Health Improvement services in Newcastle

Funding by Newcastle City Council

[**www.hwn.org.uk**](http://www.hwn.org.uk)

**1. Community Health Trainer Service (City wide)**

Health Trainers support individuals to make positive health related lifestyle change, and offer a personalised approach. They give 1:1 support around healthy eating, physical activity, stopping smoking, stress, alcohol reduction and sexual health. They can buddy and support people to access community activities and services. The service focuses on disadvantaged communities:

* Age 16+
* Needing support with health related lifestyle change

**Contact:** Health Trainers [healthtrainers@hwn.org.uk](mailto:healthtrainers@hwn.org.uk)

**Tel: 0191 273 8889**

**Referrals for this service are accepted from any health professional**

**2. Exercise on Referral (inner and outer west of the city)**

**At The Lemington Centre** OR **The Health Resource Centre, Benwell**

(please indicate preferred venue)

**Inclusion criteria**

* Long term medical condition/s (CVD, Diabetes, COPD, OA, RA etc)
* Preparing for surgery e.g. joint replacement
* Recovering from illness or surgery
* At risk or fear of falling (and / or Osteoporosis)
* Obesity BMI > 26 < 30

**Referrals for this scheme are accepted from any health professional.**

**Exclusion Criteria:** The following patients should **NOT** be referred:

* Unstable angina
* Resting SBP>180mmHg or DBP>100mgHg
* Uncontrolled tachycardia
* Unstable diabetes
* Patients who are unable to follow instructions

**Contact:** Lucy Flanagan [lucy.flanagan@hwn.org.uk](mailto:lucy.flanagan@hwn.org.uk) **Tel:** 0191 264 1959

**Fax:** 0191 264 0084 N.B. There is a (subsidised) charge to the patient for this service.

1. **Staying Steady (community fall’s prevention) City wide**

**Referral criteria** (one or more of the following):

* History of falls (either injurious or non injurious fall)
* Fear of falling
* Feeling unstable or unbalanced
* Low bone density and / or family history of osteoporotic fracture.

Any patient’s that have not been through the Fall’s service will be assessed by a specialist physiotherapist and referred on as appropriate. Self referrals are accepted for this service.

**Contact:** Lucy Flanagan [lucy.flanagan@hwn.org.uk](mailto:lucy.flanagan@hwn.org.uk)

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