pharmacies, shopping centres and <a href="#">online</a>
NHS Choices – Smokefree	<a href="http://www.nhs.uk/smokefree">www.nhs.uk/smokefree</a>
<b>Drugs and Alcohol Services:</b>	
Turning Point	1 Station Road, Newbury and sundry GP practices <a href="mailto:spocnewbury@turning-point.co.uk">spocnewbury@turning-point.co.uk</a>
<b>Mental Health</b>	
Post Natal Depression Counselling Support Group	Homestart, 4/8 The Broadway, Northbrook Street, Newbury, Berkshire. RG14 1BA <a href="http://www.home-startwb.org.uk/">www.home-startwb.org.uk/</a>
Moving Forward	Information to follow
Village Agents	Located in Lambourn, Hungerford, Kintbury, Shaw-cum-Donnington, Compton, Chieveley, Greenham, Thatcham and Bucklebury.
Pulling Together	Based at the Newbury Community Resource Centre <a href="http://www.cfpnewbury.org/pullingtogether.php">www.cfpnewbury.org/pullingtogether.php</a>
Books on Prescription	West Berkshire Libraries
At Home Library Service	Various
Friends in Need	West Berkshire
Time to Talk	Broadway House, Newbury and in 4 schools; Kennet, Theale Green, The Downs and Willink.

Programme name:	Brief description (include duration)	Target group(s) or eligibility criteria.	Referral route	Where are sessions available? (Address)	When? (Dates and times)	Key contact (Name, telephone / email)
<b>Physical Activity</b>						
<b>Walking for Health</b>	Regular led health walks ranging from 30 – 90 minutes	For all abilities	Self / GP / Health Professional	<a href="#">See timetable</a>	Daily	Physical Activity Coordinator Tel: 01635 519679 <a href="mailto:walking@westberks.gov.uk">walking@westberks.gov.uk</a>
<b>Green Bags</b>	Sports equipment available for hire. Bags contain kwik cricket, rugby, football, hockey, tennis and badminton equipment.	Families	Self / GP / Health Professional	Free sports equipment available to hire - Thatcham Town Council Northcroft Leisure Centre Mobile Libraries Speen Victoria Park Calcot Beech Hill Parish Council	Daily as required	Physical Activity Coordinator Tel: 01635 519679 <a href="mailto:zcampbell@westberks.gov.uk">zcampbell@westberks.gov.uk</a>
<b>Activity for Health</b>	Activity for Health – Exercise on referral programme across West Berkshire at Parkwood Leisure Centres  Please see below for further specialist activity for health sessions  New Hearts -Cardiac Rehabilitation exercise classes  Steady Steps - Falls Prevention exercise classes  Easy Breathing - COPD exercise classes	Adults	GP/Health Professional	A variety of sessions available across the week in a variety of locations  Please contact the Co-coordinator for details		Activity For Health Co-ordinator Jennifer Charlton – Yates <a href="mailto:jennifer.charlton-yates@parkwood-leisure.co.uk">jennifer.charlton-yates@parkwood-leisure.co.uk</a> <a href="mailto:a4hwestberkshire@parkwood-leisure.co.uk">a4hwestberkshire@parkwood-leisure.co.uk</a> Tel: 01635 31199
<b>Sport in Mind</b>	Sport and physical activity sessions including football, walks, badminton, table Tennis	For mental wellbeing		Table Tennis Northcroft Leisure Centre  Badminton Theale Green Leisure Centre  Football Northcroft Leisure Centre  Health Walk Northcroft Leisure Centre	Wednesday 2 - 3pm  Monday 5 - 6pm  Tuesday 3 - 4pm  Thursday 12-12.45pm	Neil Harris <a href="mailto:info@sportinmind.org">info@sportinmind.org</a> Tel: 07969 579 947
<b>Bikeability</b>	Free cycle training	For adults and young people		<a href="#">Apply for bikeability training</a>		<a href="#">Contact the Cycle Training Team</a> Tel: 01635 503263

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<b>Macmillan Wellbeing Programme</b>	Education and exercise classes at for people diagnosed with cancer.	For those recovering from cancer	Hospital Consultant or GP	Northcroft Leisure Centre, Northcroft Lane, Newbury, Berkshire	Tuesdays 9.30 -12.30	Contact- Kevin Johnson Macmillan Well-Being Programme Physical Activity Lead Cancer Services Berkshire <a href="mailto:kevinjohnson1@nhs.net">kevinjohnson1@nhs.net</a> Tel: 07966 295 873
<b>Thatcham and Newbury Green Gym</b>	Conservation volunteering with a focus on improving peoples physical activity levels and general wellbeing. Increasing social contentedness.	For adults	Self/GP/Health professional	Thatcham Nature Discovery Centre  Snelsmore Common Country Park,	Monday 9:30am – 12:00pm  TBC.	Oonagh French Senior Community Project Officer The Conservation Volunteers Tel: 0118 956 8959 <a href="mailto:o.french@tcv.org.uk">o.french@tcv.org.uk</a>
<b>Weight Management</b>						
<b>Eat4Health</b>	Ten week course Participants attend a weekly class which includes healthy eating/weight loss advice and a physical activity session	For adults	Self/GP/ Health professional	A variety of locations and times Please speak to the co-ordinator for details		Self referral or GP referral Contact the Eat4health Co-ordinator Melanie Benford <a href="mailto:melanie.benford@solutions4health.co.uk">melanie.benford@solutions4health.co.uk</a>
<b>Barometer</b>	Tier 2 plus specialist weight management intervention programme. The Barometer programme requires patients to commit to a 12 month intervention programme. This consists of five group education sessions and four individual review appointments.  The five group sessions are held fortnightly for the initial 10 weeks of starting the programme.  The four individual review appointments are held at 3, 6, 9 & 12 months after starting the programme.  Each cohort has a maximum of 12 patients.	For Newbury and District CCG patients. Those with a BMI>30 and the existence of co-morbidities (or those with BMI of >35 with no co-morbidities) can be offered a more specialist service in Primary Care that is based on a tier 3 model, called Barometer	GP	Lead Practice in West Berkshire is: Northcroft Surgery, Northcroft Lane, Newbury.  Venue for Group Sessions is: St John's Church Hall, St John's Church, St John's Road, Newbury.  Venue for Individual Review Appointments is: Northcroft Surgery, Northcroft Lane, Newbury.	Please contact Stephanie Irfan for further details	For information please contact <a href="mailto:stephanie.irfan@nhs.net">stephanie.irfan@nhs.net</a>
<b>Smoking Cessation</b>						
<b>Smokefree Life Berkshire</b>	Program aimed at offering individual support, advice and nicotine replacement therapy to help support smokers to permanently quit.	Berkshire residences who are current smokers.	Self/GP/Health Professional	Information available online or, please contact for details. Advisors and support is available in many different GP, Community and Pharmacy locations across Berkshire.	Please see contact in next column for details	Advisors available on Tel: 0800 622 6360 or text QUIT to 66777  <a href="http://www.smokefreelifeberkshire.com/Default.aspx">www.smokefreelifeberkshire.com/Default.aspx</a>

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<b>Drugs and Alcohol</b>						
<b>The Edge (Young Peoples Service)</b>	<p>Full range of support for substance misuse issues</p> <p>Signposting to other services</p> <p>Complimentary Therapies</p> <p>Groups and 1-1 working</p> <p>Specialist Opiate Substitute Prescribing support</p> <p>Parent and Carers Support</p> <p>Schools interventions</p> <p>Sexual Health Advice</p> <p>Child Sexual Exploitation Support Group</p>	Under 18s, but provide transition support for 18 – 24 year olds with Turning Point	Self, GPs, other professionals	Waterside Centre Waldegrave Place Northbrook Street Newbury Berks RG14 1DS	<p>Mon: 9-5 Tues: 9-5.30 Wed: 9-5 Thurs: 9-5 Fri: 9-4.30</p> <p>Out of hours can be arranged</p>	Tel: 01635 582002
<b>Turning Point (Adults)</b>	<p>Any adult resident (inclusive of those who are part if the Criminal Justice System)</p> <p>Full range of support for substance misuse issues</p> <p>Signposting to other services</p> <p>Complimentary Therapies</p> <p>Groups and 1-1 working</p> <p>Specialist Opiate Substitute Prescribing</p> <p>Shared Care with GPs</p> <p>Parent and Carers Support</p> <p>Education Programme</p> <p>Fixed Site Specialist Needle Exchange Programme</p> <p>BBV testing</p> <p>Service User involvement support</p>	Over 18	Self, GPs, other professionals	1 Station Road Newbury West Berkshire RG14 7LP	<p>Mon: 9-7 Tues: 9-5 Wed: 9-5 Thurs: 9-5 Fri: 9-5</p> <p>GP Practice provision by appointment</p>	<p>Tel: 01635 237795</p> <p><a href="mailto:spocnewbury@turning-point.co.uk">spocnewbury@turning-point.co.uk</a></p>

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<b>Mental Health</b>						
<b>Post Natal Depression Support Group</b>	Group based counseling support for West Berks residents with Post Natal Depression	All women experiencing depression in post natal period/children under 5	GPs, Health Visitors, Children Centre Staff, Self referral, other HCP	Contact Homestart for details. Home visits also available	Contact Homestart for details	Homestart, 4/8 The Broadway Northbrook Street NEWBURY Berkshire RG14 1BA Tel: 01635 760310 <a href="mailto:office@home-startwb.org.uk">office@home-startwb.org.uk</a>
<b>Moving Forward</b>	Weekly session at Northcroft Leisure Centre at the gym. Group is specifically for people with mental health conditions including depression, anxiety and stress. Psychologist support for the group is provided	Anyone experience a mental health problem	GP or Health care professional via the Activity for Health scheme	Northcroft Leisure Centre, Newbury	Contact Activity for Health Co-ordinator for details	Activity for Health Co-ordinator, Tel: 01635 31199 or email <a href="mailto:a4hwestberkshire@parkwood-leisure.co.uk">a4hwestberkshire@parkwood-leisure.co.uk</a>
<b>Village Agents</b>	Volunteer village agents can help residents with housing, pensions, benefits etc. They help to put older/socially isolated residents in direct contact with community, voluntary and statutory agencies.	Anyone who is older and/or socially isolated		Located in Lambourn, Hungerford, Kintbury, Shaw-cum-Donnington, Compton, Chieveley, Greenham, Thatcham and Bucklebury.		Gill Comley, Village Agent Project Coordinator, Tel: 07775 366 812 or email: <a href="mailto:gillian@vcwb.org.uk">gillian@vcwb.org.uk</a> <a href="http://www.volunteerwestberks.org.uk/village_agents.htm">www.volunteerwestberks.org.uk/village_agents.htm</a>
<b>Pulling Together</b>	Provides opportunities for people with mental health problems to engage in volunteering activities across a range of activities	Anyone experience a mental health problem	GP, CMHT or Health care professional	Located at the Community Furniture Project, Unit F, Hambridge Road Industrial Estate, Bone Lane, Newbury, Berkshire RG14 5SS	Contact Vanessa Miles for details	Vanessa Miles, <a href="mailto:vanessa.miles@cfpnewbury.org">vanessa.miles@cfpnewbury.org</a>
<b>Books on Prescription</b>	Self-help reading for adults based on cognitive behavioural therapy for a range of common mental health conditions including anxiety, depression, phobias and some eating disorders	Anyone experience a mental health problem	GPs, Self referral,	Via local library or information online: <a href="http://www.booksonprescription.org.uk/">www.booksonprescription.org.uk/</a> or <a href="http://readingagency.org.uk/adults/quick-guides/reading-well/">http://readingagency.org.uk/adults/quick-guides/reading-well/</a>		
<b>At Home Library Service</b>	Volunteers from the At Home Library Service can help people who find it difficult to visit their local library, possibly because of age, disability or other circumstances. It could also be available for carers who might not be able to get to the library		Self referral, family, friends			At Home Library Service, Newbury Library, The Wharf, Newbury, Berkshire, RG14 5AU, Tel: 01635 519827 or <a href="mailto:newburylibrary@westberks.gov.uk">newburylibrary@westberks.gov.uk</a>
<b>Friends in Need</b>	An online and offline friends in need community network for people affected by depression. This peer support will help to maintain recovery and wellbeing by developing strong local support networks.	Men and women with depression	GPs, Self referral, other HCP	West Berkshire		<a href="http://www.friendsinneed.co.uk">www.friendsinneed.co.uk</a>

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Time To Talk	Time to Talk West Berkshire is a free, confidential counselling service for young people aged 11-25 in West Berkshire.	Young people aged 11-25 in West Berkshire.	Self referral	Broadway House, Newbury and in 4 schools; Kennet, Theale Green, The Downs and Willink.		Time to Talk office on Tel: 01635 581421 or book an appointment by entering your details on the Time to Talk website: <a href="http://www.14-21timetotalk.btik.com/">www.14-21timetotalk.btik.com/</a>

### Turning Point opening times 2014-15

Monday	Tuesday	Wednesday	Thursday	Friday
<b>9.00am – 7.00pm</b> G.P. – Prescribing a.m. Change Group 1 – 3 Workers Group 6 - 7  Key work daily	<b>9.00am – 5.00pm</b> Recovery Group 10-12 Mindfulness 12 – 12.45 Change Group 1 – 3  Key work daily	<b>9.00am – 5.00pm</b> G.P. – Prescribing a.m. (Team meeting alt Weds) Reduction Group 2 – 3.30  Key work daily	<b>9.00am – 5.00pm</b> IT 10 – 11 IT 12 - 1 Change Group 1 – 3  Key work daily	<b>9.00am – 5.00pm</b> G.P. – Prescribing a.m. Recovery Group 10 – 12 Acupuncture 12 – 1 Motivation Group 1 - 3 Key work daily

### Needle exchange open every day

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>10am - 12pm</b> Drop in		<b>9.30am - 12pm</b> Drop in	<b>2 - 4pm</b> Drop in

# Activity for Health Programme Exercise Referral Form

Please complete all sections



in partnership with your Doctor and Local Leisure Centre

**Clinical Commissioning Group**

## Patient Details

Surname \_\_\_\_\_ Date of Birth \_\_\_\_\_  
Forename \_\_\_\_\_ Tel.No \_\_\_\_\_  
Address \_\_\_\_\_  
Reason for referral \_\_\_\_\_

## Baseline Measures

Resting Heart Rate \_\_\_\_\_ Heart Rate Regular/irregular \_\_\_\_\_  
BP Systolic is \_\_\_\_\_ BP Diastolic is \_\_\_\_\_

## Clinical Diagnosis and/or current problems

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_  
4. \_\_\_\_\_

## Medication Prescribed

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_  
4. \_\_\_\_\_ 5. \_\_\_\_\_ 6. \_\_\_\_\_

## Possible effects of current medication and/or diagnosis on patient's safe/comfortable conduct of exercise

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Prohibited activity

if there are any activities that you DO NOT wish the client to take part in please indicate

Cardiovascular gym  Weights gym  Yoga  
 Swimming  Exercise class  
 Aquafit  Walking Programme

## Susceptible to

Arrhythmia  Dizziness/falls  Hypotension  
 Skin irritation  Hypoglycaemia  Asthma  
 Angina  Infection  Osteoporosis  
 Joint pain  Abnormal muscle tone  Urinary frequency  
 Impaired alertness  Impaired cognition

## Stage of health behaviour change

(tick activity status)

Precontemplation (not considering exercise)  
 Contemplation (considering exercise)  
 Preparation (beginning)  
 Maintenance  
 Relapse  
 Unknown

Referred by \_\_\_\_\_

Signature \_\_\_\_\_

Surgery Address \_\_\_\_\_

Date \_\_\_\_\_

GP/Practice Nurse/Consultant/Health Visitor  
(please delete as appropriate)

**IMPORTANT: PLEASE TAKE THIS TO YOUR FIRST APPOINTMENT.**