

Healthy Living Information for Primary Care

For **general information** on where to signpost patients for support on healthy living go to [Healthy living \(leeds.gov.uk\)](https://www.leeds.gov.uk/healthy-living). The NHS [Better Health](https://www.nhs.uk/better-health) webpage also has some helpful tips on a range of health topics. **Resources** are also available in the following google drive folder: [Healthier Weight Resources](#) .

Training Information

Local Public Health Training	Leeds Public Health Training/ MECC Link - Simple signposting to better health and wellbeing/ Making Every Contact Count
Healthy Weight/ Healthy Eating/ Physical Activity	Healthy Eating and Healthy Weight Training how to access free healthy eating and healthy weight training Healthy Weight Coach - elearning for healthcare (e-lfh.org.uk) for supporting patients towards a healthier weight.
Conversations about weight	Talking about Weight toolkit for having compassionate conversations about weight or better health
Smoking Cessation	NCSCT Smoking Cessation training for supporting patients to stop smoking.

Service Information

Patients with a long-term condition, low level mental health/ complex social needs or who are lonely/ isolated refer to [Linking Leeds - Social prescribing for practical or emotional problems](#) who offer personalised care and support plans for improving health and wellbeing 0113 336 7612/ linking.leeds@nhs.net.

[Leeds Stop Smoking Service](#) offer support with a trained smoking cessation coach for a personalised plan. A choice of treatment is offered, including nicotine replacement therapy and e-cigarettes. Support extends to a year after each person's quit date. You can directly refer through the primary care healthy living template or by emailing leeds.stopsmoking@nhs.net or online [here](#). Individuals can self-refer and access support materials [here](#) or by calling 0800 169 4219.

HENRY (Health, Exercise and Nutrition for the Really Young) offers 8-week courses for parents/ carers of 0-5 year old and 5-12 year old children.

A healthy start for a brighter future (0-5)

Covers parenting confidence, physical activity for little ones, what children and families eat, family lifestyle habits and enjoying life as a family.

Please speak with your Specialist Public Health Nurse or a Family Health Worker to find out more information via our 0-19 SPA on: 0113 843 5683. For self-referral contact Henry@leeds.gov.uk [LCH 0 - 19 Health and Wellbeing Group Support \(leedscommunityhealthcare.nhs.uk\)](#)

Healthy Families Growing up Programme (5-12)

Programmes focus on building parents' confidence and strengths exploring key themes such as; emotional well-being, whole family lifestyle habits, mealtimes, TV, sleep, food, parenting and physical activity.

For information on how to access the programmes and dates of next courses go to > [School Wellbeing](#). Please send the referral form [Referral Form](#) to HENRY5-12@leeds.gov.uk

[Active Leeds for Health](#) offers physical activity options with the support of qualified exercise specialists. For example, strength & balance, cardiac rehab and general exercise classes. A pilot GP exercise referral program called LEAP (Leeds Encouraging Exercise in People) limited to specific areas will also be launching soon. It will support people to access a range of options with discounted gym memberships and free activities over a 12-month period.

[Flourishing Families](#) offer 6-week cooking courses (£1 per session with nutritious meal included) and healthy recipes. Contact Katec@flourishingfamiliesleeds.org.uk/ 07554 003101 for more information.

Please see the [Leeds Adult Weight Management Pathway](#) for detailed information on weight management support in Leeds.

A free **NHS weight loss plan** is available to download from [Digital Weight Loss App](#)

The [NHS England » The NHS Digital Weight Management Programme](#) should be the **default** option for people with hypertension and/or diabetes with a BMI ≥ 30

[National Diabetes Prevention Programme Healthier You](#) is the primary service for patients when non-diabetic hyperglycaemia is identified. For info, please visit [Healthier You | Diabetes Prevention Programme \(preventing-diabetes.co.uk\)](#)

The [Specialist Weight Management Service](#) offers support for people living with more complex obesity. Referrals are GP only via System1/EMIS. There is also some useful practical tips and advice for a healthier weight on their webpage.

[Forward Leeds](#) offer support for anyone with a drug or alcohol issue. The service provides a wide range of evidence-based interventions, tailored to wishes and needs of service users. You can refer through the primary care healthy living template or by emailing info@forwardleeds.co.uk, calling 0113 887 2477 or online [here](#). Individuals can also refer themselves or someone else, with late appointments available.

For those affected by someone else's substance use (whether a family member, loved one or friend), [Carers Leeds](#) offers support. The carers advice line is 0113 380 4300. Individuals can be referred to the service online [here](#).