



Healthy Lifestyles Newsletter



– Brought to you by the team

WELCOME TO THE HEALTHY LIFESTYLES NEWSLETTER

This edition we will feature:

- Success Stories and Event Cover from different Healthy Lifestyles services.
- Highlight of the Month: Stop Smoking
- Meet our Stop Smoking Team
- Upcoming events

SUCCESS STORIES



STOP SMOKING SERVICE

Tracy's success in her quit attempt!



Updates

Get regular updates on Twitter @BDCommunityHubs

For many of our residents, 2023 has been a success for making lifelong healthy choices. Healthy Lifestyles Stop Smoking service which offers FREE 12-week smoking support for residents who are eligible. One of our residents had a few words to say about their success with her Quit Smoking attempt.

"I had the right support. I would've never been able to quit without my nurse *(Stop Smoking advisor) She was an angel"*

– Tracy, 56 years old



Tracy found out about our services through her GP who referred her to our service, and she was able to access the help she needed right away. Today Tracy shares her story to help inspire others who may be thinking about going smoke free, after smoking since her early teenage years.

She wanted to give up smoking for her health so she can achieve a healthier and happier lifestyle. She knew that smoking was heavily impacting her health and she knew that now was the perfect time to quit smoking for good.

She was prescribed nicotine replacement patches which she had used in previous quit attempts but was not fond of. She said that with encouragement from her stop smoking advisor, she was able to give it another shot and was successful. By week 4 of her 12-week Stop Smoking support, her Carbon Monoxide reading confirmed that she was smoke free. After the 12 weeks, she was still smoke free, and she said that her mental and physical health had improved. Her stop smoking journey allowed her to pick up new skills such as experimenting with new arts and go hiking as much as possible as well as other outdoor exercises. Some of her health issues had become more manageable as it was less painful to perform tasks. Also, in quitting smoking, Tracy was able to save more. All the money she saved; Tracy was able to start planning a holiday with her daughter this summer.

If you would like advice and support to quit smoking, you can contact our friendly Healthy Lifestyles team on 020 8724 8018 to speak to an adviser to book a consultation or email healthy.lifestyles@lbbd.gov.uk.

Alternatively, you can self-refer through the Stop Smoking Registration form: www.lbbd.gov.uk/newme-healthy-lifestyle-office.com



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EVENT SUCCESS

The Health Lifestyles Operational Groups Summer Event was a success for the Healthy Lifestyles team. The Healthy Lifestyles team was at attendance at the Health Lifestyles Operational Groups Summer event at the Barking Rugby Club on the 3rd of July 2023.

The Healthy Lifestyles team had a lot of thought-provoking health related conversations with residents and staff. The team during the event had conversations about changes they can make in their life to



achieve a healthy lifestyle whilst reiterating how the healthy lifestyles team are here to support them through their journey.

Our stop smoking advisor was able to give Carbon Monoxide readings to our residents whilst giving residents information on how we can support them. Our HENRY facilitator was very informative and provided information on how the healthy lifestyles services can support them and their families.

Our LEAN Living facilitators we through sugar smart with residents and discussed how the LEAN living programme can help residents to lose weight and get a healthier. A few of our resident had a few words to say about healthy lifestyles stall:

“It’s good to see the fat model. I was shocked! Like this is inside of me! Its good to have a visual. It gives me motivation to change what I’m eating” –

- Dan, Barking and Dagenham resident.



“It’s scary to see how much sugar is in all these drinks! 12 tsp of sugar in Fanta! I thought it was made from fruit juice. It’s good I saw this because it makes me want to limit how much of these drinks I should have”

– Diana, Barking and Dagenham resident.

If you missed the event, there are many more summer events that you can find the Healthy Lifestyles stall. The next event is the Barking Folk Festival on Saturday 5th August at Barking Abbey Green 12pm – 7 pm.

If you want more information on all out Healthy Lifestyle services, visit: www.newme-healthy-lifestyle/



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EVENT SUCCESS



Community Physical Activities: Let's Zumba at the Chadwell Heath Community Centre!

For many of our residents, 2023 is the perfect time to start making lifelong healthy choices for all ages including the over 40's. Getting active does not always have to be boring and self-isolating. Healthy Lifestyle offers a variety of classes through the Young at Heart Programme. The Young at Heart sessions include Line Dancing, Zumba, Self-defence, Snooker and Darts and so much more to help our residents to keep active and stay connected. Many residents love the Zumba sessions which are available around the borough. Some of our residents had a few words to say about what they loved about the Zumba gold class run by the Young at Heart programme.

"She makes it fun, and I feel good after this and I keep fit. Good teaching makes me want to do more" - Marianna



"It's very friendly. Everyone who comes is so friendly and welcoming" - Flora



"It's good fun!" - Sandra



Sessions like Zumba and Zumba Gold allows residents like these ladies to engage in a fun form of physical activity. When residents take part in classes like this, it not only allows the resident to get blood pumping blood around the body, but it also allows residents to socialise with different people in their community. Some of our residents had a few things to say about the social aspect of the Zumba sessions.

"Everyone is so friendly. It's nice especially when you live on your own. Zumba is a nice form exercise." - Jean



"It's the social thing especially at our age. It is a great form of exercise and it's nice to get out and socialise" - Aureen



If any residents are looking to get active, stay connected and maintain a healthy lifestyle, they can get more information about the Young at Heart Programme: [Young at Heart | London Borough of Barking and Dagenham \(lbld.gov.uk\)](https://www.lbld.gov.uk)



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EAT WELL, LIVE WELL AND FEEL WELL

Barking and Dagenham's very own Strictly Come Dancing

Everyone can achieve a healthy lifestyle! For adults with a learning disability, Eat Well, Live Well and Feel Great (ELF) aims to increase physical health and wellbeing through physical activity and healthy eating sessions.

For many of our residents, being involved in community physical activities allows keeping active to be a more enjoyable experience. One of our residents had a few words to say about what they loved about the ELF programme.



"I love coming here and being with my friends... I love when John is playing so I can dance" – John

At the Green Lane Christian Fellowship Church, we had many of our residents engage in a range of physical activities including chair-based exercises and kite activities. As one of our residents (John) said, dancing is also a highlight of these sessions. The dancing session allows the residents to enjoy their favourite songs



with other residents, form connections and friendships and be involved in a fun form of physical activity. A lot of residents engaged with the activities and enjoyed it! These activities have not just allowed them to maintain a healthy lifestyle, but it helps them to get to know other residents and enjoy the social aspect of the sessions. In these sessions, residents learn about the importance of a healthy balance diet and choosing healthier choices.

Healthy Lifestyles run a number of activities across the borough for residents with learning disabilities. For more information, visit the LBBD website:

[Eat Well, Live Well, Feel Good \(ELF\) | London Borough of Barking and Dagenham \(lbdd.gov.uk\)](http://Eat Well, Live Well, Feel Good (ELF) | London Borough of Barking and Dagenham (lbdd.gov.uk))



You can get more information about Eat Well, Live Well and Feel Good (ELF) by scanning the QR code:



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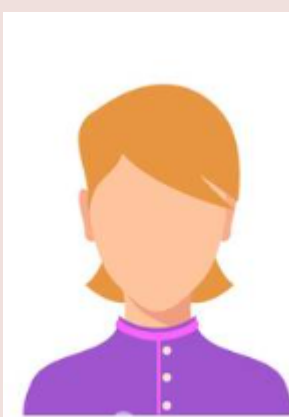
MEET OUR STOP SMOKING SERVICE TEAM

The Stop Smoking Service offers support to those looking to stop smoking within Barking and Dagenham. The Stop Smoking Service also supports and offers support for pregnant persons and also offers a Post Natal service for families living in Havering. The Stop Smoking Service provides residents with one to one support from a qualified stop smoking advisor and FREE Nicotine replacement therapy to help you stop smoking for good.

You can get more information about the Stop Smoking Service by scanning the QR code:



The Stop Smoking Service is supported by our qualified team of staff. Here is your chance to get to know them!



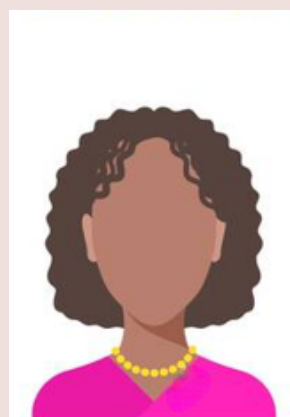
DEBBIE

About me:

I have been working as a Healthy Lifestyle Specialist Stop Smoking Advisor since August 2015. I am passionate about the Stop Smoking service as I quit smoking 8 years ago. I engaged with a diverse range of individuals from the community, which has enabled me to bridge some gaps between targeted groups, build rapport, be supportive and motivate the patients to make their quit attempt.

Qualifications:

- Level 2 NCSCT Stop Smoking Advisor qualification.
- NCSCT Mental Health qualification.
- NCSCT Pregnancy and Smoking Cessation qualification.
- Level 2 Award in Understanding Behaviour Changes.



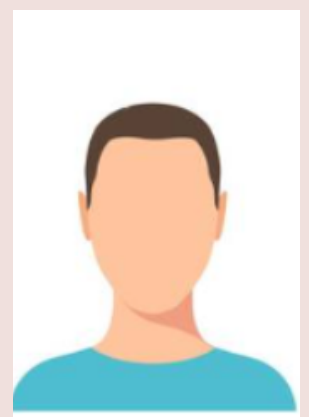
EVELYN

About me:

I have been a healthy lifestyle coach – Stop Smoking Specialist for the past 8 years. It has always been my passion to make a difference in London Borough of Barking and Dagenham by raising behavioural risk factors that are commonly associated with smoking. I am delighted to help and guide residents from diverse backgrounds with individual needs to make positive choices about their health and wellbeing.

Qualifications:

- Degree in Public Health
- Level 2 NCSCT Qualified Practitioner
- NCSCT Mental Health Qualification
- NCSCT Pregnancy and Smoking Cessation Qualification
- Level 2 Award in Understanding Behaviour Change



GRANT

About me:

I have been working for LBBD for 10 years and I had originally started as an apprentice. I always look at ways to improve my knowledge to better our residents.

Qualifications:

- Business and Administration apprenticeship (Intermediate and Advance)
- Advice and Guidance levels 3 and 4
- Improvement practitioner level 4
- Six Sigma Green Belt
- Stop Smoking Practitioner Level 3



GABRIELA

About me:

I joined the Healthy lifestyle team in August 2022, after graduating from Anglia Ruskin University, where I obtained a Bachelor of Science Degree in Business and Healthcare Management. I have stopping smoking, HENRY and nutrition-related qualifications. I love my job very much; each day is unique. My best reward is to touch people's lives, by providing all the support they need to improve their health and the quality of their lives.

Qualifications:

- NCSCT Mental Health qualification.
- NCSCT Pregnancy and Post-partum Specialty qualification.
- NCSCT Mental Health qualification.
- NCSCT Second hand smoke: promoting smokefree homes and cars



MARILYN

About me:

I have been working for LBBD 7 years ago, and started as a GP Referral coach (now called Healthy Lifestyle Coach). I wanted to help people which is why I trained in this job and over the years I believe myself and my colleagues have helped many people.

I also trained in cancer referral and now run a session each week offering exercise for patients living with cancer.

Qualifications:

- Stop Smoking Practitioner Level 3



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Upcoming Event

FIRST AID SESSIONS

We are running First Aid Session on the last Thursday of every month (You will gain a certificate when completed).

During these sessions, residents learn lifesaving skills and information such as CPR, the different types of EpiPens and how to use it and how to put someone into recovery position. The sessions are very enriching, and residents will enjoy the sessions.


Our first session of First aid started Thursday 26th October at Valance Library, Becontree Avenue, Dagenham RM8 3HT.



Young At Heart Programme

First Aid session

Last Thursday of every month 11.30am to 12.30pm
at Valance Community Hub



Learn basic first aid skills covering:

- Unconsciousness
- CPR
- Fractures
- Burns & Scalds
- Anaphylaxis
- And much more

- Thursday 26th October
- Thursday 30th November
- Thursday 21st December
- Thursday 25th January
- Thursday 29th February
- Thursday 28th March
- Thursday 25th April

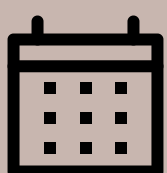
For more information or queries about any of the above please contact June Yates on 020 4513 7136 or email june.yates@lbbd.gov.uk

STOPTOBER

Stoptober is an annual health awareness month encouraging smokers to make a quit attempt during the month of October. The Healthy Lifestyles Team in Barking and Dagenham are supporting the national awareness month by organising a range of local activities to effectively engage with smokers to provide advice and prompt quit attempts.

Healthy Lifestyles team will be out and about delivering virtually and face to face our Stoptober campaign. Our team will also be at attendance at a variety of events.

Day and Date	Time	Location	Campaign
Tues 24th Oct 23	2pm - 5pm	Barking Learning Centre, 2 Town Square, Barking IG11 7NB	Pop up – Stoptober Q&A Myth Busters
Thurs 26th Oct 23	9am - 5pm	Barking Market , East St, Barking IG11 8EU	Black History Month Event
Thurs 26th Oct 23	11am - 2pm	Barking Learning Centre, 2 Town Square, Barking IG11 7NB	Pop up clinic
Mon 30th Oct 23	10am - 2pm	Barking Market East St, Barking IG11 8EU	Pop up – Stoptober Q&A Myth Busters



What's in for you in the next edition?

- Introducing LEAN Living Facilitators
- New Me: Residents stories of their healthy lifestyles journey.
- Highlight of the Month: Eat Well, Live Well and Feel Great (ELF)