

Reading - Local and National Lifestyle Information following and NHS Health Check

As part of NHS Berkshire West long term conditions strategy, all locally available healthy lifestyle interventions in each local authority area have been compiled into a common document here for easy access and use by primary care healthcare professionals.

The obesity and weight management services offered across Berkshire West area, including self-referral options can be readily accessed on the NHS intranet through the following link -

www.berksobesitycarepathway.nhs.uk



Let's get Going★

Tel: 0118 9822939

E-Mail: letsgetgoing@berkshire.nhs.uk

Let's get Going aim is to improve health, wellbeing and the quality of life of children aged 8-11 years to enable them to be more physically active and eat a healthier diet.



Eat4health★

Tel: 0118 982 2954

E-Mail: e4h@berkshire.nhs.uk

45 Minute Weight Loss Advice

Learn how to eat well, lose weight, and keep it off.

45 Minute of Gentle Physical Activity

Perfect for burning calories and ideal for those new to exercise.



NHS Berkshire West Stop Smoking Service★

Tel: 0118 952 5400

E-Mail: Stopsmokingservice@berkshire.nhs.uk

Freepost RSCZ0ZRCUATRA

Stop Smoking Service

Berkshire West Community Health Centre

Reading Walk in Centre

103-105 Broadstreet Mail



NHS Berkshire West Health Trainer Service

Tel: 0118 955 1214

E-Mail: berkshirewesthealthtrainer@parkwoodhealthcare.co.uk

A 1-1 look into your health and lifestyle to see what areas you can improve in. A tailor made plan is then created to help you achieve your goals. Targets areas of high deprivation and for people following a health check.



Reading Pathway Scheme

Tel: 01189 9374047

E-Mail: karen.swain@reading.gov.uk

The Reading Pathway Scheme is an exercise referral scheme whereby GPs and healthcare professionals refer patients to leisure facilities for fitness evaluations and exercise programmes.



Walking for Health Scheme

West Berkshire, Tel: 01635 874381

Reading, Tel: 0118 9374051

Wokingham, Tel: 0118 9342016

E-Mail: www.wft.naturalengland.org.uk

Walking for Health is a scheme designed to encourage you to become more physically active by getting in the open air, and viewing the benefits first hand through regular walks in your area.



Men's Healthy Lifestyle Programme

Tel: 0118 937 4051

E-Mail: menshealthFBS@reading.gov.uk

A specifically tailored 12 week e-mail service for men between 40 and 60 yrs covering a range of health and wellbeing topics. These include – Independent and group exercise programmes, weight management schemes and referrals – NHS Stop Smoking/eat4health



Weight no Longer

For more information please e-mail -

Bks-tr.NewburyDietitians@nhs.net

Bks-tr.ReadingDietitians@nhs.net

Bks-tr.WokinghamDietitians@nhs.net

Weight no Longer is a course run by professional dietitians to advise on safe weight loss and support people to make positive and permanent lifestyle changes to manage their own health for the future.



Talking Therapies

Tel: 0118 976 9121

E-Mail: talkingtherapies@berkshire.nhs.uk

Text: "Talk" to 07500915968

Talking Therapies is a service providing support to adults suffering with anxiety, depression, phobias and stress. The service will support you to learn the skills you need to overcome your difficulties.



KCA Horizons
 Tel: 0118 772022
 Visit: www.kca.org.uk/pages/about.html

KCA is a charity committed to providing effective care and empowering people affected by drug, alcohol and mental health issues. It works to relieve and prevent harmful use of substances including alcohol, prevent mental health issues, and foster/enhance social inclusion.



DAIS Reading
 Tel: 0118 772022
 Visit: http://cri.org.uk/dais_reading

DAIS is a voluntary sector service dedicated to helping drug and alcohol user's access harm reduction services and treatment. We are a client-led, confidential service that offers information support and advice in a non-judgmental and informal environment.

Local and National Websites



NHS Berkshire West PCT
www.berkshirewest-pct.nhs.uk
 (Click on the health and living tab for more information.)

Logging onto the NHS Berkshire West PCT website and clicking on the health living tab will open a variety of options for you to find out more on how to establish a healthy lifestyle so you can start reaping the benefits today.



NHS Lifecheck
www.nhs.uk/lifecheck

NHS Lifecheck is a free service to help you and your family improve your health. The website will ask a few simple questions in just a couple of minutes and will give you results tailored to your age, gender and lifestyle.



Eat Well – Food Standards Agency
www.eatwell.gov.uk

Eat Well offers over 100 topics on healthy living and offers tools for a 5 a day meal planner, a BMI healthy weight calculator, a healthy eating assessment, a supermarket health checker and a food allergies self-assessment.



Alcohol Awareness
www.drinkaware.co.uk

Drinkaware is a charity that offers information and awareness on alcohol. The website offers alcohol tips and advice, facts, popular articles, resources, and guides to the uses of units and measurements.



Mens Health Forum
www.menshealthforum.org.uk

MHF is a charity that provides an independent and authoritative voice for male health in England and Wales and tackles the issues and inequalities affecting the health and well-being of men and boys. The website offers fast & free information.



NHS Live Well
www.nhs.uk/livewell

NHS Livewell offers over 100 topics on healthy living and offers tools and articles to read from a wide variety of subjects including how to store food safely, diet reviews, health boosting tips, home workouts and home remedies for common conditions.



Change 4 Life
www.nhs.uk/change4life

NHS Change 4 Life is a website that offers information on how to eat well, move more, and live longer. Change 4 life offers information for adults, families, finding places to get active and provides some



Choose Well
 Tel: 0845 46 47
www.choosewell.org.uk

NHS Choose Well provides links for services if you become unwell or are injured. This will ensure you receive the correct treatment quickly and efficiently. The website provides advice about when and how to use these services.