

## NEWSLETTER



# Healthy Lifestyles Isle of Wight

## FACE TO FACE SERVICES COMMENCE

We are delighted to introduce you to Healthy Lifestyles which went live on the 1st of January 2021.

Healthy Lifestyles is your local **weight management** and **stop smoking** service. We are now able to offer face to face services or virtual support.

You can securely refer clients to both services directly via:

- Electronic referral form at [www.healthylifestylesiow.co.uk](http://www.healthylifestylesiow.co.uk)
- Referral form sent via NHS email to [healthylifestyles.isleofwight@nhs.net](mailto:healthylifestyles.isleofwight@nhs.net)
- Healthy Lifestyles referral form on **SystemOne** (only for GPs)

## SMOKING CESSATION

Smokers will receive up to 12 weeks of evidence-based smoking cessation intervention which includes behavioural support in combination with a pharmacological product.

We can provide:

- **NRT**
- **E-cigarette** voucher - we are working with local vape shops
- **Champix**

## WEIGHT MANAGEMENT

Our **tier 2** 12 week weight management service is provided to those aged 18+ with a **BMI of 25+**.

Weekly 1½ hour face to face group sessions are available and offer 45 mins of nutrition, 45 mins of exercise and a weigh in.

Virtual and interactive support is also available .



*The team were delighted to get out and promote the service in Ventnor.*

## VERY BRIEF ADVICE (VBA)

**Very brief advice** for smoking cessation is a simple form of advice used opportunistically and takes less than 30 seconds.

Evidence shows the **most effective** way to help someone quit smoking is with a combination of **behavioural support** and **pharmacotherapy**.

We are fortunate on the Island to be able to provide a behavioural support service for smokers wishing to quit.

We would be very happy to speak to your GP Practice and offer support and bespoke VBA training. For further information please do get in touch on:

**s4h.enhancedservices@nhs.net.**



## TRAINING

We're able to offer **VBA, NRT** and **Level 2 Advisor training**. To book a place please contact us at:

**s4h.enhancedservices@nhs.net.**

### NRT

Training for NRT and Pharmoutcomes is available to all existing and new pharmacies who would like to train staff members to provide this service.

Current dates available are:

- Wed **22nd** Sep: 630pm - 730pm
- Thu **23rd** Sep: 1pm - 2pm

### L2 ADVISOR TRAINING (for new advisors)

All training continues as usual virtually.

This training comprises of 2 steps:

**1** Online NCSCT practitioner training which can be accessed at the following link: <https://elearning.ncsct.co.uk/england>



**2** Follow up via an online training which will be carried out by Darush Attar. Current dates available are:

- **Sep:** 15th September (915am-445pm)
- **Oct:** 26th & 27th October (6-930pm)

## CONTACT US

www.healthylifestylesiow.co.uk  
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