

Alcohol Use

Very Brief Advice

- **Alcohol-men and women** are advised not to drink more than 14 units a week on a regular basis
- spread your drinking over 3 or more days if you regularly drink as much as 14 units a week
- if you want to cut down, try to have several drink-free days each week

14 units is equivalent to 6 pints of average-strength beer or 10 small glasses of lower-strength wine.

On-line Resources:

- 'Better Health' (<https://www.nhs.uk/better-health/>). It has a range of information including facts, risks to health, how to understand/calculate units, tips on cutting down etc.
- Alcohol Change UK (<https://alcoholchange.org.uk/>). Alcohol Change UK is a leading UK alcohol charity, formed from the merger of Alcohol Concern and Alcohol Research UK. The site has a range of information and interactive tools including 'check your drinking' and 'unit calculator'.
- NHS Alcohol (<https://www.nhs.uk/conditions/alcohol-misuse/>)
- NHS Drink Free Days App – available at Apple App Store or Google Play

Inspiring Recovery

For anyone who feels they need further help and support they can contact Inspiring Recovery (<https://www.turning-point.co.uk/services/wakefield#event-slides2>).

Inspiring Recovery offers free confidential support for anyone who needs support for alcohol or substance misuse for adults age 25 and over and has a dedicated alcohol support team. The service also provides support for those under 25 as well as families and carers through its Inspiring Futures service.

The service delivers a wide range of treatment methods including brief interventions and structured treatment, access to substitute prescribing and detoxification. Support packages are tailored to meet individual needs offering MOPSI (Models of Psychosocial Interventions) group work, mindfulness interventions, assistance with physical and mental health needs, in-house Specialist Social Worker support and a robust care pathway for those needing specialist dual-diagnosis interventions. They also offer a range on on-line self help.

Referrals can be made on line (<https://www.turning-point.co.uk/services/drug-and-alcohol-support/self-referral>) or Tel: 0300 123 1912.

Other support

- Drinkline national alcohol helpline on 0300 123 1110
- [Alcoholics Anonymous](#) helpline on 0800 9177 650
- [Al-Anon Family Groups](#) helpline on 0800 0086 811

Physical Activity & Weight Management

Very Brief Advice

Exercise-do at least 150 minutes of moderate intensity activity a week or 75 minutes of vigorous intensity activity a week. Even small changes to increasing physical activity overall can have an impact on health and well being

Aspire Health Referral Service

What We Offer

- Support for a minimum of 12 weeks
- Improved diet, being more active or both
- Explore individuals' goals and motivations and help to work towards these
- Support with strategies for changing behaviour to help create healthier habits
- Support to make long term sustainable lifestyle changes

HOW TO REFER

Adults (18+ years)

There are 2 ways for adults to be referred into the Aspire Health Referral service:

1. People can self-refer themselves using the online portal: <https://secure.refer-all.net/referrals/wakefield/refer> and choose the "I am referring myself" option (this is now on pause due to 6month back log of referrals)
2. A GP or other health professional can refer using our online portal by selecting "I'm a health professional and want to refer someone".

Please direct clients to <https://www.wakefield.gov.uk/sport-and-leisure/healthy-living/aspire-health-referral/>

The following downloads are available:

Home exercise programme

Breathing exercises

Diet and Nutrition

Very Brief Advice-Eat a healthy, balanced diet

A low-fat, high-fibre diet is recommended, which should include plenty of fresh fruit and vegetables (5 portions a day) and whole grains.

You should limit the amount of salt you eat to no more than 6g (0.2oz) a day as too much salt will increase your blood pressure. 6g of salt is about 1 teaspoonful.

There are 2 types of fat: saturated and unsaturated. You should avoid food containing saturated fats, because these will increase the levels of bad cholesterol in your blood.

Foods high in saturated fat include:

- meat pies
- sausages and fatty cuts of meat
- butter
- ghee – a type of butter often used in Indian cooking
- lard
- cream
- hard cheese
- cakes and biscuits
- foods that contain coconut or palm oil

However, a balanced diet should still include unsaturated fats, which have been shown to increase levels of good cholesterol and help reduce any blockage in your arteries.

Foods high in unsaturated fat include:

- oily fish
- avocados
- nuts and seeds
- sunflower, rapeseed, olive and vegetable oils

You should also try to avoid too much sugar in your diet, as this can increase your chances of developing diabetes, which is proven to significantly increase your chances of developing CHD.

Better Health is a new range of tools and support to help you start healthier eating habits, be more active and start losing weight. The tools include a new NHS weight loss plan, broken down into 12 weeks. Available here: www.nhs.uk/betterhealth

Stop Smoking

Very Brief Advice

Stopping smoking is the best thing you can do for your health

Yorkshire Smokefree Wakefield

Yorkshire Smokefree Wakefield (<https://wakefield.yorkshiresmokefree.nhs.uk/>) should be the main route for referrals or signposting and offer the best chance of quitting. The service is free and offers telephone support, face to face sessions, and online.

Tel: 0800 612 0011 (free from a landline) or 0330 660 1166 (free from some mobiles) to get support.

Other support

- Better Health (<https://www.nhs.uk/better-health/quit-smoking/>)
- NHS Smokefree App – available at Apple App Store or Google Play

NHS Diabetes Prevention Programme

Contact: Numan Ahmed, Diabetes Project Manager, WY&H Health & Care Partnership, numan.ahmed@reedwellbeing.org.uk

The NDPP continues to accept referrals via the e-referral form on the clinical system.

1. Direct to Consumer (DTC) NHS DPP self-referral pathway post-March 2022:

- The current self-referral pathway will continue to remain in place in the short-term. (Individuals do not need a GP referral to use the service. The DTC self-referral pathway into the programme was established in response to COVID-19 pandemic as a way of maintaining access to the HealthierYou programme during a sustained period of reduced capacity across Primary Care).
- Individuals can find out about their risk of developing Type 2 diabetes within the next ten years by accessing the **Diabetes UK Know your Risk** online tool. Visit <https://riskscore.diabetes.org.uk/start>

2. Blood test result eligibility within the last 12 months.

3. Monthly Urdu language HealthierYou programme sessions available.

4. Resumption of the NHS Diabetes Prevention Programme (NDPP) face-to-face (F2F) sessions:

- In-person (F2F) session delivery has resumed

5. NDPP patient journey video diary: A patient who enrolled for the HealthierYou programmes (John Ebo) is keeping a video diary of his NDPP journey. The latest video (part 6 of 6) is now available on YouTube. In the videos, John shares his insights, experience, learning and tips on the diabetes prevention journey.

Here is the link: <https://youtu.be/OmvHw6wBS9w>

Social Prescribing Service Information

- Live Well Wakefield
- Provide social prescribing and long term condition management support via groups and 1:1's
- How to refer-people can refer themselves using the E-form or tel

Via e-form

[Live Well Wakefield](#)

Tel: **01924 255363**