

Your 'one stop shop'

for healthy lifestyle support
in Brighton & Hove



Healthy eating



Being more active



Stopping smoking



Losing weight



Drinking less alcohol



Improving wellbeing

Brighton & Hove City Council

Healthy Lifestyles Team



Request support or make a referral

 www.brighton-hove.gov.uk/healthylifestyles

@ healthylifestyles@brighton-hove.gov.uk

 01273 294589



 **beezee
bodies**




Brighton & Hove
City Council



Healthy Lifestyles Team Referral Pack

Version 1.2 April 2019

Contents

- 1
- Your “one stop shop” for Healthy Lifestyles support in Brighton & Hove..... 3
 - How to make a referral 3
 - How your client will be supported 3
- Services available 4
 - Active for Life physical activity programmes 4
 - Programmes include..... 4
 - Health Trainer service 5
 - Eligibility..... 5
 - Stop Smoking services 5
 - Services offered 5
 - Eligibility..... 5
 - Weight management support..... 6
 - Eligibility..... 6
- Signposting, support and information 7
- Support for organisations 7
- Contact our team 7

Your healthy Lifestyle





Your “one stop shop” for Healthy Lifestyles Support in Brighton & Hove

Brighton & Hove City Council Healthy Lifestyles Team provide a single point of access to a range of healthy lifestyle services for Brighton & Hove residents who would like to make healthy lifestyle changes.

How to make a referral

- 1. Primary Care Referrals:** If you work in a GP surgery and have access to EMIS or SystemOne you can complete a simple auto-populating form available on the CCG website: <https://www.gp.brightonandhoveccg.nhs.uk/healthy-living-services>. The form is called ‘Referral to healthy lifestyle services 1.4 – Brighton & Hove’. Email this form to healthylifestyles@brighton-hove.gov.uk or healthy.lifestyles@nhs.net
- 2. Other Professional Referrals:** An online referral form can be found at: www.brighton-hove.gov.uk/healthy-lifestyle-referrals
- 3. Self-Referrals:** Our team accepts self-referrals. These can be made either by completing an online form found at www.brighton-hove.gov.uk/healthylifestyles or by contacting us on the details below:
- 4. Phone and Email:** You can call us on 01273 294589 or email us at: healthylifestyles@brighton-hove.gov.uk or healthy.lifestyles@nhs.net to find out more about the services available, discuss possible referrals or complete a self-referral.

How your client will be supported

All clients referred will receive individualised support and information. We aim to contact the person named in the referral as soon as possible and within 10 working days to arrange a one-to-one assessment. We will discuss the range of healthy lifestyle options available and agree a plan of action with them.

We will then refer them into, or signpost them to, the most appropriate service available. They will be supported through this process and won't have to make several different phone calls, or complete several referral forms in order to access the support they require.

**Your healthy
Lifestyle**



**Brighton & Hove
City Council**



Services available

Active for Life physical activity programmes

The Active for Life project works with all ages across the City. We offer low cost and local sessions across the city that support people to lead active lifestyles and meet people in their local community. Our activities are inclusive; friendly and participants can work at their own pace. Our qualified coaches and activity leaders are experienced in supporting participants of all abilities.

Programmes include:

In Shape for Life – a fun, relaxed fitness session, with healthy living/weight management advice.

Get Active Locally – a range of adult sessions from Pilates to Funkfit!

Active Forever – a range of sessions for adults aged 50+.

Youth Programme – offering, dance, multi-sports, and a girls-only sessions all for ages 12+.

Active for Life Clubs – multisports for ages 7-11 years.

Holiday Programme – free/low cost family events during the school holidays.

Healthwalks & special walks – free, friendly and supportive walks across the city led by trained Volunteer Walk Leaders. Special walks in partnership with a range of organisations including the museums and library service, MIND and local charities.

Additional support to attend activities - We can offer additional support for those wishing to increase confidence and would like to find out more about activities before they try them, including welcome sessions and buddying. Free places for carers and guardians are also available to support people to get involved.

If you would like to know more about the support available through Active for Life please contact us via the details on [Page 7](#)

**Your healthy
Lifestyle**



**Brighton & Hove
City Council**



Health Trainer service

One-to-one behaviour change support for adults aged 18+. Health Trainers work with clients to make realistic and manageable lifestyle changes, through one-to-one support, guidance and signposting.

The service supports individuals wanting to make changes in the following areas:

**Getting
Active**

**Stopping
Smoking**

**Reducing
Alcohol**

**Eating more
Healthily**

**Improving
General
Wellbeing**

Health Trainers work with individuals who want to make lifestyle changes but need a supported approach. They work with clients to build motivation and confidence and to make and maintain healthy lifestyle changes.

Clients are offered up to 6 one-to-one or group sessions with a qualified Health Trainer, and 3, 6 and 12 month follow-up sessions to support sustained behaviour change.

Limitations of service: Health Trainers are not clinically trained, personal trainers or dieticians and do not give specialised or medical advice; this includes specific plans for diet or exercise.

Eligibility: Adults (18+) living in Brighton & Hove who would like to make changes to one or more of the above key lifestyle area.

Stop Smoking services

There are a range of stop smoking support services provided by Health Trainers, GP practices or local pharmacies. Following an assessment, clients are triaged to the service that most suits their needs.

Services offered:

Advice and support in either one-to-one or group behaviour change sessions. Services support those who are ready to quit, preparing to quit or cutting down, who would benefit from increased motivation and confidence. Nicotine replacement therapy is available for smokers wanting to quit (Standard Prescription costs apply for stop smoking medicines).

Eligibility:

Adults (18+) living in Brighton & Hove who would like to cut down or stop smoking.

**Your healthy
Lifestyle**


**Brighton & Hove
City Council**



Weight management support

BeeZee Bodies deliver weight management programmes on behalf of Brighton and Hove City Council. BeeZee Bodies provide a variety of free programmes for adults and families who are looking to get healthier and manage their weight.

Programmes include:

HENRY- A supportive 8 week programme run by our nutrition team to support parents and carers with issues such as fussy eating.

BZ Families - Practical healthy lifestyle advice that make sense in 'real' family life.

BZ Bumps - What better time to make healthy changes for 'Mums to be' and the rest of your family than during pregnancy.

BZ Ladies - Personalised approach to weight loss with the support of other lovely ladies. Sessions are led by trained nutritionists and also include physical activity.

Gutless - No-nonsense way for men to increase fitness, improve health and lose weight.

BZ Chat - 1:1 individualised support over video-chat to help you lose weight and keep it off.

BZ For All - A supportive and fun way to improve fitness, health and wellbeing and lose weight – open to all.

Further details on each of these programmes are available at: www.beezeebodies.co.uk

Eligibility:

Inclusion - Children Aged 2 – 18 with a BMI \geq 91st percentile and adults aged 16 years and above BMI \geq 25kg/m² or 23.5 kg/m² for BAME groups or those with comorbidities.

Exclusion - Clients with a high BMI or complex comorbidities may not be suitable for Tier 2 weight management services. Please contact us about these clients before making your referral.



**Your healthy
Lifestyle**



**Brighton & Hove
City Council**



Signposting, support and information

Clients referred to the Healthy Lifestyles Team, where appropriate, will also be supported to access other relevant or specialist services in the city including: Drug and alcohol support, wellbeing support, befriending services and support for managing long term conditions.

Support for organisations

The Healthy Lifestyles Team also provides support to organisations that are keen to improve health in their community or workplace. We can provide support tailored to the needs of your organisation, including help with health promotion events and training for staff.

Contact our team

If you would like to know more about any of the support available through the Healthy Lifestyles Team please contact us:

Website: www.brighton-hove.gov.uk/healthylifestyles

Telephone: 01273 294589

Email: healthylifestyles@brighton-hove.gov.uk

Online referral form: www.brighton-hove.gov.uk/healthy-lifestyle-referrals

**Your healthy
Lifestyle**



**Brighton & Hove
City Council**

PERSONALISED WEIGHT LOSS FOR FREE



CHANGE YOUR HABITS, FOR GOOD

GUTLESS

No-nonsense way for men to increase fitness, improve health and lose weight.

BZ BUMPS

What better time to make health changes for 'Mums-to-be' and the rest of the family than during pregnancy?

BZ FOR ALL

Supportive and fun way to improve fitness, health & wellbeing and lose weight - open to all.

BZ CHAT

1:1 individualised support over video-chat to help you lose weight and keep it off.

HENRY (2-4 years)

A fun 8 week programme, run by our trained nutritionists/dietitians, for you and your young child, to help create healthy habits around issues such as fussy eating.

BEEZEE FAMILIES (5-15 years)

BeeZee Families offers practical healthy lifestyle advice using engaging activities that make sense in 'real life'.

BZ LADIES

Personalised approach for women to lose weight with the support of other lovely ladies.

BeeZee Bodies Eligibility Criteria

CHILDREN

Aged 2-18
BMI \geq 91st percentile

ADULT

Aged 16 years and above live in Brighton & Hove
BMI \geq 25 kg/m² or 23.5 kg/m² for black & minority ethnic groups or those with a comorbidity (type 2 diabetes).

GET IN TOUCH NOW FOR MORE INFORMATION AND TO BOOK A
FREE PLACE

[/heezebodies](#)

[@beezebodies](#)

01273 294589

CONTACT THE HEALTHY LIFESTYLE TEAM

www.brighton-hove.gov.uk/healthyweight

healthyfest@brighton-hove.gov.uk



Brighton & Hove
City Council