



Live Well Stay Well

Buckinghamshire Integrated Lifestyle Service



Losing weight



Reducing alcohol



Getting more active



Stopping smoking



Children's healthy weight



Healthy Eating



Managing your type 2 diabetes



NHS Health Check



Feeling stressed, worried or low



Who are we?

Single point of access for healthy lifestyle referrals

Live Well Stay Well has supported **thousands of people** in Buckinghamshire to **lose weight, quit smoking, get more active, feel happier or manage their type 2 diabetes**



Who are we?





What we Offer

ACTIVE COMMUNITIES
Every movement matters



Losing weight

Getting more active



Reducing alcohol



spark
Children's healthy weight



Stopping smoking

Bucks Online Directory BETA



Managing your type 2 diabetes

Healthy Eating



Healthy Minds Bucks
The Buckinghamshire IAPT service
Working together to improve wellbeing



Feeling stressed, worried or low

NHS Health Check





Outreach NHS Health Checks

Aged between 40-74

Lives or has a GP in Buckinghamshire

Has not had an NHS Health Check in the last 5 years

Does not have any pre-existing medical conditions / is not taking any medication for heart conditions, high blood pressure, cholesterol or diabetes



Workplaces

Leisure Centres

Libraries

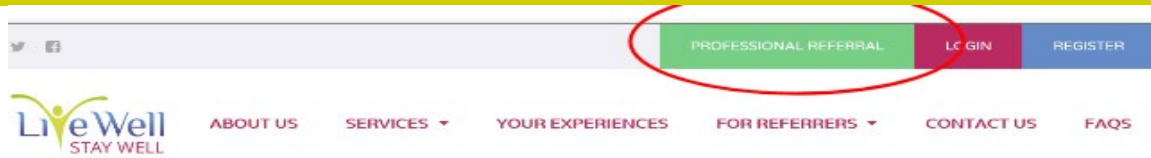
Community Centres

& more





How to Refer - Website



Professional Referral

Please enter the details of the person you are referring, in the form below

First Name *	Phone *
<input type="text"/>	<input type="text"/>
	<small>Please ensure this is correct</small>
Surname *	Home Postcode *
<input type="text"/>	<input type="text"/>
Date Of Birth *	Preferred date of contact *
<input type="text"/>	<input type="text"/>
Gender *	Preferred time of contact *
Choose your gender	<input type="text"/>

Please select the option(s) below that the person being referred, would like support with

Get Better Sleep	Getting More Active	Healthy Eating	Long Term Condition	Losing Weight	Managing your Type



Get Better Sleep	Getting More Active	Healthy Eating	Long Term Condition Support	Losing Weight	Managing your Type 2 Diabetes
NHS Health Check	Reducing Alcohol	Stopping Smoking	Stressed, Worried or Low?		
Referrer Name *	Team / Ward / Department name *				
<input type="text"/>	<input type="text"/>				
Contact Email *	Any supporting information				
<input type="text"/>	<input type="text"/>				
Organisation Name *	<input type="checkbox"/> Has the client given their consent for you to pass their details onto us? *				
<input type="text"/>	<input type="checkbox"/> Does the client give their permission for telephone messages to be left?				
Referrer Contact Number	<input type="text"/>				
<input type="checkbox"/> I'm not a robot					
					<input type="button" value="COMPLETE REFERRAL"/>

Remember to enter which Organisation you are referring from so we can feedback outcome data to you! Any extra information in the supporting information box will help us too.



Getting in Touch

01494 490444

www.PARKWOOD.livewellstaywell@nhs.net

www.livewellstaywellbucks.co.uk

Text 'SMOKE' to 60777

Text 'CHECK' to 60777





Thank you! Any questions?

hannah.blatchly@nhs.net



Losing weight



Reducing alcohol



Getting more active



Stopping smoking



Children's healthy weight



Healthy Eating



Managing your type 2 diabetes



NHS Health Check



Feeling stressed, worried or low