



Get Healthy

ROTHERHAM

Information for Referrers

What is Get Healthy Rotherham?

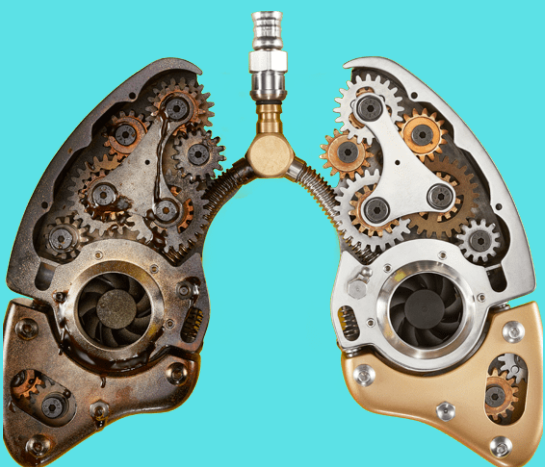
- A single point of access for Rotherham residents that provides support with making healthy lifestyle changes.
- Only one referral is required to access a wide range of support and services.
- Our services include stop smoking support, weight management and increased activity programmes as part of the national Better Health Campaign.



Who is eligible?

Anyone living at a Rotherham postcode who is:

- Aged 18 or over with a BMI of 25 or more to access weight management or Better Health support, that **does not** suffer from a diagnosed eating disorder.
- Smokers aged 12 and over that are willing to set a quit date within 14 days of their first session.



How do I refer?

- **GP Practices can refer using a pre-populated referral template on SystemOne .**
- **All other Healthcare Professionals can use the short online referral form at:**
www.gethealthyrotherham.co.uk
- **Rotherham residents can self refer online at**
www.gethealthyrotherham.co.uk or by calling
01709 718720



For more information visit us at: www.gethealthyrotherham.co.uk

(Get Healthy Rotherham is commissioned by Rotherham Metropolitan Borough Council)

What can Rotherham residents expect?

- One of our fully qualified Health Coaches will call, usually within 48 working hours of referral, unless they have requested a specific time or day to carry out a brief assessment.
- Residents will be asked a series of questions so that we can understand what level of support they need and are eligible for.
- Residents can then choose which services they would like to find out more about, including signposting to other partnership services that can also support specific needs highlighted during their assessment.
- All residents will then be followed up over a 12 month period to find out how they are getting on and to offer additional support if needed.
- All of our services are free of charge and are fully confidential.



Weight Management

Residents can choose from either:

- 12 Weeks FREE access to Slimming World
- Better Health, which includes a 12 week NHS weight loss plan, along with 12 weeks FREE :Walking for Health Groups which takes the clients for a gentle 20 to 30 minute stroll around their local area, alongside a 20 minute nutritional advice session to support and complement the NHS plan and a weekly weigh in. **ALL residents must attend weekly weigh in sessions.**

Residents with a BMI of 35+, or 30+ with co-morbidities may be eligible for 6 months weight management support, following the NHS weight loss plan with regular support from a Get Healthy Coach, including weigh in sessions.

Residents wanting to access Tier 3 services with a view to bariatric surgery must complete the full 6 months support programme and have lost a minimum 5% body weight.

We do not prescribe Orlistat or refer directly to bariatric services.

Stop Smoking Support

- Clients will have weekly support via telephone or face to face appointments for up to 12 weeks.
- Support is tailored to the individual using evidence based support.
- All stop smoking clients will be asked to set a Quit Date within the first 2 weeks.
- All clients will be offered FREE stop smoking medications (Nicotine Replacement Therapy – NRT) for up to 12 weeks.
- Clients over the age of 18 years may be eligible to use Varenicline (Champix) if this product is available.
- We DO NOT supply e-cigarettes but can support those that wish to stop smoking using an e-cigarette they have purchased themselves.

We do not offer weekly support or NRT to those wishing to simply cut down their smoking, or those that are struggling to stop using an e-cigarette. We are however able to offer one off advice.