

# Lifestyle Referral Pathways and Support

Alcohol

Stop smoking

Healthy Weight

Physical activity

Dementia

# Community Alcohol Services

Single Point Of Contact

Addaction Devon alcohol service is the gateway service for any adult with an alcohol problem.

Client or professional can make a referral with the clients consent.

<b>AUDIT is easy to score. You simply add up the total number of points scored.</b>			
<b>A score of 0-7</b>	<b>A score between 8 and 15</b>	<b>A score between 16 and 19</b>	<b>A score of 20 or over</b>
<b>No or low risk drinker</b>	<b>Increasing risk</b>	<b>High Risk</b>	<b>Possible Dependency</b>
The score and its meaning can be fed back to the person, however a leaflet on alcohol such as “how much is too much” can be given out.	The score and its meaning can be fed back to the person, a leaflet given and a brief intervention delivered. However at this level you can talk to the person about whether any further help or intervention is required.	The score and its meaning can be fed back to the person, a leaflet given and an extended brief intervention delivered. However at this level you will offer further help to the person.	At this level a person needs referral to an alcohol service.
<p><b>Increasing risk drinker:</b>            This category applies to anyone drinking over the recommended limits but without alcohol related problems. People drinking in excess of eight units per day in men and six units per day in women (“binge drinking”) are also at increasing risk of harm even though some may not exceed the “safe” weekly level. Increasing risk drinkers will not usually be seeking treatment for an alcohol problem, although some may realise their drinking is putting them at risk.</p>			
<p><b>High risk Drinker:</b>            The high risk drinking category applies to people drinking over medically recommended levels, probably at somewhat higher levels than increased risk drinking. However unlike increased risk drinkers, they will show clear evidence of alcohol related problems but often without this having resulted in their seeking treatment. The problems detected at this stage may be acute, such as an alcohol related accident or acute alcohol related poisoning. Problems may also be of a chronic nature – for example hypertension or cirrhosis.</p>			
<p><b>Dependant drinker:</b>            This category refers to drinking associated with an established moderate or severe levels of dependency on alcohol. People who experience dependence have usually also experienced alcohol related problems. They typically present to specialised substance misuse services for help with dependence itself or because of associated problems. Dependence can be divided into moderate and severe levels. The latter will score 30 or over on the AUDIT tool and will have signs of physical withdrawals and high levels of tolerance to alcohol.</p>			

# Referrals

How to make a referral –

Call 0845 130 2605

Email [alcoholreferraldevon@addaction.org.uk](mailto:alcoholreferraldevon@addaction.org.uk)

Post to The referral coordinator

3 the Courtyard

New North Road

Exeter

EX4 4EP

# Community Alcohol Services

- The client will be offered an appointment within 3 weeks for an assessment.
- We will signpost and work with other services to support the clients recovery.
- Access to Specialist support, Detox and Rehabilitation.
- Access to Recovery support programmes

# Breaking Free Online

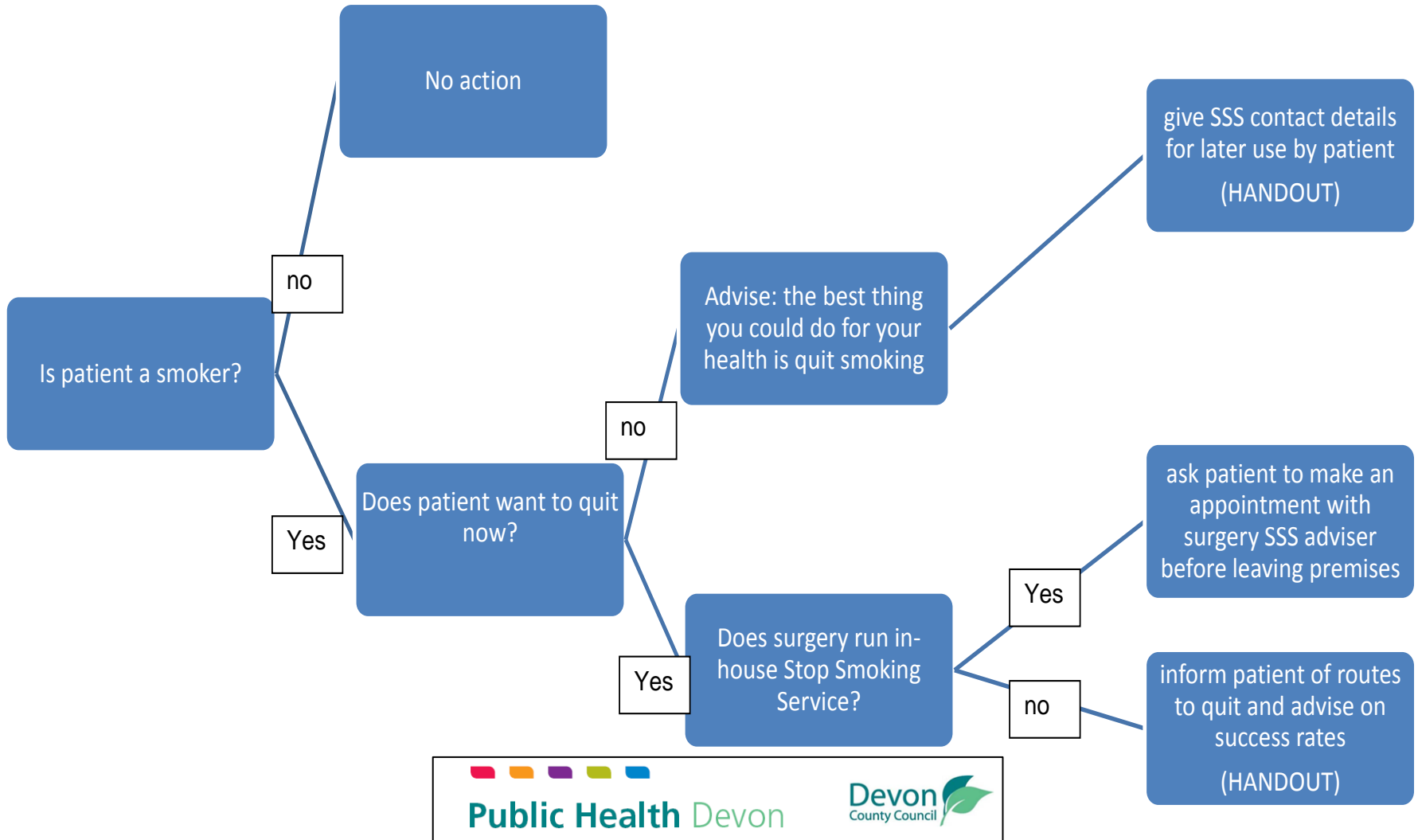
*Breaking Free Online is an award-winning computerised treatment programme for alcohol and drug difficulties. It is now available for GPs within the Devon area to provide to their patients for free.*

*If you would like to provide this resource to your patients, please contact Jane Wright at [jwright@breakingfreeonline.com](mailto:jwright@breakingfreeonline.com)*

*or by telephone on 0161 834 4647.*



## HEALTHCHECK REFERRAL PATHWAY – STOP SMOKING SERVICES



# Specialist Stop Smoking Service

- Specialist advisors offering clinics in community venues across Devon
- Many clinics available after 5pm
- The service also provides training to Primary Care Staff wanting to offer their own in house stop smoking service
- Clients can self refer or you can refer them
- Contact 01884 836024 for more details



# Healthy Weight (available February 2014)

## Tier 1 - support (non-funded)

- BMI >25 – 29.9 (kg/m<sup>2</sup>) or South Asian population and > 22.5- 27.4 (kg/m<sup>2</sup>) with co-morbidities \*
- BMI >30 – 34.9 (kg/m<sup>2</sup>) or South Asian population and >27.5- 32.4 (kg/m<sup>2</sup>) without co-morbidities
- Considered ready to change by Health Professional

## Tier 2 - funded weight management on referral voucher

- BMI >30 (kg/m<sup>2</sup>) or South Asian population and >27.5 (kg/m<sup>2</sup>) with co-morbidities\*
- BMI >35 (kg/m<sup>2</sup>) or South Asian population and >32.5 (kg/m<sup>2</sup>) without co-morbidities
- Considered ready to change by Health Professional

\* type 2 diabetes or previous gestational diabetes, uncontrolled hypertension, hyperlipidaemia uncorrected by maximum doses of statins, sleep apnoea, severe osteoarthritis

# Healthy Weight Services

- All clients must be referred by a GP/health professional
- Health Promotion Devon will determine which Tier the client can access and which service they are eligible for
- Referral via electronic referral form, fax or post to Health Promotion Devon
- Details of referral process to follow and further detail in February newsletter

# Physical Activity

- **Exercise Referral Schemes**

- 12 – 16 week exercise programme referred to by health professional, supported by a qualified instructor and paid for by the patient
- Available through some local leisure centres in Devon
- Check [http://www.devonhealthandwellbeing.org.uk/wp-content/uploads/2012/10/Exercise-Referral-Schemes\\_Devon.pdf](http://www.devonhealthandwellbeing.org.uk/wp-content/uploads/2012/10/Exercise-Referral-Schemes_Devon.pdf) for details of your local scheme.

# Get Active Devon

- Physical Activity Finder Tool
- Available at: [www.getactivedevon.co.uk](http://www.getactivedevon.co.uk)
- Helps the health professional to signpost their patient to local physical activity opportunities

**Public Health in Devon**  
Committed to promoting health equality

Home | Creating a web presence | Full list of activities | Search: Search for activities

### Find activities that are right, just for you.

Tick all the criteria that are important to you. If you have no preference for a section, please just leave it blank.

- Intensity**
  - Low intensity
  - Medium intensity
  - High intensity
- Location**
  - Indoor
  - Outdoor
  - At home
  - In the countryside
- Group size**
  - Individual
  - With other people
  - Children/ family friendly
  - Meet new people
- Cost**
  - Free
  - Cost per session £5 and under
  - Cost per session £5.00 - £10.00
  - Joining fee/ set-up cost
  - Saves money
- Instruction**
  - With an instructor/ guide
  - Without an instructor/ guide
  - Guidance/ co-ordination
  - Specific help for beginners
- Suitable for age range**
  - 7 and under
  - 8 - 14
  - 15 - 64
  - Adults of retirement age 65 -74
  - Older adults 75+
- Other considerations**
  - With music
  - Helps local community
  - Forms part of everyday travel
  - Learn a new skill
  - Involves animals
- Mobility**
  - Joint problems
  - CHD risk factors
  - Restricted lower limb mobility
  - Disability Friendly

**Find activities**

### Latest news

#### Exercise Referral Schemes Information - Available Online!

Information on Exercise Referral Schemes in Devon is now available online. [Read more...](#)

#### Get Active Devon - Coming Soon!

Public Health Devon is soon to launch a new web-based tool called Get Active Devon! This e-tool supports clinicians to signpost their patients to local leisure activities that best suit their interests and needs. [Read more...](#)

### Useful links

Devon Community Directory

The Devon Community Directory gives you access to thousands of services and community groups across Devon in a single search.

Devon community Directory

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## Cycling

There are miles of traffic-free trails and quiet roads in Devon, so this is a great time to get on your bike! Check out Devon County Council's 'Cycle Devon' website which has information on cycle routes and maps so you can find a suitable route near you. Cycling is also a great way to get to and from work or other local amenities. Have a look at the options for cycling to school or work. If you don't have a bike, there are many local options for bike hire. And if you're still a bit wobbly on two wheels, Devon County Council run a number of free cycle training sessions for adults and children!

For those with disabilities, FreeRide is a cycling coaching service for those who wish to access this life-enhancing activity. It is run by a friendly and local cycle instructor, Tom Pales.

[Read More](#)

### Further details about Cycling

#### Exe Estuary Trail

Equipment

- Bike**  
[www.sustrans.org.uk/change-your-travel/your-bike/choosing-right-size-bike](http://www.sustrans.org.uk/change-your-travel/your-bike/choosing-right-size-bike)
- Governing Body**  
Cycle Devon  
[www.cycledevon.info](http://www.cycledevon.info)
- How to get involved?**  
[www.cycledevon.info](http://www.cycledevon.info)  
[cycledevon@devon.gov.uk](mailto:cycledevon@devon.gov.uk)  
0845 155 1004

Cycling near you...  
Get Active Devon recommend that you contact the provider before attending any activities.

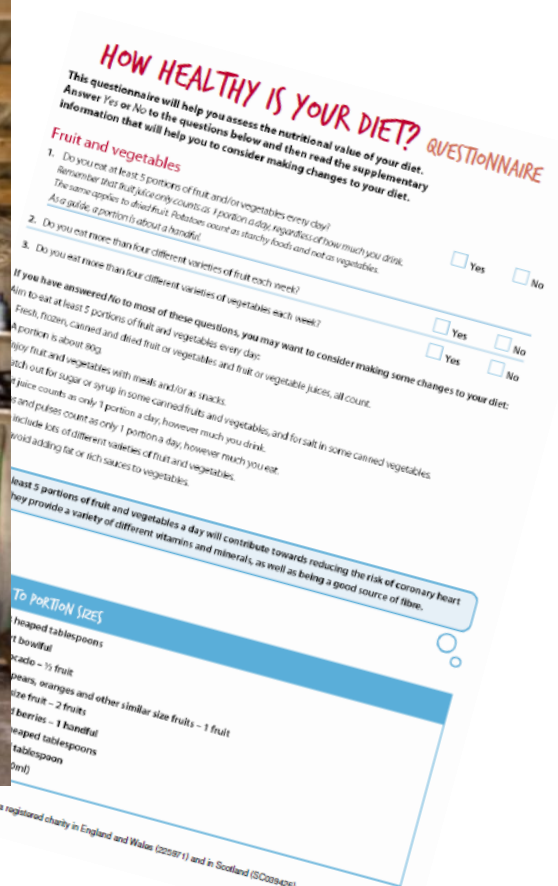
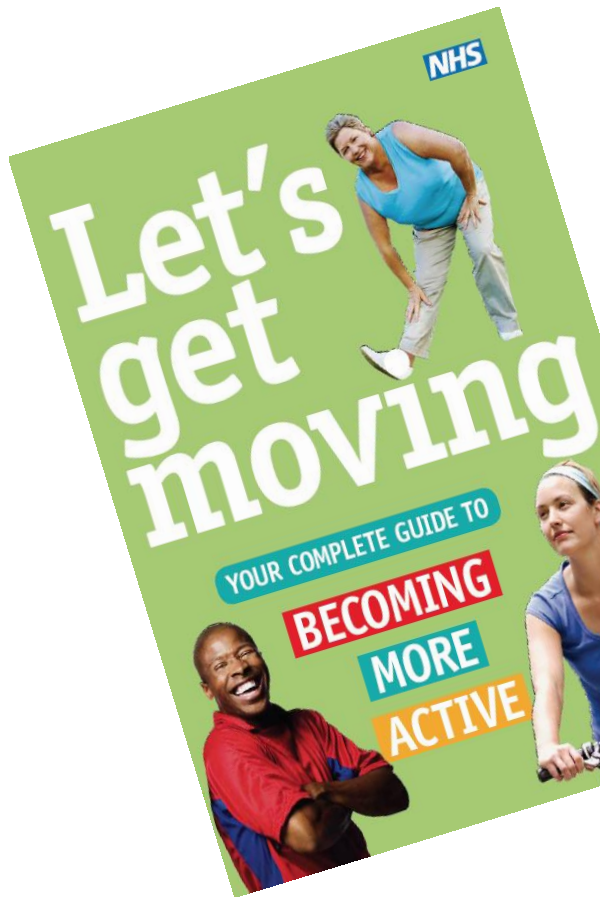
Narrow your search by town or postcode:  **submit**

Map | Sat | Tar | Earth

**Exmoor Adventures**  
Watermouth Rd, Ifracombe, United

**Easy Bike Days**  
Willand, Culmston, United

# Where to get patient information materials



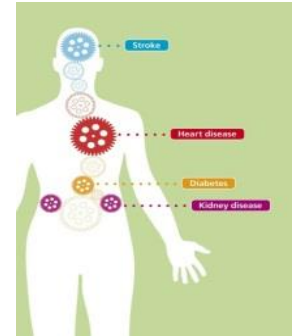
<http://www.devonhealthandwellbeing.org.uk/library/prof/weight/>

# Dementia

Every person aged from 65 to 74 years who is undergoing a health check shall be given **information at the time of the health check designed to raise their awareness of dementia and of the availability of memory services which offer further advice and assistance to people who may be experiencing memory difficulties, including making a diagnosis of dementia.**



# Health Check Resources



[www.devonhealthandwellbeing.org.uk/library/prof/health-checks/](http://www.devonhealthandwellbeing.org.uk/library/prof/health-checks/)



Public Health Devon

Devon  
County Council 

# Referral summary

	Can client self refer?	Contact number for referring	Other useful information
Alcohol	Yes	0845 130 2605	
Stop Smoking	Yes	01884 836024	<a href="http://www.healthpromotiondevon.nhs.uk">www.healthpromotiondevon.nhs.uk</a> or email <a href="mailto:ndht.hpd@nhs.net">ndht.hpd@nhs.net</a> or post referrals (see final slide)
Healthy Weight	No	01884 836024	<a href="http://www.healthpromotiondevon.nhs.uk">www.healthpromotiondevon.nhs.uk</a> or email <a href="mailto:ndht.hpd@nhs.net">ndht.hpd@nhs.net</a> address or post referrals (see final slide)
Physical Activity	Yes	N/A	<a href="http://getactivedevon.co.uk">http://getactivedevon.co.uk</a>
Dementia	Give information		

[www.devonhealthandwellbeing.org.uk/library/prof/health-checks/](http://www.devonhealthandwellbeing.org.uk/library/prof/health-checks/)



# Further information

Health Promotion Devon  
Culm Valley Integrated centre for Health  
Willand Road  
Cullompton  
EX15 1FE  
Tel: 01884 836024

[tina.henry@devon.gov.uk](mailto:tina.henry@devon.gov.uk)

On any other issues related to Healthchecks