

live well stay well

October 2016

Welcome to the October 2016 edition of the Richmond Live Well, Stay Well Newsletter



Live Well Stay Well were present at this year's Full of Life Health Fair on Friday 15 September at Twickenham Stadium. We were accompanied by over 1,300 residents offering outreach Health Checks, service information, promotional materials and lots of giveaways.

We have also worked closely during this period with Richmond Mencap, Richmond Carers Centre and Spear to develop stronger relationships with and deliver services to under represented groups and potentially those at high risk of suffering ill-health in the borough.

We have processed all the payments for Quarter 2 Health Checks, factoring in any outstanding amounts from 2015/16 and Quarter 1. All participating practices will receive these monies this month and should contact Peter Clarke should there be any queries with payment.

Mr Krane, 74,

Exercise on Referral

For me, it's been perfect

'I felt really relaxed doing the course due to the professionalism, understanding and friendliness of the staff. For this reason I intend to continue as I feel comfortable at this gym. Thank you so much!'

Read more about other Live Well Stay Well services on the next page

Cheryl, 55

Adult Weight Management

'So far, I have attended 3 sessions at Slimming World and have lost 4lb to help kick start my new health regime.'

Rosemary, 78

Walking Away from Diabetes

'You can never be too old to keep learning how to look after yourself and stay in control'

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Look out for the new walks booklets that

Referrals received in Sep/Oct: 16 & 11

Number of walks: 20 & 18

Number of walkers: 422 & 409



We are now offering Saturday courses for those that have been unable to attend weekday programmes

Referrals received in Sep/Oct: 26 & 25

Number of places offered: 22 & 21

Number of completers: 16 & 16



Events delivered in Sep/Oct: 32 & 11

Number of outreach health checks completed: 59 & 66

We are going to be out in our health promotion bus on Saturday 26 November



Referrals received in Sep/Oct: 85 & 71

Number of new starters: 53 & 31

Number of completers: 22 & 18



Referrals received in Sep/Oct: 54 & 34

Number of new starters: 25 & 29

Number of completers: 11 & 8

Other Health Promotion Services in Richmond



www.richmondwellbeing.service.nhs.uk



www.changegrowlive.org



www.kick-it.org.uk