

Your 'one stop shop'

for **healthy lifestyle** support
in **Brighton & Hove**



Healthy eating



Being more active



Stopping smoking



Losing weight



Drinking less alcohol



Improving wellbeing

Brighton & Hove City Council

Healthy Lifestyles Team



Request support or make a referral

 www.brighton-hove.gov.uk/healthylifestyles

@ healthylifestyles@brighton-hove.gov.uk

 01273 294589



 **beezee bodies**




Brighton & Hove
City Council



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**Your healthy
Lifestyle**


**Brighton & Hove
City Council**



Your “one stop shop” for Healthy Lifestyles support in Brighton & Hove

Brighton & Hove City Council Healthy Lifestyles Team provide a single point of access to a range of healthy lifestyle services for Brighton & Hove residents who would like to make healthy lifestyle changes.

How to make a referral:

- 1. Primary Care Referrals:** If you work in a GP surgery and have access to EMIS or SystemOne you can complete a simple auto-populating form available on the CCG website:
<https://www.gp.brightonandhoveccg.nhs.uk/healthy-living-services>
The form is called ‘Referral to healthy lifestyle services 1.1’ this form replaces the ‘referral to health’ form that you may have used in the past.
- 2. Other Referrals:** An online referral form can be found at www.brighton-hove.gov.uk/healthylifestyles. Alternatively you may contact us about someone you would like to refer using the contact details below.
- 3. Self Referrals:** Our team accepts self referrals. These can be made either by completing an online form found at www.brighton-hove.gov.uk/healthylifestyles or by contacting us on the details below:
- 4. Phone and Email:** You can call us on **01273 294589** or **email us at healthylifestyles@brighton-hove.gov.uk** to find out more about the services available, discuss possible referrals or complete a self referral.

How your client will be supported:

All clients referred will receive individualised support and information. We will contact the person named in the referral within 2 working days to arrange a one to one assessment to discuss what type of support/service they would like to access. We will discuss the range of healthy lifestyle options available and agree a plan of action with them.

We will then refer them into, or signpost them to, the most appropriate service available. They will be supported through this process and won't have to make several different phone calls, or complete several referral forms in order to access the support they require.

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Services available:

Weight Management support

BeeZee Bodies deliver weight management programmes on behalf of Brighton and Hove City Council. BeeZee Bodies provide a variety of free programmes for adults and families who are looking to get healthier and manage their weight. The programmes they offer are detailed below:



- **HENRY-** A supportive 8 week programme run by our nutrition team to support parents and carers with issues such as fussy eating
- **BZ Families-** Practical healthy lifestyle advice that make sense in 'real' family life
- **BZ Bumps-** What better time to make healthy changes for 'Mums to be' and the rest of your family than during pregnancy
- **BZ Ladies-** Personalised approach to weight loss with the support of other lovely ladies. Sessions are led by trained nutritionists and also include physical activity
- **Gutless-** No-nonsense way for men to increase fitness, improve health and lose weight
- **BZ Chat-** 1:1 individualised support over video-chat to help you lose weight and keep it off
- **BZ For All** – A supportive and fun way to improve fitness, health and wellbeing and lose weight – open to all.

Further details on each of these programmes are available at:

www.beezeebodies.co.uk

Eligibility:

ADULT Aged 16 years and above and live in Brighton & Hove.	BMI \geq 25 kg/m ² or 23.5 kg/m ² for black & minority ethnic groups or those with comorbidities (type 2 diabetes).
CHILDREN Aged 2-18:	BMI \geq 91st percentile

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PERSONALISED WEIGHT LOSS FOR FREE



CHANGE YOUR HABITS, FOR GOOD

GUTLESS

No-nonsense way for men to increase fitness, improve health and lose weight.

BZ BUMPS

What better time to make health changes for 'Mums-to-be' and the rest of the family than during pregnancy?

BZ FOR ALL

Supportive and fun way to improve fitness, health & wellbeing and lose weight-open to all.

BZ CHAT

1:1 individualised support over video-chat to help you lose weight and keep it off.

HENRY (2-4 years)

A fun 8 week programme, run by our trained nutritionists/dietitians, for you and your young child, to help create healthy habits around issues such as fussy eating.

BEEZEE FAMILIES (5-15 years)

BeeZee Families offers practical healthy lifestyle advice using engaging activities that make sense in 'real life'.

BZ LADIES

Personalised approach for women to lose weight with the support of other lovely ladies.



BeeZee Bodies Eligibility Criteria

CHILDREN

Aged 2-18
BMI \geq 91st percentile

ADULT

Aged 16 years and above live in Brighton & Hove
BMI \geq 25 kg/m² or 23.5 kg/m² for black & minority ethnic groups or those with a comorbidity (type 2 diabetes).

GET IN TOUCH NOW FOR MORE INFORMATION AND TO BOOK A FREE PLACE

CONTACT THE HEALTHY LIFESTYLE TEAM

www.brighton-hove.gov.uk/healthyweight

healthyweight@brighton-hove.gov.uk

[/beezeebodies](https://www.facebook.com/beezeebodies)

[@beezeebodies](https://www.instagram.com/beezeebodies)

01273 294589





Health Trainer Service

One to one behaviour change support for adults aged 18+. Health Trainers work with clients to make realistic and manageable lifestyle changes, through one-to-one support, guidance and signposting.

The service supports individuals wanting to make changes in the following areas

Getting Active

Stopping Smoking

Drinking Less alcohol

Eating more healthily

Improving general wellbeing

Health Trainers are able to offer their time and support to work with individuals who want to make lifestyle changes but need a supported approach. They work with clients to build motivation and confidence to make and maintain healthy lifestyle changes.

Experienced and qualified in motivational interviewing and behaviour change theory Health Trainers are able to guide a client through the change process using a variety of practical tools which equip the client with new self-management skills and resources.

Clients are offered up to 6 one-to-one or group sessions with a qualified Health Trainer, with 3, 6 and 12 month follow up sessions.

Limitation of service

Health Trainers are not clinically trained, personal trainers or dieticians and do not give specialised or medical advice; this includes specific plans for diet or exercise.

Eligibility:

Adults (18+) living in Brighton & Hove who would like to make changes in one or more key lifestyle area and who would benefit from dedicated time and support through the process of changing behaviour.

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Stop Smoking Service

Clients will be supported to access a range of community stop smoking services options available through Health trainers, GP practices, or local pharmacies.

These offer free information, face-to-face advice, support, group courses and nicotine replacement therapies to smokers wanting to quit. (Prescription costs apply for stop smoking medicines).

Following an assessment clients are triaged to the service that is most suitable for their needs, ranging from online support to more intensive one to one behaviour change programmes. Services support those who are ready to quit now and also those who are preparing to quit and would benefit from more motivation and confidence.

Eligibility:

Over 18's only and Brighton and Hove resident

Active for Life Community Physical Activity Programmes

Active for Life support communities to get active and improve their health by providing access to a wide range of free and low cost community based physical activities for adults and young people. All activities are local and accessible, beginner friendly and for all ages and abilities.

Programmes include:

In Shape for Life - Weekly physical activity sessions for adults who want a fun, relaxed fitness session, followed by friendly healthy living / weight management advice

Fit & Fun Families - Free after school sessions for parents / carers and their children to take part in fun games activity sessions

Girls Get Active - Weekly evening sessions for girls aged 14 – 19 to go to a local leisure centre and try activities like zumba, pilates and yoga

Street Games - After school activity sessions in the local community for young people aged 8 – 16, including street cricket, street dance and basketball.

Active Forever - Weekly physical activity sessions for adults aged 50+

Other local community based sessions – Ranging from yoga sessions to pilates and zumba. Low cost and in local areas

Holiday based activities - Free Soup and Stomp events, multi sport and other family activity based sessions during the school holidays in local areas

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Brighton & Hove Healthwalks

Healthwalks are friendly, supportive and ideal for those who want to start exercising in a gentle and safe way. All the walks are free, led by trained Volunteer Walk Leaders and accessible by public transport.

There are 17 regular walks across the city, ranging from under a mile (average walking time: 20-30 minutes) to three/four miles (average walking time 1.5 / 2 hours).

There are a number of special walks every year in partnership with a range of organisations including the museums and library service, MIND and local charities.

Nearly half the walks are also wheelchair and buggy-accessible.

Signposting, support and information:

Clients referred to the Healthy Lifestyles Team, where appropriate, will also be supported to access other relevant or specialist services in the city including: Drug and alcohol support, wellbeing support, befriending services and support for managing long term conditions.

Support for Organisations

The Healthy Lifestyles Team also provides support to organisations that are keen to improve health in their community or workplace. We can provide support tailored to the needs of your organisation, including help with health promotion events and training for staff.

If you would like to know more about any of the support available through the Healthy Lifestyles Team please contact us:

Website: www.brighton-hove.gov.uk/healthylifestyles

Telephone: 01273 294589

Email: healthylifestyles@brighton-hove.gov.uk

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