



Hwbc Referral Information

Health and Wellbeing Coach Service

For patients with complex health and low motivation- 5-6 sessions-F2F-Behaviour Change

- Referral Criteria & Example Scenarios:**
- Complex overlapping health conditions, long term health problems with low motivation to change
 - Lack of understanding of their conditions and how small changes may help them; Patient wants to be healthier, doesn't know where to start
 - Combinations of: weight management, CVD, prediabetes, AF, hypertension, T2, COPD, post-surgery, sedentary, low mood, anxiety, raised lipids, poor sleep, menopausal, alcohol and smoking
 - 18 Years and over

- Exclusion Criteria:**
- Mental health issues, addiction, drug misuse
 - Social care needs, medical issues beyond scope of HWBC
 - Severe cognitive impairment
 - Medical issues that cannot be improved with healthy lifestyle
 - Alcohol or smoking screening or coaching (Horsham District Council) unless part of low motivation and cvd risks as listed on left.

Please assess your patients' needs regarding their suitability for HWBC and then discuss this with them so they are able to choose if they want to try it. Then TASK Lucy Case and give a brief description of what the patient is wanting to work on and achieve.

General referral options/info/crib for patient health and wellbeing

Referral options for prediabetes

Patient is elderly, quite healthy , doesn't want a long intervention and issue is mainly age related



Chat with **diabetes nurse** or with **HWbC**-providing information. Possible **Horsham Wellbeing** for short course

Patient is healthy, motivated , overweight would benefit from a longer behavioural change programme



Patient to be referred to **NDPP** for local group sessions on 10 month programme

Patient has low motivation and complex health, CVD risk, weight, anxiety, low mood



Patient to be referred to **HWbC**

Patient wants a shorter intervention but is reasonably healthy



To be referred to **Horsham Wellbeing** for short course on prediabetes delivered in a group locally, 121 or on phone



**STEYNING
MEDICAL
PRACTICE**



Referral Options

**Long Term Conditions
Frailty
Menopause, Sleep**



Living Well- online course and F2F offering skills based support to those adjusting/living with long term physical or mental health conditions
Falls Prevention- Horsham District Council
Talks and 1-2-1 health coach support with Horsham District Council

Horsham District Council-GP Exercise Referral Scheme and Swim4Health



Live at: Billingshurst Leisure Centre, The Bridge Leisure Centre, Henfield Leisure Centre, Pavilions in the Park, Steyning Leisure Centre, Chanctonbury Leisure Centre: Forms to be filled in, signed off by GP and sent to HDC

Horsham District Council-Exercise, Fitness, Walks, Groups



Keep fit classes and groups
Walk in the area
P can self refer and an exercise coach will call patient back and link them up to what is on

Horsham District Council-Alcohol and Smoking -1-2-1 support



Trained alcohol adviser for moderate drinking issues: 1-2-1 coaching for 6 plus sessions
Professional Smoking Cessation- 1-2-1 coach for 3 month support to quit- provided patches, gums etc

Referral Options

Prediabetes



Horsham Wellbeing 3 hour course
National Diabetes Prevention Programme 10 month

Type 2 Diabetes



NHS Digital Weight Management Programme BMI 30 plus-12 week behavioural change
NHS Diabetes Remission Low Calorie Diet-1 yr
Healthy Living –self refer- free online service –short online course

Tier 2 Weight Management-groups, online and 1-2-1 options



NHS Digital Weight Management Programme BMI 30plus-12 week behavioural change
Fit Fans- free 35-65 12 week football and fitness
Better Health NHS- 12 week online support
Horsham District Council- 12 week course- BMI under 40 or under 35 with comorbidities age 40-74
Horsham District Council-1-2-1 weight management and health support over 6 sessions-not complex

Tier 3 Weight Management



Feeling Good- 1 year support plus preparation for bariatric surgery –BMI40 plus no comorbidities, BMI 30 plus with recent onset T2, BMI 35plus with CVD risk, T2, sleep apnoea

The Glebe Surgery:
01903 742 942

Steyning Health Centre:
01903 843 400

Billingshurst Surgery:
01403 782 931

Henfield Medical Centre:
01273 492 255