

PARKWOOD

HEALTHCARE

Lifestyle Referral Hub

Prepared by

Harpreet Sohal – Service Manager

Lifestyle Referral Hub

Our telephone based Healthy Lifestyle Hub manages the referrals of adults (16+) to relevant health improvement services. Clients in need of support to address lifestyle risk factors (including smoking, poor diet, physical inactivity and alcohol misuse) are referred to the Hub by GPs, and other health and social care professionals. There is a single contact telephone number, referral form, fax number and email address.

Our dedicated hub staff use our bespoke software to :

- Introduce the service and register clients
- Holistically assess individual needs of each client with respect to :
 - Lifestyle risk factors
 - The client's readiness to change
- Identify relevant health improvement services appropriate to the client's needs and preferences
- Obtain and document the consent of the client to pass and / or transfer their details to the health improvement service to which they are being referred, their GP and relevant health professionals

All services that are referred onto as a result of the triage process are free of charge to the client.

The services referred onto are as follows:

- Weight Watchers
- STOP (Smoking Cessation)
- ALS (Active Lifestyle Scheme) 6 months free gym and swim
- Get Healthy Coach Service
- LRP (Leicester Recovery Partnership) alcohol support
- LNDS (Leicestershire Nutrition and Dietetic Service) group interventions offering nutritional support in a group based setting alongside physical activity sessions (specialist groups available for South Asian clients)

In addition to the above the hub can signpost to various support services including but not exclusive to debt management services, housing support and local walking groups.

How to refer

Click on the following link which will take you to our secure contact form.

<http://gethealthyuk.com/Can-We-Help>



Can We Help?

Complete a few personal details and we can tell you what free services are available to help you Get Healthy

First Name

Last Name

DOB

-- Please select a Gender --

Telephone

Postcode

What date would you like us to contact you?

What time would you like us to contact you?

Get Healthy Coaches Increase Exercise
 Healthy Eating Weight Management
 Smoking Cessation Alcohol Reduction

You will need to complete the clients details and reason for referral, please note the service is only available for those who live in the city of Leicester, if a county postcode is entered then the referral will not be submitted. You then click on the tick box further down that asks if it is a professional referral, and fill in your name and details in the registration number box you can just put any number in as it won't let you submit your referral without it being filled in.

Smoking Cessation

Alcohol Reduction

Is this a professional referral?

Please complete your referral information.

Referrer Name

Referrer Professional Registration Number (if applicable)

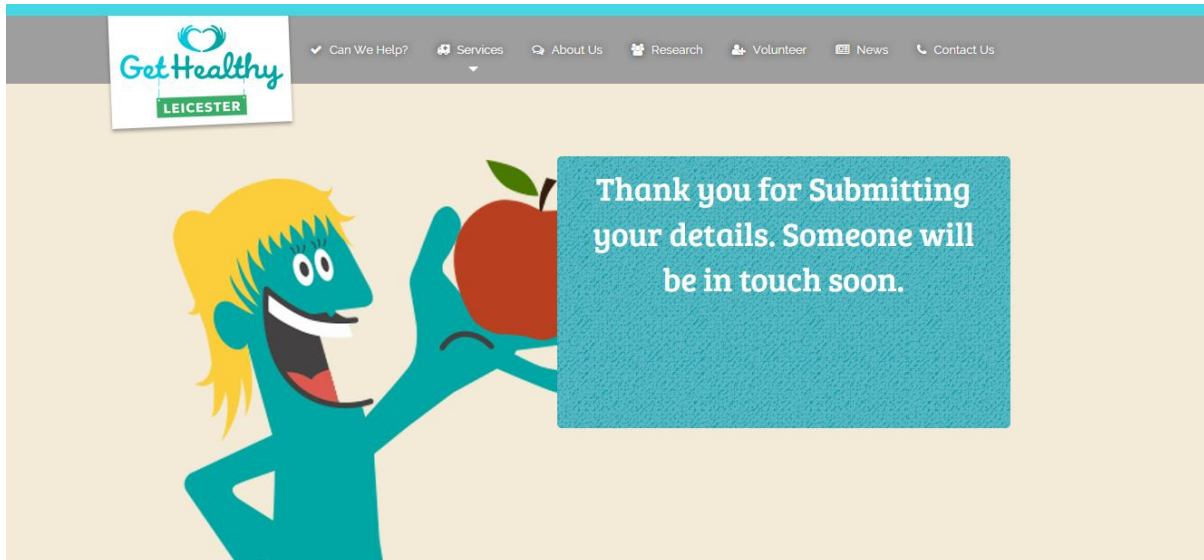
Referrer Service Name

Referrer Provider Type

Referrer Location

Submit

Once you click submit and you will see the following screen when the referral has been submitted successfully



Once a referral has been submitted into the service we will contact the client to take them through the triage process and refer them onto the most appropriate service, the patient has the ultimate choice over which services they wish to be referred onto.

If you require further information or would like us to attend your team meeting to discuss this process in more detail please contact Harpreet Sohal – Service Manager on 0116 243 7390 or email harpreet.sohal@parkwoodhealthcare.co.uk