



# smokefree life Berkshire

Welcome to Issue 18 of the Smokefree life Berkshire newsletter

January 2018

## Happy New Year



Smoking cessation options in your surgery

### Option A: In-house smoking cessation clinic

Smoking cessation support given in-house by a member of your staff

All training provided free of charge by Solutions 4 Health & staff supported by S4H

### Option B: Smokefree life Berkshire to hold a weekly clinic in your surgery:

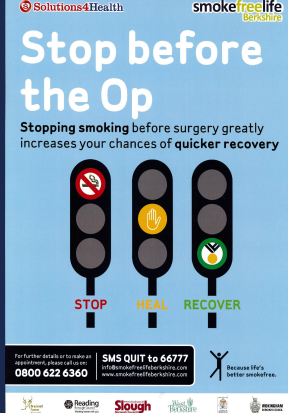
Our advisor will hold a clinic in your surgery every week making the process easy for patients

Your practice will receive payment for each 4 week quitter

### Option C: Referral to a community clinic

Either complete the referral form on DXS, call 0800 622 6360 or Text QUIT to 66777

Your practice will receive payment for each 4 week quitter



27 people who are preparing for an operation quit at 4 weeks

Total no of GP referrals : 152  
 Top performing in-house service: Burdwood Surgery 6 4WQ  
 Top performing S4H in-house service: Farnham Rd Surgery & Langley Health Centre 14 4WQ  
 Top referring GP practice: Forest Health Group 16 referrals

### Q2 Summary

### Quitters with long term conditions

Respiratory: 120 4WQ

Depression: 92 4WQ

CVD: 147 4WQ



19 pregnant women have quit at 4 weeks

## www.cardiowellness4slough.co.uk

CW4S is a new cardiovascular disease prevention programme commissioned by Slough Borough Council and delivered by Solutions 4 Health.

CW4S offers a single point of access for lifestyle services in Slough. The service provides information and support for people to take control of their health by identifying who might be at risk of developing heart disease and then empowering them to address lifestyle issues such as smoking, achieving a healthy weight, increasing physical activity and drinking too much alcohol.

The service assesses and screens individuals to identify risk factors which will result in an opportunity to be referred to local services. Wellness Coaches provide health testing and help local people access the services that will benefit them. Support is delivered by trained multi-lingual staff in a range of community settings. Services include: Health check·Weight management·Falls prevention·Smoking cessation·Support with alcohol misuse·Emotional wellbeing

There is a single point of access making the referral process simple using one template on DXS (available in all GP surgeries) to refer to CW4S.



## Falls Free 4 Life

Our FallsFree4Life service is a falls prevention service designed for the over 60s whereby people can have a free falls prevention assessment with the aim of reducing the number of falls in older people. Depending on the result of the assessment, clients will be referred either to a falls clinic or a well-balanced class.

This is important as:  
 1 in 3 people aged over 65 will fall at least once a year

90% of hip fractures in older people are related to falls

Falls are the most common cause of death from injury in the over 65 age range

Most falls are preventable. With some minor adjustments, FallsFree4Life can help those age 60 plus make the necessary changes to live a strong, independent and balanced life.

We currently run clinics at Langley Health Centre and Dr. Sharma's Surgery. We would be very happy to run a clinic in other surgeries where we can carry out a Falls risk assessment and then refer for appropriate treatment.

Alternatively, you can refer patients for an assessment using DXS

For more information please contact [chris.mcmahon@solutions4health.co.uk](mailto:chris.mcmahon@solutions4health.co.uk)



## Training

Solutions 4 Health are offering the following free training courses

 Very Brief Advice training 24/01/18 10am - 1pm	 Behavioural support workshop 07/03/18 5.30 - 8pm	 Very Brief Advice training 21/03/18 10am - 1pm	 Free online courses www.ncsct.co.uk
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All training is held at Solutions4Health Head Office, 2 Richfield Ave, Reading RG1 8EQ and is free of charge.

To book a place, simply email [chris.mcmahon@solutions4health.co.uk](mailto:chris.mcmahon@solutions4health.co.uk)



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