

Healthy Lifestyle services in Kingston

What's in it for you?





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Are you thinking about changing your lifestyle to become a bit healthier? Losing a bit of weight maybe? Becoming more physically active, stopping smoking or drinking less alcohol? Perhaps, you'd like to feel more positive about life or just know where to ask for help.

Sometimes taking those first steps can be a little daunting and knowing where to start can be a real challenge. In Kingston, we have a range of healthy lifestyle services and programmes to help with all sorts of healthy lifestyle related problems. This booklet outlines some local services and programmes that can help support you to adopt a healthier lifestyle. Some of these are free of charge and others have a discounted rate for patients referred via the NHS. If you would like any further information on any of the services or programmes listed below, please call our Healthy Lifestyle confidential Helpline on Freephone

0800 028 8694 and our friendly Healthy Lifestyle Advisors will be happy to help.

If you have difficulty reading this document we can help by providing an interpreter, translation, audio tape, large print, Braille or a computer disc. Contact us or ask someone who speaks English to contact us by phone on **020 8547 5818** or email **Barbara.morton@rbk.kingston.gov.uk**

If you are new to the area, or if you are from a minority ethnic group then our Equalities and Community Engagement Team can help guide you to a wide variety of local services. Contact **020 8547 6068** for more information.

For any updates on information within this booklet, visit: **www.kingstonccg.nhs.uk**

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Alcohol Support – ‘Down Your Drink’

Did you know that drinking causes harm you can't see and contributes to around 60 medical conditions including cancer, high blood pressure and stroke? Many of us drink, but how much is too much? Visit www.drinking.nhs.uk for more information about the health risks of drinking too much alcohol.

If you are thinking about your drinking, we can help. Down Your Drink is a FREE, tailored website for Kingston residents that provides a discreet and flexible way of thinking about how much you are drinking and whether you would like to drink less or even stop altogether. It contains information about alcohol and its effects, as well as tools and tips for people wishing to moderate their drinking. You

can also opt to receive motivational phone calls from a qualified health professional to help you achieve your goals. A trained professional is also on hand for users who would like technical support for using the website.

The recommended age for using Down Your Drink is 16 years and over and participants will need access to an internet connection. To register, visit www.dyd.kingston.nhs.uk.

For more information or support with the website, call the Healthy Lifestyle confidential Helpline on Freephone **0800 028 8694**.

Diabetes Support – ‘DESMOND’

DESMOND is a FREE nationwide structured group education programme developed by experienced health care professionals for people who have Type 2 Diabetes.

This programme is for newly diagnosed patients over the age of 18 years. There is also ‘Foundation DESMOND’ for people with who have had diabetes for some time.

Patients will receive 6 hours of structured education in a group setting of up to 10 participants with a family member or friend. The programme is delivered by 2 highly trained, accredited healthcare professionals and aims to support the person with diabetes to become their own expert.

The course has been designed to meet NICE and Department of Health/ Diabetes UK quality standards and criteria for structured education.

For more information, call the Community Diabetes Specialist Nurse, Claire Neely either by telephone on **020 8274 4112** or **07508 411 328** or by email claireneely@nhs.net (Work days – Tuesdays to Thursdays).



Drug and Alcohol Misuse

Someone may need help when their use of alcohol or drugs causes them direct or immediate physical, emotional and social harm. Such harm, if not addressed quickly and effectively, can go on to seriously affect their health, impact upon their employment prospects and wider family members.

In Kingston, there are a range of services that are funded to offer support to drug and alcohol users free of charge. This support varies from one-to-one keyworker support, to residential and inpatient detox/rehabilitation.

There are a range of pharmacies who offer access to healthcare checks, clean injecting equipment and blood borne virus testing in Kingston. Please call the Healthy Lifestyle confidential Helpline on Freephone **0800 028 8694** for the most up to date list of where these pharmacies are and exactly what services they offer in each location.

There are four specialist drug and alcohol treatment services in Kingston;

- Cranstoun Drug Intervention Programme (DIP)
- CRI Kingston Recovery Service
- Addaction Kaleidoscope
- Kingston Community Drug and Alcohol Team (CDAT)

Each of these treatment services work with particular groups of people who may have distinctive needs. Regardless of the treatment approach of each service, each aims to help people address issues relating to drug and alcohol use, physical and

psychological health, coping skills for life and legal problems in a structured way.

Services offered in the pharmacy setting are FREE and available to anyone aged over 18 years of age who may have a drug and alcohol problem. It is not necessary to make an appointment to get clean injecting equipment, a test for hepatitis C or have a basic health check.

Services offered by the four treatment services are available to anyone aged 18 years or over with significant links to the Kingston area and with drug and alcohol issues. These specialist services accept self-referrals and referrals directly from other healthcare professionals, such as a GP.

For more detailed information about each of the drug and alcohol services and what they offer, please call the Healthy Lifestyle confidential Helpline on Freephone **0800 028 8694** or visit: www.kingston.gov.uk/browse/health/health_in_kingston/spad/where_to_get_help.htm.

Healthy Eating – ‘Chef’s Club’

Chef’s Club is a FREE 6-week after-school cooking programme that takes place in some local schools. It is aimed at children between 6 to 8 years of age and their parents or carers. The programme teaches children basic cooking skills and demonstrates how parents can influence their children in healthier eating and healthier cooking by involving the whole

family. Families can ask to join a club, be referred by the school health team or by teaching staff.

To find out if your school runs Chef’s Club call the Healthy Lifestyle confidential Helpline on Freephone **0800 028 8694**.

Healthy Eating – ‘Cook & Eat’

Cook & Eat is a FREE, 6-week programme of community-based food workshops that include healthy eating advice and cooking easy recipes. Each session lasts 2 hours and involves interactive learning about a healthy diet and the opportunity for participants to experiment and try new recipes and to practice new cookery skills by cooking a healthy dish in a small group.

There are also Cook & Eat programmes in Children Centres across the Borough for parents with children aged under 5 years.

For more information and to find out where your nearest Cook & Eat programme is, call the Healthy Lifestyle confidential Helpline on Freephone **0800 028 8694**.

Various organisations across the Royal Borough of Kingston provide programmes that are tailored to the specific community groups they usually provide services for. Organisations that currently provide Cook & Eat programmes for adults include:

- Age Concern Kingston
- Kingston Somali Community Association
- Refugee Action Kingston
- Kingston Islamic Resource Centre



Healthy Eating – ‘Healthy Start’

Healthy Start is a national programme that provides FREE milk, fresh and frozen fruit and vegetables, and vitamins for you and your family. If you are pregnant or have a young child under the age of 4 years, you could get Healthy Start vouchers worth £3.10 a week for you and your child. The vouchers can be spent on milk, plain fresh or frozen fruit and vegetables and infant formula milk at your local shops and supermarkets. You’ll also receive coupons for free vitamins too.

To join this scheme simply go to your local Children’s Centre and ask for an

application form, or ask your Health Visitor or Midwife.

To find your nearest participating shops go to www.healthystart.nhs.uk or call the Healthy Start helpline on 0845 607 6823. Ask your midwife, health visitor or local Children’s Centre about where you can exchange your coupons for vitamins.

For more information, call the Healthy Lifestyle confidential Helpline on Freephone **0800 028 8694**.

‘Healthy Hearts’ – Cardiac Rehabilitation

If you’ve been assessed by your GP or Practice Nurse as being at risk of developing cardiovascular disease, or have been diagnosed with coronary heart disease or angina, you are eligible to join our FREE Healthy Hearts programme which offers practical help and advice on managing your condition.

It includes:

- Cardiac exercise classes
- Information and discussion sessions
- Stress management and relaxation training
- Support in making lifestyle changes
- One to one support with a team of cardiac rehabilitation specialists

Participants attend this flexible programme at Tolworth Hospital, normally attending between 4-8 sessions. It is run by specialist cardiac rehabilitation nurses and a physiotherapist.



The Cardiac Rehabilitation team also run the Heart Manual which is a self-managed cardiac rehabilitation programme for people with heart disease, who are unable or do not wish to join the centre-based course, and lets them follow the programme at home.

For more information about the Healthy Hearts Programme or the Heart Manual, call the Healthy Lifestyle confidential Helpline on Freephone **0800 028 8694**.

Falls Prevention Service

Despite what many people think, falls can often be prevented and should not be accepted as an inevitable part of getting older. The Kingston Falls Prevention Service offers FREE assessments and interventions to help reduce the risk of falling.

The service also provides weekly exercise classes in a relaxed and fun environment to help improve strength and balance.

Please call if you, or someone you care for, have experienced any one of the following:

- Stumbling or falling over regularly – even if you don't hurt yourself
- Being frightened of falling at home or when you are out
- Feeling less confident on your feet

Our aim is to help you to stay healthy and well, living in your own home safely.

To make a referral or to get more information please call **020 8274 7070**.

For other kinds of help, you can also contact Age Concern.

Age Concern – Stay Well at Home

Age Concern, is an independent, local charity that can help you get access to a range of services and activities to help you stay happy and healthy living at home.

The service is FREE, and you can be visited at home. It includes help with things like:

- Arranging/support attending medical appointments
- Recovery from illness or after hospital stays
- If you are worried about your health and want help to find out where to go
- Sorting out your home to make it safer
- Looking at your finances to make sure you get everything you are entitled to
- Meeting people and getting out

For more information, telephone **020 8942 8256** or email staywellathome@ageconcernkingston.org

Age Concern, Kingston upon Thames
14 Nelson Road, New Malden,
KT3 5EA

Website:
www.ageconcernkingston.org



Immunisations – Are you up to date?

Are you and your family up to date with your vaccinations? Do you know where to get the ones you are entitled to? Do you know what you need when? To get the latest vaccination information visit:


www.nhs.uk/Planners/vaccinations/Pages/Landing.aspx.

Here is a list of the providers and personnel involved in delivering each type of vaccination in Kingston:

Most vaccines are provided free of charge but there may be a charge for some travel vaccines, which you will have to pay for; and occupational health vaccines, which your employer may pay for.

GPs can provide hepatitis A, typhoid and dT/IPV to patients free of charge. However, the cost of other travel vaccines (hepatitis B, meningococcal meningitis, rabies, Japanese Encephalitis and Yellow Fever) will need to be paid for by the individual patient. There is no fixed fee for immunisations that have to be paid for, so the cost may vary from practice to practice or private travel clinic.

If you are not sure if you have had the vaccinations you are entitled to, speak to your GP or call the Healthy Lifestyle confidential Helpline on Freephone **0800 028 8694**.



Vaccination	Who can provide it
Routine childhood vaccinations (under 5 years)	GP
	Practice Nurses
	Health Visitors (includes Looked after children (LAC) Nurse)
School booster	School Nurses
HPV	School Nurses
	Practice Nurses
Influenza vaccination PPV	Practice Nurses
	District Nurses
Neonatal Hepatitis B vaccination	GP
	Postnatal Care at NHS Hospital Trust
Neonatal BCG vaccination	GP
Occupational Health vaccination	GP
	Occupational Health Service
Travel Vaccinations	GP
	Practice Nurses
	Independent providers (Private clinics)
Post partum vaccination of mothers	GP
	Postnatal Care at NHS Hospital Trust

Keeping Warm in Winter – The Fuel Poverty Prevention Service

Are You:

- Over 65?
- Living in a cold home?
- Experiencing high fuel bills?

Older people are at risk as a result of having cold homes and in Kingston, a local company CEN/ Climate Energy give FREE home visits.

Climate Energy offer FREE help to:

- Get heating and insulation grants and loans from Kingston Council
- Show you ways to make your home warmer

- Show you how to reduce fuel bills
- Tell you about other services like your local Handy Person
- Install free water saving devices to help save on your water bills

All you need to do to book your FREE visit is call Freephone **0800 358 6663**.

If you have any questions about the scheme please call the Healthy Lifestyle confidential Helpline on Freephone **0800 028 8694**.

Long Term Conditions – ‘Expert Patients Programme’

Do you have a long term condition? The Expert Patients Programme (EPP) can help. The EPP is a FREE self-management course designed to give you the confidence and skills to become more expert in managing your condition. It aims to improve quality of life and slow the progression of long term conditions.

The course consists of 6 sessions, held once a week at various venues across the Borough on a regular basis. Each session lasts for 2.5hrs with a 20 minute break in the middle.

Participants are given a self-management book to accompany the course and a certificate on completion of the course. Participant reunions are held at regular intervals so support can be available beyond the 6 sessions.

To attend the EPP, simply call the Healthy Lifestyle confidential Helpline on Freephone **0800 028 8694** or email **eppkingston@nhs.net**.

Mental Health and Wellbeing

There are many simple steps you can do that promote your own mental wellbeing:

- Keep physically active & eat well
- If you drink alcohol, drink in moderation
- Get involved in your local community
- Connect with family, friends, colleagues and neighbours
- Learn something new that you are interested in or do something creative

If you have experienced a life event that is causing you mental distress, there are a number of local services listed in the table below that may be able to help:

A range of mental health services exist in Kingston providing support in different ways, and for different levels or severity of illness. A booklet outlining the details of these services can be found on the NHS website at the following link: www.kingstonccg.nhs.uk/stay-healthy/Healthy-minds.htm

You may also wish to contact your GP who can refer you to the local 'Right Steps' service which provides psychological therapies.

If you would like more information, call the Healthy Lifestyle confidential Helpline on Freephone **0800 028 8694**.

Service For	Organisation	Contact
Young People	YoungLivin' website and information service. If you are a young person and are worried about anything from exams to bullying to relationships. www.younglivin.org.uk/index/info/wellbeing.htm	Visit the website
Bereavement	Kingston Bereavement Service	020 8547 1552
Financial Stress	Citizen's Advice Bureau	0870 1264019
Racism and hate crime	KREC (Kingston Race Equalities Council)	020 8547 2332
Relationships	Relate	020 8541 0221
Domestic Violence	National domestic violence helpline	0808 2000 247
Domestic Violence	One Stop Shop (drop-in 9.30am – 12.30pm Mondays at the Baptist Church, Union Street, Kingston, KT1 1RP)	07917 271 549
Crime	Victim Support	020 8547 3202
Housing	Kingston Churches Action on Homelessness	020 8255 7400
Parenting	Welcare	020 8546 3258
Family Support	Homestart	020 8296 0654
Carers	Kingston Carers Network	020 8547 1614
Older People	Age Concern Kingston offers a range of help and support services to older people, their families and carers.	020 8942 8256
Long term illness	Expert Patients Programme	020 8339 8051
Counselling	Kingston Right Steps	020 8541 1686

NHS Health Checks

You are entitled to have a FREE NHS Health Check if you are aged between 40 and 74 years, are registered with a GP practice in Kingston or live in Kingston and if you have not been diagnosed with any of the following conditions; high blood pressure, diabetes, heart disease, stroke and kidney disease.

The aim of the NHS Health Checks programme is to identify people at risk of developing cardiovascular disease (CVD) (i.e. heart disease and strokes) in the coming 10 years and ensure that they can access treatment or get referred to lifestyle programmes to help them to manage and reduce their CVD risk.

All local GP Practices as well as a small number of pharmacies provide this programme.

Information about the National NHS Health Check programme can be accessed from the 'Free NHS Health Check' website at: www.improvement.nhs.uk/nhshealthcheck/

For further information about the available Healthy Lifestyle programmes locally, browse this booklet or call the Healthy Lifestyle confidential Helpline on Freephone **0800 028 8694**.



Physical Activity – Active Gardening

Active Gardening is a FREE allotment programme available to people aged 16 years and over and is a great way to improve your physical and mental health. Allotments provide a healthy outdoor activity, with the satisfaction of taking exercise whilst planting and harvesting healthy, low cost, fresh and locally grown food. There are also additional benefits such as training and skills building, social interaction, making friends and being part of a supportive team. You will be taught how to prepare the ground, what to grow seasonally and how to maintain the crops through the expertise of members of the group.

The initial programme is for six weeks based on a buddy system, with an option to continue and become part of the allotment team thereafter. The programme is FREE but participants will be required to make a small contribution towards items such as seeds for planting etc. Tools and equipment will be provided.

For more information, call the Healthy Lifestyle confidential Helpline on Freephone **0800 028 8694**.

Physical Activity – Change4Life Programmes in Kingston

Change4Life Kingston is a local programme which supports the national Change4Life campaign 'Eat Less, Move More, Live Longer'. It offers a series of activities for a range of communities including families, young people and adults. The programmes are either free or low-cost and take place in local venues and green spaces across Kingston:

Walk4Life

Walk4Life is a programme of FREE weekly, social walks for communities and families lasting between 30 to 60 minutes. The walks are for people who would like to improve their health and wellbeing by using walking to improve their physical and mental health and enjoying regular exercise. The walks are led by qualified walk leaders and graded to suit a range of abilities and take place in some of the most beautiful open spaces Kingston has to offer. Children and young people under 16 years should be accompanied by an adult.

Bike4Life

Bike4Life offers a variety of social rides led by instructors, specialist 'Learn to Ride' programmes, and a cycle hire scheme. Whether you just want to go for a social ride with your family, learn how to ride a bike with qualified instructors, or hire a bike to explore the best Kingston has to offer then Bike4Life is the programme for you! Bike4Life programmes are either low-cost or free.

Dance4Life

Dance4Life is a low-cost varied programme of dance opportunities in community settings. Qualified instructors lead low intensity versions of popular dance activities, meaning you can increase your physical activity levels and burn those calories in a fun and enjoyable way!

Run4Life

Perfect for those new to running or fitness training and who are looking for a manageable training programme for beginners. Run4Life is FREE and offers eight weekly sessions individually tailored to your specific needs. With additional online podcasts and the option to run a 5km event at the end of each course, this is the perfect introduction to running programme.

For more information on all the Change4Life Kingston programmes, contact Nathan Isom, Change4Life Coordinator, YMCA London South West on **020 82969747 x7434** or call the Healthy Lifestyle confidential Helpline on Freephone **0800 028 8694**.





Physical Activity – Fit as a Fiddle

Are you over 50, live in the Borough of Kingston, want to lose weight, get fit and have fun?

Why not join one of our FREE Fit as a Fiddle courses? The courses last for 6 weeks and each week involves some sociable physical activity followed by a healthy eating and weight loss workshop. The courses are tailored to suit the participants' needs. You can choose between a gentle course such as Chair-based Exercise or Body Balance and a little more vigorous activity such as Aquacise or Nordic Walking.

For more information or to book a place, please contact Grace, Fit as a Fiddle Co-ordinator on **020 8942 8256** or email grace@ageconcernkingston.org

Age Concern Kingston
Raleigh House
14, Nelson Road
New Malden
KT3 5EA



Physical Activity – Get Active Exercise Referral

Get Active is a structured 12-week exercise programme which is fully supported by qualified exercise referral specialists. The programme includes a variety of activities ranging from supervised gym workouts, group exercise sessions and outdoor activities such as walking and gardening. Get Active is offered in 5 leisure centres in the Royal Borough of Kingston: YMCA Surbiton, YMCA Hawker Centre, Tolworth Recreation Centre, Malden Centre, and Kingfisher Leisure Centre (please see map below).

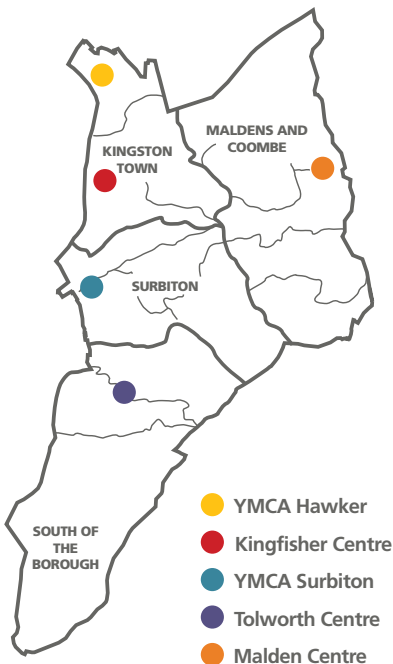
Sessions are offered at very low cost or free, subject to the activity, with a reduced rate gym membership offered to those who complete the full 12-week course.



If you are over 16 and within one of the following groups you can join the programme:

- A sedentary lifestyle (exercise less than 30 minutes twice a week) and want to take the first steps towards living a healthier lifestyle
- Risk of heart disease (e.g. smoking, overweight, obesity, diabetes, high cholesterol, high blood pressure and family history)
- Risk of osteoporosis (e.g. high consumption of alcohol, early menopause)
- Controlled asthma and COPD
- Mild to moderate osteoarthritis, rheumatoid arthritis and back pain
- Anxiety, depression, stress and controlled mental health conditions

To join the Get Active programme, check with your GP or health professional if you are suitable for the programme and ask them to complete a Get Active referral form. Alternatively, you can call the Healthy Lifestyle confidential Helpline on Freephone **0800 028 8694**.



Physical Activity – Parkrun

Parkrun is a 5km timed run, jog or walk open to all abilities and ages. It is held every Saturday at 9.00am, and it's FREE to join in. The route starts and finishes in Canbury Park Gardens (Lower Ham Road, Kingston, KT2 5AU), with stewards along the way. Whether you are interested in taking part as an established runner, aspiring runner or simply to improve your health and fitness, then Parkrun is for you. Children need to be accompanied by an adult.

Register in advance by visiting www.parkrun.org.uk/register.aspx. You can also get more information at www.parkrun.org.uk/kingston or call the Healthy Lifestyle confidential Helpline on Freephone **0800 028 8694**.



Screening – Bowel Cancer

Do you know that bowel cancer is the second highest cause of death from cancer nationally and the third most common form of cancer in the UK? 80% of diagnosed patients are 60 years or older. The Bowel Cancer Screening programme is highly effective because early diagnosis of bowel cancer has a 90-95% cure rate. Under the NHS screening programme, men and women aged 60 to 74 years and registered with a GP are automatically invited to be screened once every two years. The screening test is FREE, easy to do and the kit will be sent to you to complete in the comfort and privacy of your own

home. Once done, the test kit is posted in the envelope provided and returned for screening. The results will be sent both to you at your home address and to your GP.

If you have any queries or concerns or if you are aged over 74 years and would like to participate, please contact the bowel cancer screening helpline on **0800 707 6060**.

If you would like further information about cancer screening please contact Sarah-Jean Peters, Cancer Screening Coordinator for Kingston & Richmond by email cancerscreening@rtpct.nhs.uk.

Screening – Breast Cancer

Breast cancer remains the most common cancer in women in the UK, with nearly 46,000 women diagnosed each year. The chances are that most of us will have been touched by the disease in some way. Three yearly breast screening at Kingston Hospital is offered to women aged between 50 and 70 years old who are registered with a GP (we are phasing in screening for 47 to 49 year olds and 70 to 73 year olds by 2016). This service is FREE and if you meet the criteria, you will automatically be sent an appointment every 3 years.

For more information or if you are aged over 70 and would like to participate, please contact the Rose Centre at St George's hospital on **020 8725 2723** or visit their website:

www.swlbreastscreening.co.uk



Alternatively, if you would like further information about cancer screening please contact Sarah-Jean Peters, Cancer Screening Coordinator for Kingston & Richmond by email cancerscreening@rtpct.nhs.uk.

Screening – Cervical Cancer

Cervical screening is not a test for cancer, but a method for preventing cancer by detecting and treating early abnormalities which, if left untreated, could (over a period of years) lead to cancer in a woman's cervix. Early detection and treatment can prevent 80 percent of cervical cancers developing. Women aged 25 to 64 years, who are registered with a GP, are invited for FREE cervical cancer screening.

Women aged 25 to 49 years, who are registered with a GP, are automatically invited for screening every 3 years. Women aged 50 to 65 years, who are registered with a GP, are automatically invited for screening every 5 years.

Appointments can be made directly with your GP practice, Sexual Health Clinic or Family Planning Clinic. Women will be asked to make the appointment themselves.

Please note that women may request to have their sample taken by a woman.

If you would like further information about cancer screening please contact Sarah-Jean Peters, Cancer Screening Coordinator for Kingston & Richmond by email cancerscreening@rtptc.nhs.uk.



Sexual Health – Adult Sexual Health Services

There are a number of sexual health services across Kingston offering information, advice and treatment, about a range of sexual health issues. Below is a list of clinics and opening times:

Hawks Road Clinic

Hawks Road community contraception sexual health clinic offers a wide range of contraceptive provision and confidential advice. Free pregnancy testing, well woman advice and cervical screening is available. Chlamydia screening is available for clients aged 15 to 24 years. The clinic is FREE and open to any age group, no appointment is necessary.

Opening hours:

- Monday evening - 6.30pm - 8.30pm,
- Tuesday evening - 6.30pm - 8.30pm

Hawks Road Clinic
Hawks Road,
Kingston-upon-Thames,
KT1 3EW,
Telephone: 020 8546 1115

The Wolverton Centre

The Wolverton Centre specialises in sexually transmitted infections (STI's), contraception (including Long Acting Reversible Contraception), HIV, and specialist genitourinary medicine services. The clinic is open to any age group. All consultations are confidential, FREE and no referral is required from your GP.

Services include:

- Testing and treatment for sexually transmitted infections
- Assessment and management of other genital symptoms/problems
- Sexual health advice, information and counselling
- HIV testing and advice
- Complete HIV medical inpatient and outpatient care
- Hepatitis screening and vaccination
- Young person's clinic (The Point)
- Gay/Bi men's sexual health clinic (K2)
- Emergency contraception and long term contraception
- Infection testing and support following rape/sexual assault
- Management of psychosexual problems
- Free condoms and lubricant
- LARC Contraception Clinic

To attend the clinic, you can either telephone to book an appointment or simply drop into one of the walk-in clinics.

Kingston Hospital
Galsworthy Road, Kingston, KT2 7QB
Telephone: 020 8974 9331

Alternatively, visit

www.sexualhealthkingston.co.uk/clinics-times

to find out about services and clinic times.

Sexual Health – Young People’s Sexual Health Services

Emergency Hormonal Contraception (EHC)

Young women aged under 25 can access FREE EHC from a number of sexual health services including some pharmacies. For a list of participating services please visit www.gettingiton.org.uk/services.asp.

Condom Card Scheme

Young people aged 13 to 24 can access free condoms via the c-card scheme. For more information and a list of participating services, please visit www.gettingiton.org.uk/services.asp.

National Chlamydia Screening Programme

FREE Chlamydia screening tests are available for young people aged 15 to 24 years. To find out more about chlamydia screening, and to order a free chlamydia test, visit the website www.checkyourself.org.uk or simply text SWL to **88020***

*Texts are charged at your standard outgoing rate.

KU19

KU19 is Kingston's health service for young people aged 19 and under. For health advice and information, including advice on sexual health, you can call text or email them, or simply drop into one of the KU19 clinics around the Borough. No appointment is necessary.

Services available at the clinic include free condoms, emergency contraception,

chlamydia screening, contraception, advice and information, pregnancy testing and more.

Telephone: 020 8549 6323

Text: 07781 488019

Email: ku19@yourhealthcare.org



KU19 Clinics

KU19 @ Guildhall
Ground Floor
Guildhall 1, High Street
Kingston Upon Thames KT1 1EU
Monday 3.30-6.30pm

KU19 @ Hawks Road Clinic
Hawks Road
Kingston-upon-Thames KT1 3EW
Wednesday 3.30-5.00pm

KU19 @ the YMCA
49 Victoria Road,
Surbiton KT6 4NG
Thursday 3.30 - 6.30pm

KU19 @ Hook Centre
Hook Centre, Hook Road
Chessington KT9 1EJ
Friday 3.30 - 6.30pm

The Point @ The Wolverton Centre for Sexual Health

Open access young people's contraception and sexual health service for those aged 18 and under. This service provides contraception, emergency contraception, free condoms, screening for infections, pregnancy testing, relationship advice and sexual health advice. No appointment is necessary.

**The Point @ The Wolverton
The Wolverton Centre
Kingston Hospital
Galsworthy Road
Kingston
Telephone: 020 8974 9331**

Tuesdays 4.00-6.00pm

Young Livin' Bus @ Kingston Town Centre

The 'Young Livin' Bus offers FREE and confidential information and advice on a range of issues including sexual health (free condoms provided) and chlamydia testing for young people aged 13 to 19 years. No appointment is necessary. The Bus is found next to JD Sports in Kingston Town Centre on Thursdays from 3.30pm – 6.00pm. For more information about this service, visit www.gettingiton.org.uk/services.asp.



Stay safe in the heat – Heatwave hints

Heat can be harmful to your health. If you have heart, respiratory or serious health problems, you will be more at risk as the heat can make these conditions worse. Babies and young children are also more at risk. Many prescription medicines can reduce your tolerance of heat so you should continue to take your medicines but take extra care to keep cool.

Watch out for the following danger symptoms:

- Feeling faint and dizzy
- Shortness of breath
- Vomiting
- Increasing confusion

Take action if these heatstroke symptoms are present, including:

- Cool down as quickly as possible – stay out of the sun and move to a cooler place if possible, place a cool wet towel rolled on the back of the neck, take a cool shower, sprinkle the person with water or wrap them in a damp sheet and use a fan to create an air current
- Sip water
- Do not take aspirin or paracetamol (carry on taking other prescribed medicines)
- Seek further advice from NHS Direct on 0845 46 47, a doctor or ring 999 if the person has collapsed.

Tips for keeping cool:

- Keep windows closed when the room is cooler than it is outside. Open windows at night when the temperature outside has dropped.
- Reduce heat from sunlight coming through the windows. External shading such as shutters is best. Metal blinds and dark curtains may absorb heat and make the room warmer – it's best to use pale curtains or reflective materials.
- Have plenty of cold drinks, avoid excess alcohol, caffeine and hot drinks.
- Have cool showers or baths, put a loose, cotton, damp cloth or scarf on the back of the neck, spray or splash your face with cold water frequently to help keep your body cool.

For more information about how to protect your health during a heatwave, visit NHS Choices at www.nhs.uk. For advice about heat exhaustion or heatstroke contact NHS Direct on **0845 46 47** or NHS Choices at www.nhs.uk. For advice on protecting your skin during hot weather, visit the Cancer Research UK SunSmart campaign website at www.sunsmart.org.uk.



Stop Smoking

You are up to four times more likely to quit smoking using NHS support rather than going it alone.

The NHS Stop Smoking service provides FREE friendly support to help smokers quit. This service includes:

- Advice, information and support
- Trained professional Specialist Stop Smoking advisors
- Recommendations for Stop Smoking products including Nicotine Replacement Therapy, Champix and Zyban
- Weekly carbon monoxide testing

You can choose:

- One to one support with a trained advisor in GP surgeries or pharmacies
- Group sessions with other people who are stopping smoking
- Drop in clinic for a friendly chat and to begin a six week programme

If you would like more information, call the Kingston and Richmond Stop Smoking Service on Freephone **0800 085 2903** or email smokefree.kingstonandrichmond@nhs.net.

Weight Management Support – ‘Rosemary Conley’

Rosemary Conley classes combine dietary advice, help with changing your lifestyle, personal goals and safe, effective exercise at every class.

NHS Kingston has teamed up with local Rosemary Conley Diet and Fitness Clubs to provide all NHS referred patients with 12 weeks of classes at a discounted rate:

- Half price membership (£5 per member, normally £10)
- Reduced cost classes (£4.50 per class for 12 consecutive weeks, normally £6.70- £7.00 per class)

There is a choice of classes across the Borough taking place in local halls, schools and community centres. To be referred, talk to your GP or Practice Nurse who will give you a referral form and take your completed referral form to the class of your choice.

For information on class venues and times call the Healthy Lifestyle confidential Helpline on Freephone **0800 028 8694**.

Weight Management Support – ‘Weigh-2-Go’

Weigh-2-Go is a FREE 10-week programme for adults 18 years and over who would like to lose weight and make lifestyle changes. It is delivered by trained advisors in selected GP surgeries and pharmacies either as part of a group or on a one-to-one basis.

Each session involves practical nutrition advice, for example on label reading, portion sizes and healthy food choices when dining out; plus ongoing support with setting personal goals to make gradual changes and a weekly weigh-in.

Weigh-2-Go is available to people who are overweight (Body Mass Index (BMI= $Wt(kg)/Ht(m)^2$) over $25kg/m^2$ with a weight-related condition or a BMI of $>30kg/m^2$). If you need to check your weight and BMI, your Nurse, GP or pharmacist will help you.

Check online if there is a programme running near you
www.kingstonccg.nhs.uk/stay-healthy/weigh-2-go.htm.

For more information, call the Healthy Lifestyle confidential Helpline on Freephone **0800 028 8694**.



Children's Weight Management – 'Factor' Programmes

Would your child benefit from becoming more active or being a healthier weight? The Factor programmes are a great way for children and parents to learn together focussing on becoming more physically active and making healthier food choices.

Fun-Factor is a FREE healthy lifestyles programme aimed at encouraging **5 to 7 year olds** to become more active and to help families learn how to lead a healthier lifestyle. Sessions run for 10 weeks and include fun games, nutrition workshops for parents and support for families to develop healthier habits. Children must come along to each session with a parent or carer.

Fwd-Factor is a FREE healthy lifestyles programme aimed at helping **8 to 12 year olds** above a healthy weight and their families move towards a healthier lifestyle. Sessions run for 10 weeks and include food workshops, swimming and activity sessions for the kids and parent-only workshops to help parents introduce healthy habits at home. Children must come along to each session with a parent or carer.

4U-Factor is a programme aimed at young people aged **13 to 16 years** who are above a healthy weight. The programme helps young people to become more active and learn how to make healthier choices. Sessions run for 12 weeks and include a mix of practical information about food, recipes, gym based exercises and classes. Parents or young people can self-refer into these programmes or young people can be referred by health professionals including;



GP's, school nurses, family support workers and dietitians.

The **Factor** programmes are currently being offered at various leisure centres across the Borough. For more information or to join a Factor programme, contact the Programme Co-ordinator on **07754 148239**.

If you have difficulty reading this document we can help by providing an interpreter, translation, audio tape, large print, Braille or on computer disc. Contact us or ask someone who speaks English to contact us:
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E-mail barbara.morton@rbk.kingston.gov.uk

Arabic

إذا كانت هناك أي صعوبات في قراءة هذا المستند فيمكننا أن نوفر لك مترجم، ترجمة كتابية للمستند، شريط تسجيل، كتابة بحروف كبيرة، كتابة بطريقة برييل أو على قرص كمبيوتر. اتصل بخدمة العملاء أو اطلب من أي شخص يتكلم الإنجليزية أن يتصل بنا.
الهاتف : 020 85475818
بريد الإلكتروني: barbara.morton@rbk.kingston.gov.uk

Farsi

اگر خواندن این دستاویز برای شما دشوار باشد ما میتوانیم به برائی شما مترجم، آدوبتیپ، تحریر بحروف بزرگتر، صفحه بریل یا کمپوتر دیسک مهیا کنیم. با کسبم سرویس یا کسی را که زبان انگلیسی میداند بگوئید که با ما رابطه کند.
تلفن : 020 85475818
ای میل : barbara.morton@rbk.kingston.gov.uk

Gujarati

જો આપને આ દસ્તાવેજ વાંચવામાં મુશ્કેલી પડતી હોય તો આપની સુધિયા આદે અમે અવુલાસ (ઉદરરરર) ની વ્યવસ્થા કરી શકીશું કે દસ્તાવેજને વ્યક્તિએ કરેલ, એકિયા ટેપ, ઓડો અથવામાં ડાયાબેલ, બેઉચ શિલિયા અથવા કોમ્પ્યુટર ડિસ્ક ઉપર પ્રસુન કરેલ રૂપમાં આપી શકીશું. તે આદે સરખર સર્વિસનો સંપર્ક કરશો અથવા તો અંગ્રેજી બોલનાર ફ્રેંડ વ્યક્તિ સહાય અથવા સંપર્ક કરાવશો :
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Polish

Jezeli ciężko jest Państwu przeczytać ten dokument możemy pomóc, poprzez zamówienie tłumacza usznego, tłumaczenia pisemnego, nagrania na taśmie, wersji wydrukowanej dużą czcionką, czcionką Braille'a lub wersji elektronicznej na od. Proszę się z nami skontaktować, lub poprosić kogoś kto mówi po angielsku, aby się z nami skontaktował.

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Kingston's Lifestyle Programmes

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Email: communications@kpct.nhs.uk
www.kingstonccg.nhs.uk

From 2013 our new address will be

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Guildhall, High Street, Kingston upon Thames, KT1 1EU
Tel: 020 8547 5000
Email: information@rbk.kingston.gov.uk
www.kingston.gov.uk

Korean

이 문서를 읽으시는 데 어려움이 있으시다면, 통역, 번역, 오디오 테이프, 큰 활자체, 브리울 장자 또는 컴퓨터 디스크셋을 통해 직원들이 도와드릴 수 있습니다. 그 밖 서비스에 연락하시거나 영어로 대화가능한 분을 통해 저희에게 연락하십시오.

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Punjabi

ਜੇਕਰ ਤੁਸੀਂ ਇਹ ਦਸਤਾਵੇਜ਼ ਪੜ੍ਹ ਨਹੀਂ ਸਕਦੇ, ਤਾਂ ਅਸੀਂ ਇਕ ਇੰਟਰਪ੍ਰੀਟਰ (ਦੁਬਾਰੀਆਂ), ਇਸ ਦਾ ਅਨੁਵਾਦ, ਇਸ ਦੀ ਆਉਡੀਓ ਟੇਪ, ਮੁੱਠਾ ਟਿੱਟ, ਬ੍ਰੇਲ ਜਾਂ ਕੰਪਿਊਟਰ ਡਿਸਕ 'ਤੇ ਪਰਦਾਨ ਕਰਕੇ ਸਹਾਇਤਾ ਕਰ ਸਕਦੇ ਹਾਂ। ਕਸਟਮਰ ਸਰਵਿਸਿਸ ਨਾਲ ਸੰਪਰਕ ਕਰੋ ਜਾਂ ਜੇ ਅੰਗ੍ਰੇਜ਼ੀ ਬੋਲ ਸਕਦਾ ਹੈ, ਉਸ ਨੂੰ ਸਾਡੇ ਨਾਲ ਕੌਲ ਕਰਨ ਲਈ ਆਖੋ।

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Tamil

கனவிலுள்ள இவ்வாங்கேட்டுகளை அல்லது கேட்டுக்கொள்ளும் ஒரு அங்கேட்டுக்களை, மொழிமாற்றம், மொழி உரையாக்கம், குரல் அங்கேட்டுக்கள், பெரிய எழுத்து, திரைப்படம், காணொலி அல்லது காணொலி அட்டை, கணினி தட்டையோடு, அல்லது மொழிபெயர்த்துக் கொடுக்கப்படும் ஆடியோ கட்டுரைகளை வழங்குவோம்.

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Portuguese

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Chinese

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我们可以提供口译，笔头翻译，录像带，
大的印刷体，盲点或者是电脑的光盘的帮助。
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