

RICHMOND – HEALTHY LIFESTYLE SERVICE REPOSITORY

Social Prescribing supports people to take control of their own health by connecting them to support within the community. Following a health check or other consultation, the GP can refer to services directly or to Social Prescribing Link Workers (SPLW) for other non-clinical interventions. The SPLW give individuals time to focus on 'what matters to you' and take a holistic approach to health and wellbeing. This could include supporting with things like managing stress, loneliness, finding social groups, learning new skills, physical activity or getting information on employment, benefits, housing and legal advice. The information below highlights services across adult weight management, healthy eating, physical activity, positive mental health, sexual health services and healthy lifestyle in Richmond.

| Service | Description | Referral Process | Referral Criteria | Cost | Provider |
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| Health Walks | Free walks take place weekly across the borough and are led by volunteers. | Self-referral No booking is needed | N/A | Free | London Borough of Richmond upon Thames |
| Stop smoking service | Free professional help, advice and access to Nicotine Replacement Therapy (NRT) and other stop smoking medications. | GP referral OR Self-referral- freephone (24 hour): 0800 011 4558 or StopSmokingteam@richmondandwandsworth.gov.uk | All smokers who live or work in Richmond | Free | Richmond Stop Smoking Team StopSmokingteam@richmondandwandsworth.gov.uk Help to stop smoking - London Borough of Richmond upon Thames |
| Healthier You: NHS Diabetes Prevention Programme (NDPP) | Intensive behavioural intervention for people at high risk of developing type 2 diabetes. Patients receive tailored, personalised support to reduce their risk including education on healthy eating and lifestyle, help to lose weight and physical exercise programmes. There is an Initial 1-1 Assessment followed by local group sessions over a 9-month period. | GP referral- through DXS | <ul style="list-style-type: none"> HbA1c results between 42–47mmol/mol (6.0–6.4%) in the last 12 months or Fasting plasma glucose result between 5.5-6.9 mmols/l in the last 12 months Aged 18 years or over Registered with a GP Practice within London Not pregnant Does not have Type 2 Diabetes | Free | ICS Health & Wellbeing: 0333 577 3010 info@preventing-diabetes.co.uk (for information only) |

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| | | | <ul style="list-style-type: none"> No medical reason why the individual should not take part in a programme that includes light-moderate (chair-based) physical activity | | |
| RUILS - social prescribing link workers | Social Prescribing supports people to take control of their health and wellbeing by connecting them with activities and support in their local community. | GP referral | <ul style="list-style-type: none"> No criteria | Free | RUILS https://www.ruils.co.uk/services/social-prescribing/ narinderdosanjh@ruils.co.uk |

Sexual Health

| Service | Description | Referral Process | Referral Criteria | Cost | Provider |
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| Integrated Sexual Health | Sexual health screening and treatment and contraception. | Self-referral https://shswl.nhs.uk/ | <ul style="list-style-type: none"> Open access | Free | Central London Community Healthcare (CLCH) 0333 300 2100 |
| Sexual Health London | Home STI Testing for routine/asymptomatic. | Self-referral https://www.shl.uk/ | <ul style="list-style-type: none"> Open access | Free | Sexual Health London https://www.shl.uk/ |
| Emergency Contraception | Emergency Contraception via PGD in pharmacies across the borough. | Self-referral | <ul style="list-style-type: none"> Aged 15-24 | Free | Multiple Sexual health - London Borough of Richmond upon Thames |

Mental Health

| Service | Description | Provider |
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| Richmond Borough MIND | Richmond Borough Mind – self-help resources - Mood management / Meditation etc https://www.rbmind.org/resources/mental-health-resources/ | https://www.rbmind.org/resources/mental-health-resources/ |

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| Richmond Community Drug and Alcohol Services (RCDAS) for Adults | <p>From April 2020, CGL (Change, Live Grow) stopped being the provider for Drug and Alcohol services in Richmond. The current provider is Richmond Community Drug and Alcohol Service (known as RCDAS).</p> <p>RCDAS is a community drug and alcohol service for anyone over the age of 18 living in the London Borough of Richmond. The over-arching aim of the service is to support service users in reducing or stopping their substance use and associated harm, and working towards sustainable and meaningful recovery in the community. The service is a consortium of providers and is led by South London and the Maudsley Mental Health Foundation Trust. We Are With You (formerly 'Addaction'), St Mungo's and CDARS make up the rest of the service.</p> | <p>Richmond Community Drug and Alcohol Service http://www.rcdas.co.uk/</p> <p>Phone number: 020 3228 3020 Email: RCDAS.Referrals@slam.nhs.uk</p> <p>Address: Ilex House, 94 Holly Road. Twickenham. TW1 4HF</p> |
| Achieving for Children (AfC) Young People Substance Misuse Service | <p>A shared service between the London Borough of Richmond upon Thames and the Royal Borough of Kingston, the Young People's Substance Misuse Service aims to provide specialist substance misuse treatment to young people aged 13 to 19 years and their families, through a care planned medical, psychosocial or specialist harm reduction intervention.</p> <p>The Young People's Substance Misuse Service can provide a complete assessment of the young person and support them and, if appropriate, their family to reduce the young person's substance use and decrease the likelihood of them becoming involved in substance-related offending.</p> <p>The service can provide specialist support and advice on substance misuse for young people as well as sexual health, including Chlamydia screening, diagnosis support around a young person's mental health, as well supporting transitions into adulthood and a needle exchange for under 18s.</p> | <p>AfC Website</p> <p>Phone: 020 8547 6920 Email: smsreferrals@achievingforchildren.org.uk</p> <p>Address: Young People's Substance Misuse Service Guildhall 1 Kingston KT1 1EU</p> |
| DrinkChecker Richmond | <p>The aim of the website is to support individuals to understand more about alcohol and its effects and to recognise if drinking is harming their health, signposting to advice, support and treatment if necessary.</p> | <p>https://www.richmond.drinkchecker.org.uk/</p> <p>info@alcoholhealthnetwork.org.uk</p> |

Sports, Fitness and Parks

| Service | Description | Provider |
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| Move for a Healthier Borough | A range of resources are aimed at people looking to become more active from the comfort of their own homes including short and simple activity videos. | Move for a healthier borough - London Borough of Richmond upon Thames |
| Sports Centres | Hampton Sports and Fitness Centre | |

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| | Pools on the Park Shene Sports and Fitness Centre Teddington Sports Centre Teddington Pools and Fitness Centre Whitton Sports and Fitness Centre | leisure@richmond.gov.uk 020 3772 2999 |
| Sports Clubs | There is the opportunity to take part in many sports in and around the borough. | https://www.richmond.gov.uk/services/sports/sports_clubs |
| Park Run | A free, fun, and friendly weekly 5k community event. Walk, jog, run, volunteer or spectate. | home Richmond parkrun Richmond parkrun |
| TCVs Green Gym | Green Gyms are fun and free outdoor sessions where service users will be guided in practical activities such as planting trees, sowing meadows and establishing wildlife ponds. | Green Gym - Outdoor Exercise To Make A Difference With TCV |
| Tennis | The London Borough of Richmond upon Thames has eleven public tennis court sites across the Borough, welcoming people of all ages and abilities. Our brand-new booking system enables you to book and pay for our high-quality courts easily and quickly. | https://clubspark.lta.org.uk/playtennisrichmond |
| Fitness Equipment in Parks | There are a number of parks and open spaces in the borough which host fitness equipment. | https://www.richmond.gov.uk/services/parks_and_open_spaces/fitness_activities_in_parks/fitness_equipment_in_parks |
| Fitness Training in Parks | There are a variety of fitness classes and bootcamps that take place in our parks. They are organised by external companies. | https://www.richmond.gov.uk/services/parks_and_open_spaces/fitness_activities_in_parks/fitness_training_in_parks |
| Dose of Nature | Dose of Nature works with people with mental health problems and the general population, encouraging everyone to connect with nature in order to improve their mental wellbeing. | Home (doseofnature.org.uk) info@doseofnature.org.uk |
| Stroll and Chat | A weekly stroll and chat in beautiful parks in Richmond. The sessions will help participants develop an understanding of local spaces, get some gentle exercise and an opportunity to socialise. | Join Let's Go Outside and Learn for a stroll and chat in Kneller Gardens - London Borough of Richmond upon Thames |

National support

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| NHS One You website | <p>One You provides free tips, tools, and support around moving more, eating more healthily or checking yourself — One You can help make small, practical changes that fit in with an individual's life.</p> <p>One You also has a series of Apps that can be download to support making small changes e.g. Walking app, couch to 5k, Easy Meals, NHS Smoke Free.</p> | <p>NHS One You website: https://www.nhs.uk/oneyou/ Link to the Apps: https://www.nhs.uk/oneyou/apps/</p> |
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| | | Wandsworth Council One You: http://www.wandsworth.gov.uk/oneyou |
| NHS Better Health | A new national campaign offering a range of digital tools and services that are available to support weight loss through healthy eating and physical activity. The website provides signposting to a range of services and courses (some are free and some have special offers). | https://www.nhs.uk/better-health/ |