

## Summary of Activities

### Live Well Swindon

Live Well Swindon is a point of contact for information, advice, signposting and support to improve health and wellbeing. As well as being a point of contact, we also deliver a range of activities and programmes designed to inspire, motivate and assist people to live well and benefit from a healthy lifestyle.

Live Well Swindon offers a universal service, open to anyone although a significant proportion of the work is focused on those who are facing the greatest inequality. Our offer includes advice and support in the following areas:

- Stop smoking
- Being active
- Falls prevention
- Weight management
- Connecting to communities and volunteering
- Managing long-term health conditions and staying independent

Our services are open to people who are resident in the Borough of Swindon and/or are registered to a GP in the Swindon Locality. **Our services are free unless otherwise stated.**

To access any of the services, or to find out more information, please contact the Live Well Hub on:

Tel: 01793 465513

Email: [livewell@swindon.gov.uk](mailto:livewell@swindon.gov.uk)

# Stop Smoking

Developed by experts and ex-smokers and delivered by professionals, the Stop Smoking Service provides tailored advice, support and encouragement at various locations across Swindon. The service is free and offers individuals the following:

- Help and advice to choose a suitable medication
- Free carbon monoxide testing
- Help in developing an individually tailored quit plan
- Support in making behaviour change
- Help with managing cravings and temptations
- Support with worries about weight gain and/or managing stress
- 8 -12 weeks of stop smoking medication for those exempt from prescription charges

# Be Active

Our team work alongside clients to achieve better physical and/or mental health through the promotion of physical activity and healthy living. We work with Swindon residents who would benefit from our person-centred, motivational approach. Our work focuses on tackling health inequality and assisting those who are currently inactive or those who would benefit from being more active, more often.

On receipt of a referral, recommendation or enquiry, a member of the team will make contact with the individual to help identify and match the most appropriate opportunities and support available. Here is what is on offer:

### **Be Active, Be Healthy Navigation**

This programme is designed to motivate and support an individual to move more and reap the benefits of having an active lifestyle. All clients will initially be offered our free tailored navigation support which includes:

- Regular phone calls (up to a maximum of 12 weeks) with a member of the team to discuss goals and simple advice on being more active/healthy living
- Recommendations to appropriate online resources from trusted providers
- Free resources and equipment, including cycling and walking maps, home exercise and health advice booklets, pedometers and resistance bands (where appropriate and requested)
- Access to our free Digital Behaviour Change Programme containing regular healthy lifestyle emails
- Making recommendations and signposting to local community activities/services

### **Active and Inclusive Community Sessions**

We offer community based activity aimed at making being active easy and fun. The programmes are designed to be inclusive and accessible; with a particular focus on individuals with physical and/or learning disabilities, poor mental health or long term health conditions.

## SOA 1

Our Wheels for All programme offers friendly inclusive cycling sessions which give individuals a chance to build cycling skills and confidence. The sessions take place on a safe, flat, traffic-free circuit with access to a variety of bikes available, including specialist adapted bikes. All clients will be asked to complete a pre-activity questionnaire (PARQ) prior to starting and may be asked to seek further information from a licensed medical professional before participating. **The first session is free, £3 per session thereafter.**

Our 12-week circuit-based exercise programme caters for a range of health conditions and includes a mixture of cardiovascular, strength and balance exercises at a low to moderate intensity, which can be adapted to suit individual's requirements. All participants will have an initial phone consultation (pre-screening) to ensure their suitability for the programme, prior to attending their first session. Upon completion of the programme, clients will be signposted appropriately to other opportunities. **The consultation and first session is free, £3 per session thereafter**

We also work closely with a number of external leisure centres, community groups and clubs to help them deliver a range of inclusive physical activity and sports sessions aimed at adults and children with physical and learning disabilities. These pay-as-you-go sessions are tailored to give every participant the opportunity to take part in some form of physical activity. A timetable for these sessions (updated monthly) can be found at [www.activeandinclusiveswindon.co.uk](http://www.activeandinclusiveswindon.co.uk)

Activities include: Football, Ice Skating, Trampolining, Swimming, Tennis, Seated Exercise and Cricket.

# Falls Prevention

Otago is an evidence-based falls prevention programme for adults aged 65 and over. Courses are for 16 weeks and delivered in various locations. Each session involves strength exercises to help strengthen the muscles around the hips, legs & ankles. Balance exercises are also practiced which helps increase stability around the ankles and improves confidence when walking and performing everyday activities. The OTAGO programme is designed for people who are:

- Aged 65 or over (can be flexible on age based on needs assessment)
- Identified as at risk of falls (e.g. have condition that affects mobility and balance, taking multiple medications etc.) or have a history or fear of falling
- Able to mobilise independently or with a walking aid (e.g. stick)
- Able to stand from a chair with minimal supervision/support
- Able to transfer safely from chair to chair
- Willing and motivated to participate in a group activity and engage in the home exercise programme

**The initial consultation and first session is free, each session is £3 thereafter.**

# Weight Management

## Healthy Families

Healthy Families is a free healthy lifestyle programme for children, young people and their family, taking place over 5 or 10 weeks. The programme is designed to encourage weight management through healthy eating and physical activity. We run two programmes, catering for different age groups.

- Juniors (5 – 11 years)
- Seniors (11 – 16 years)

The programme is designed for the whole family to work together. In order to be eligible for this programme, one or more of the children in the family must have a high BMI/BMI percentile (>91<sup>st</sup> percentile) and must not have an eating disorder.

## Adult Weight Management

Our team have experience in supporting individuals with weight management and healthy eating and are happy to discuss options and signpost to local weight management options.

We can also offer referrals to Slimming World via a GP referral which will give individuals access to a free 12-week weight loss programme at an existing Slimming World club in their area. This programme is designed for people who:

- Are aged 18 years and over
- Have a BMI of over 25 kg/m<sup>2</sup>, or 23kg/m<sup>2</sup> for those from black and minority ethnic groups or with other risk factors (comorbidities such as type 2 diabetes). There is no upper BMI limit.
- Have not attended a commercial group self-funding within last 3 months and has not previously been referred to the SBC Slimming World scheme

# Connecting to Communities & Volunteering

## Swindon Circles Community Participation

Swindon Circles is focused on mobilising the capacity of local people to build networks and connections in order to reduce loneliness and isolation. The service is not designed to replace care services, but instead, add value through companionship, community participation and new networks. There are a number of projects within Swindon Circles which nurture community connection and participation.

## Befriending

We offer three types of befriending aimed at supporting someone experiencing loneliness. We can offer face to face, telephone or pen pal befriending from a volunteer for ongoing companionship. The programme is based on volunteer availability so we can never guarantee a match but we will always do our best. This programme is designed for those people who are:

- Considered socially isolated or lonely (5 hours or less a week of social contact).
- Unable to leave their home because of physical mobility or emotional difficulty

## Volunteering

At the centre of Swindon Circles are our wonderful volunteers. The team have many volunteering opportunities and offer a flexible and inclusive approach. We are committed to making sure our Volunteers feel part of the team, are clear on their role and are continuously supported through training and supervision. Volunteering is an excellent way to improve your wellbeing and Swindon Circles offers individually tailored opportunities that will allow the volunteer to grow, gain confidence, feel purposeful, connected and help others.

We welcome volunteers; whatever skills and experience they bring. Volunteers are required to provide 2 references and undergo a DBS check before they can begin work. Our volunteering opportunities are restricted to those aged 16 or over.

# SOA 1

## Local Heroes

Our Local Heroes programme is a flexible way of volunteering to meet the needs of people who experience loneliness and/or isolation and have no other means of support.

Volunteers give small amounts of time to people who may need one off assistance due to poor health, on an ad-hoc basis to complete small practical tasks. This might be some shopping or changing a light bulb for example.

We **cannot** accept referrals for people that:

- Require long term practical support
- Have behaviour that is unpredictable or violent
- Have alternative sources of support available (family, friends and/or neighbours).

## Supporting your Connections

This is a programme of gentle connection and support for people who have lost the confidence to get out and about as a result of the Covid19 pandemic. Staff can facilitate travel training, guided shopping experiences, small scale coffee mornings, or peer support sessions.

## Coffee and Connections

Coffee and Connections is a programme of activity, designed to support people who lack confidence to access local community-based activity and develop healthy habits which improve individual wellbeing. The sessions run as a 6-week programme for one afternoon a week in January, May and September with occasional pop up one day events at other times in the year. The programme is designed for anyone 18 or over who would struggle to independently attend groups or activity in the community.



# Managing Long Term Health Conditions & Independence

## Community Navigators

The Community Navigator service offers one to one support to individuals who have been diagnosed with one or more long term health condition. The Navigators work with clients for up to 8 sessions, encouraging them to self-manage their condition and improve their quality of life by introducing healthy habits to improve wellbeing and by encouraging wider participation in community life. The programme is designed to work with individuals who:

- Have one or more Long Term Health Condition(s)
- Are not working with a CPN (Community Psychiatric Nurse) or AWP Recovery worker

## Safely Home Service

The aim of the Safely Home Service is to offer support to patients who are in hospital and have been assessed as medically fit for discharge, but do not have the support of family or friends during the first few days/weeks of their return home.

In the first instance, the service offers practical support to make the home ready for the patients return, including:

- Moving beds/furniture to make the space accessible, safe and ready for arrival
- Turning on heating, lighting and drawing curtains to make the home as inviting as possible
- Pick up essentials so the patient has adequate food and supplies
- Collect any additional medication or medical supplies

The service can also draw upon professional expertise and assistance for any maintenance, repair or deep cleaning required. Depending on the circumstances, there may be a charge for this element of the service.

## **SOA 1**

In addition to the practical support, the Safely Home Service can offer information, signposting and support to access local amenities and advice. This aspect of the service aims to build confidence, connections and resilience and can be accessed for a period of up to six weeks to assist patients to settle back into home life.

The Safely Home Service is only available to those aged 18 years and older and who are referred to us by Swindon Borough Council Adult Social Care and/or the Great Western Hospital Trust.

### **Stay Well at Home**

This service aims to offer information, advice, support and signposting to individuals who may benefit from greater levels of social interaction and assistance with staying well at home. This service is suited to those who are open to learning about how they can better look after themselves and remain independent. This 'outreach' project will gather partners and other organisations together to promote health and wellbeing messages and advice in local settings.

### **Live Well Response**

Live Well Response Workers receive referrals from Swindon Borough Council Adult Social Care to assist Social Workers and Assistant Care Managers with specific tasks which are approved by their line manager. The work needed should take place over an approximate six-week period and can include, but is not limited to:

- Accessing food
- Accessing and setting up cleaning services
- Support with accessing benefits
- Assisting with paperwork and correspondence
- Increasing independence and setting up working systems that individuals can maintain
- Assistance with de-cluttering and hoarded homes (only where there remains an allocated worker in Adult Social Care to take the lead)
- Offer signposting and encouragement to individuals to support Adult Social Care

## **SOA 1**

### **Swindon Carers Emergency Carer Card**

Live Well Swindon also supports the Emergency Carer Card Scheme provided by Swindon Carers Centre during business operating hours. The team will respond to and activate individual care plans in the event of an emergency to ensure support is in place for the cared for adult or child.

Emergency Carer Cards can be accessed through the Swindon Carers Centre.