

Lifestyle services

Below is a list of lifestyle services that Bridgewater NHS Trust offers for someone who is aged between 40 and 74 who has completed an NHS Health Checks Assessment in the Halton area.

| Lifestyle Area | Service | Age group | Description | Contact details |
|---------------------------------|---|---------------------|---|--|
| Weight Management | Fresh Start | 18 + | 10 Weight management programme that provides dietary education, exercise, cooking and tasting sessions. | Barbara Ralph: Tel: 01514955450 Email: barbara.ralph@bridgewater.nhs.uk |
| Weight Management | Next Steps | 18 + | 14 week follow on programme that supports people after completion of Fresh Start. | Barbara Ralph: Tel: 01514955450 Email: barbara.ralph@bridgewater.nhs.uk |
| Weight Management | Lifestyle Referral – Recipe for Health | 18 + | 6 month one to one programme providing personalised advice on healthy lifestyle and individual exercise programmes. | Barbara Ralph: Tel: 01514955450 Email: barbara.ralph@bridgewater.nhs.uk |
| Weight Management | Family Cook and Taste | Families & 5-19 yrs | This programme provides advice on healthy meals, cookery classes and exercise sessions for families. | Barbara Ralph: Tel: 01514955450 Email: barbara.ralph@bridgewater.nhs.uk |
| Stop Smoking | SUPPORT Stop Smoking Service | 12 + | Advice on stopping smoking, one-to-one support, and access to nicotine replacement. | Smoking Team Team leader: Tisha Baynton Tel: 01928593043 Email: smoking.support@bridgewater.nhs.uk |
| Healthy aging, falls prevention | APEX | 50+ | 15 week programme to improve strength, co-ordination and confidence. Includes physical activity, healthy eating advice, complementary therapy and activities in the arts. | Jane Fradley Tel: 01514955450 Email: jane.fradley@hsthpcct.nhs.uk |
| Healthy aging, falls prevention | APEX Follow on | 50 + | 48 week follow on programme to APEX. | Jane Fradley Tel: 01514955450 Email: jane.fradley@hsthpcct.nhs.uk |
| Cancer Checks | Be Clear on Cancer Get Checked Volunteers | 18 + | Group of volunteers who advice and educate people on early detection of breast, lung and bowel cancer. | Kerry Grimes Tel: 01514955450 Email: kerry.grimes@bridgewater.nhs.uk |
| Mental Health | Live Life Well | All | Website for clinicians and the public that lists local services, provides self-help guides and advice regarding mental health. Provides referral forms for services. | www.live-life-well.net Jen Brown Tel: 01744 621835 Email: jen.brown@bridgewater.nhs.uk |
| Mental Health | Mental Health Directory | All | Website that provides list of mental health services locally, regionally and nationally. | www.mhdirectory.net Jen Brown Tel: 01744 621835 Email: jen.brown@bridgewater.nhs.uk |
| Mental Health | Advice on prescription | 18 + | Referral can be made to the citizens advice bureau who provide information on debt, money, family problems, benefits, employment and housing. | Runcorn / Widnes CAB Tel: 01512572449 Email: advice@haltoncab.org.uk |
| Mental Health | Books on prescription | 18 + | GP can provide patient with a prescription for recommended self-help books, which are available from local libraries. | Jen Brown Tel: 01744 621835 Email: jen.brown@bridgewater.nhs.uk |
| Mental Health | Open Minds | 16 + | Service that triages patients to provide advice, self-help, or referral for further services. | Open minds GP referral number: 01515115688 Email: openmind@hsthpcct.nhs.uk |
| Alcohol | Alcohol team | 18 + | Alcohol team can give advice and signpost to further services. | Jane Fradley Tel: 01514955450 Email: jane.fradley@hsthpcct.nhs.uk |
| Alcohol | Ashley House | 18 + | Provides direct one to one support, advice and information for people living with drug and alcohol addiction. | Halton Ashley House Tel: 08456011500 |