Referrals into ONE YOU RBKC & Westminster Service

Online Sign-Up Form

Access our quick and easy online referral form: https://bit.ly/SignUptoONEYOU

Or refer via Systm 1 through these steps

- 1) In patient's record, select Referrals, and then Referrals Out.
- 2) In the pop-up window select the third tab titled "CCG Contacts"
- 3) Select the folder Health Promotion
- 4) Our referral form is found as "Healthy Lifestyles & Stop Smoking (KC and Westminster)
- 5) Once form is completed it should be emailed from an nhs.net email to

nhsnwlccg.cvdprevention@nhs.net

6) Our support team will then contact and triage the patient and book them into their first health assessment, with our Health Advisor

G contacts are visible to all SystmOne units in your CCG. Any changes or a	dditions you make to	the CCG contacts will affect other SystmOne	users.
oilapse All		Export	Import
tact	Туре	Address	Telephone
Dermatology	Department		
Diabetes	Department		
Domestic Violence	Department		
Elderly Care	Department		
Endocrinology & Met Medicine	Department		
ENT ENT	Department		
Extended Hours Referrals	Department		
Gastroenterology	Department		
Generic Referral Templates	Department		
Genetics	Department		
Haemotology	Department		
A III Health Promotion	Department		
Exercise Referral Healthwise, Chelsea Sports Centre	Organisation	Chelsea Sports Centre, Chelsea Manor St	
Exercise Referral Healthwise, Kensington Leisure Centre	Organisation	Kensington Leisure Centre, Silchester Ro	
Exercise Referral, Westway Fitness Club	Organisation	Westway Fitness Club, 3-5 Thorpe Close,	
🔄 Exercise Referral Scheme - Westminster	Organisation	Health Improvement, Lisson Grove Health	03330.020092
😋 Expert Patients Self Management Programme	Organisation	Living Well, St Charles Health and Wellbei.	020 9964 6679
St Fit For Life referral form criteria	Organisation	St Charles Hospital, Exmoor Street, Lond.	NAMES OF TAXABLE PARTY.
🔁 Healthy Lifestyles & Stop Smoking (K&C and Westminster)	Organisation		020 3434 2500
Infectious Diseases	Department		
Investigations / Diagnostic Imaging	Department		
Mental Health	Department		
Musculoskeletal	Department		

Eligibility Criteria

Eligibility ONE <u>YOU</u> Healthy Life Style Services			
Medical/Long Term Conditions (any one of the following)			
Pre – Diabetes	BMI 30+		
Diabetes	Chronic Kidney Disease		
Transient Ischaemic Attack	Peripheral Vascular Disease		
HIV	Erectile Dysfunction		
High Blood Pressure/Hypertension	Rheumatoid Arthritis		
Current Smoker	Identified QRisk > 10%		
Estimated QRisk Healthy Heart age is 10 years greater than their actual age			
Risk Factors (Combination of any tWO of the following)			
Dietary Concerns	High levels of Stress/Anxiety		
Lack of Physical Activity	High Alcohol Intake		
Family History of CVD			
Eligibility ONE <u>YOU</u> Stop Smoking Services			
Tobacco Smoker			

Our Services



Remote 1:1 appointments with our advisors



Virtual Gym



Virtual Cook and Eat Classes: Recipes and tips how to eat healthy on a budget



Access to FREE Stop Smoking medication



Virtual support, via blogs and online community through facebook groups



Weight Managment classes, and Healthy Living Workshops