Guy's and St Thomas' NHS
NHS Foundation Trust

Welcome to the

LEIPS Lifestyle Journal

Welcome to the Lambeth Early Intervention Prevention Service (LEIPS) booklet

The LEIPS team provides services in Lambeth that help you to be more healthy. This includes support to stop smoking, lose weight, be more active and reduce your alcohol consumption.

This easy to use booklet aims to provide you with simple steps for improved health and fitness that can be easily incorporated into your everyday life.

We provide the information, you provide the motivation!

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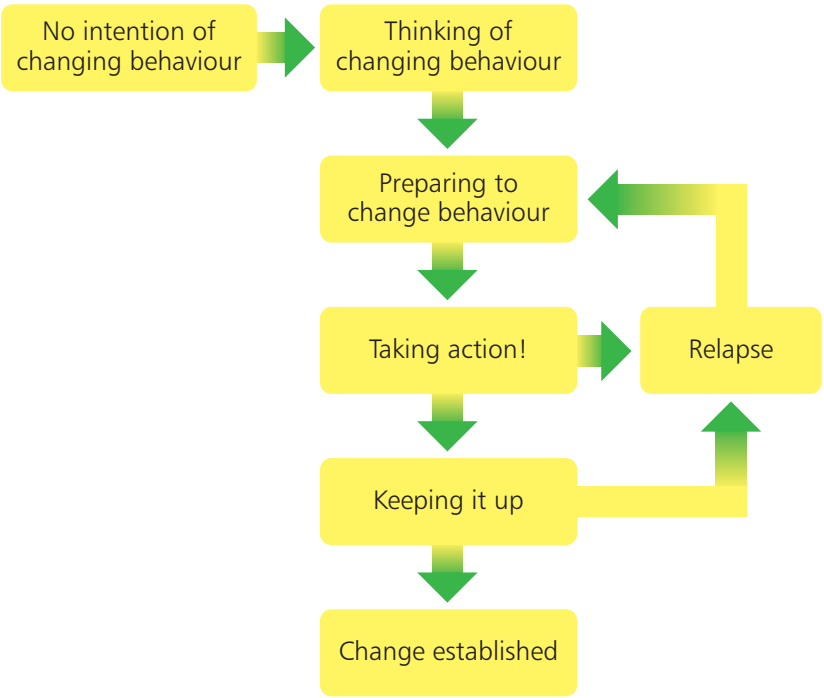
1 On the road to change

There is often a journey between thinking about changing a part of your lifestyle and actually doing it. This is known as 'the cycle of change' and helps to identify where you are now in this process.

Take a look at the diagram below and see if you can find yourself.



Stages of Change explained…

"It isn't that we can't see the solution. It is that we can't see the problem."

Precontemplation stage

We have all been here… we resist change or we make small insignificant changes due to pressure from others… spouses, employers and parents.
We place responsibility for our problems on factors such as genetic makeup, family, society, destiny… the list goes on.

We feel the situation is hopeless.

Sound familiar?

*"I **want** to stop feeling so stuck."*

Contemplation stage

Contemplators acknowledge the problem. We begin to think about solving it. We struggle to understand our problems but see its causes and wonder about possible solutions.

"We know our destination, and even how to get there, but we are just not ready to go yet."

We are often known to tell ourselves that some day we are going to change.

Preparation stage

This stage begins with us thinking more about the future than the past. It is a time of **anticipation, activity, anxiety and excitement.**

We are planning to take action and are making final adjustments before we begin to change our behaviour, however we still need a little convincing.

Action stage

This is the stage when we are overtly modifying our behaviour and our surroundings. We make the moves for which we have been preparing. It requires our greatest commitment of both time and energy.

Maintenance stage

It is useful to remember that our change never ends with action. Without a strong commitment to maintenance, there will be relapse, but it is important to remember that relapse is **normal**.

"Success is falling nine times and getting up ten."

Most successful self-changers go through the stages three or four times before they make it through the cycle of change without at least one slip.

Remember, slips give us the opportunity to learn!!!

2 Getting started with physical activity

Why should you be active?

- Physical activity improves the flow of blood around your body.
- It helps to control your weight, lower blood pressure, lower cholesterol, and regulate blood glucose.
- It helps to reduce the risk of heart attack and stroke.
- It improves your sleep pattern.
- Regular exercise makes your bones stronger, and improves flexibility and balance.
- It reduces stress, anxiety and improves your sense of well-being.

Step 1

Choose an activity that you enjoy and that will fit into your lifestyle easily. Think about asking a friend to join you.

Step 2

Set aside time for your activity and try to do it at the same time each day so that you build up a routine.

Step 3

Gradually increase your daily activity. Remember to start slowly, allowing yourself enough time to warm up and go at your own pace.

If you are stuck for activity ideas, have a look at **www.getactivelondon.com**

Warming up…

Warming up is essential before exercising. The purpose of the warm up is to:

- steadily increase the heart rate
- improve blood oxygen levels
- increase flexibility of muscles and joints
- mentally prepare the body for exercise.

Without a warm-up, your workout will not be as efficient as it could be. Your muscles will not be warm and will be less supple, which can increase your risk of injury.

Start with slow, gentle movements, such as walking, and gradually build the intensity, such as increasing your walking pace to a brisk walk or a gentle jog.

Eight to ten minutes will warm up the muscles and get them ready for higher-intensity activity. The warm-up process sends oxygen to the muscles, where it works with glucose to produce energy. This ensures that the body works more efficiently burning the relevant fuels, and that your workout gives better results.

…and cooling down

Immediately after your workout, take time to cool down. It helps to reduce muscle injury, stiffness and soreness that may occur after a workout.

Walk or continue your activity at a low intensity for five to 10 minutes. It is then an ideal time to stretch, and you are more likely to improve and maintain your flexibility.

Some important dos and don’ts when exercising

For everyone

Do	Don’t
Stop exercising if you experience chest pain, feel dizzy or faint.	Don’t exercise if you have recently felt chest pain, shortness of breath or palpitations which are unfamiliar to you.
Wear loose, comfortable clothing and shoes with good arch support.	Don’t over-exert yourself. You will get more benefit from moderate exercise than from vigorous exercise.
Try to exercise before meals. If you can’t, wait until at least an hour after you have eaten.	Don’t exercise while you are ill or have a temperature – for example with a cold, cough or flu.
	Don’t hold your breath during exercise.

What types of activity should I do?	How much is enough?
Some of the best types of activity for your heart are walking, cycling, dancing, and everyday activities such as climbing the stairs. Whatever exercise you choose must always be comfortable and not cause you any pain.	Exercise at a moderate level. You should feel comfortable but slightly out of breath and warm. As a general rule the exercise should feel 'fairly light' to 'somewhat hard'. The 'talk test' is a good way to work out if you are overdoing it. If you can't carry on a conversation during exercise, you are probably working too hard.
Your level of exercise should be tailored to meet your needs. It should take into account your age, level of fitness, and any other health problems you may have, such as high blood pressure.	To get fit you need to exercise frequently and regularly. Increase your activity gradually and build it into your daily life.

You should aim for a total of 30 minutes moderate activity a day, five days a week.

Top Tip:

Break your exercise session into more manageable chunks of ten minutes throughout the day.

3 Healthy eating

So what is this whole healthy eating thing anyway?

Healthy eating means consuming the right quantities of foods from all food groups in order to lead a healthy life.

Diet is often referred to as some dietary regime for losing weight. However, diet simply means what food we eat in the course of a 24-hour, one week, or one month period!

A good diet is a nutritional lifestyle that promotes good health. A good diet must include several food groups because one single group cannot provide everything a human needs for good health.

The eatwell plate shows how much of what you eat should come from each food group.

The eatwell plate shows how much of what you eat should come from each food group. This includes everything you eat during the day, including snacks. So, try to eat:

- plenty of fruit and vegetables
- plenty of bread, rice, potatoes, pasta and other starchy foods – choose wholegrain varieties when you can
- some milk and dairy foods
- some meat, fish, eggs, beans and other non-dairy sources of protein
- just a small amount of foods and drinks high in fat and/or sugar.

Look at the eatwell plate to see how much of a whole day's food should come from each food group and try to match this in your own diet.

Try to choose options that are lower in fat, salt and sugar when you can.

For more information on eating a healthy diet, visit:
www.eatwell.gov.uk

Portion swap

We were all brought up to finish the food on our plates, but sometimes it is more than we really need. These days larger portion sizes are also more readily available, which does mean that it is very easy to eat too much.

It can also be easy to eat food that contains too much fat and sugar. So we can eat more calories than we need, without even realising we are doing it.

Try these tips to avoid accidentally eating too many calories – sticking to these simple changes will help you towards a healthy weight.

Top tip:

Ideas for smaller portions

Share packaged foods – Many foods and drinks are packaged for sharing, so if you are eating by yourself avoid temptation and save some for later. Put snacks in a bowl and put the rest away and you are likely to eat less.

Eat a little slower – It takes time for our brains to register we are full, so try to eat more slowly. If you are eating with friends or family, try pacing yourself to the slowest eater.

Focus on your food – Eating distractedly, such as in front of the TV, means we eat more without noticing or even enjoying it.
Swap the TV for the table.

Aim to feel satisfied, not stuffed –
Try eating just one plate of food and don't go back for seconds.

Ideas for healthy eating

Super start your day

Don't be tempted to skip breakfast, even if you are trying to lose weight. If you have a healthy breakfast in the morning, you are less likely to want to snack before lunch.

Grab a grill

Try grilling breakfast foods, rather than having a full fry-up.

Mix and match

If you know you will be having a proper dinner later, keep an eye on the calories by having a lighter lunch.

Pack it in

Plan ahead and try to take a packed lunch to work or when you are out and about. It can work out cheaper.

Spot the difference

Swap a big dinner plate for a smaller one and you will have a smaller portion. It will also look as if you have more food on your plate.

Max your pocket, not your drink!

Extra large whole milk lattes or cappuccinos may seem like value for money, but they also contain more calories. Try swapping for a regular size coffee made with lower fat milk – this is less calories (and it will save you money).

Veg-tastic

Try filling up with fruit and vegetables instead of food that is high in fat or sugar. Aim for about one-third of your plate to be veg.
Or swap one large meal for a smaller meal, with fruit for dessert.

5 a day

We all know that eating 5 portions of fruit and veg a day is important for our health, but you might be surprised how easy it can be. The great thing is, you do not need to radically change your diet or do without the things you love.

Just add a portion of veg here, sprinkle a portion of fruit there – and you will hit your 5 a day before you know it!

Top tip:

How to get your 5 portions of fruit and veg a day

Open one – Canned fruit and veg count too. Choose canned fruit in unsweetened natural juice and vegetables in water.

Defrost one – Frozen fruit and veg count, and it only takes a couple of minutes to microwave some frozen peas for your omelette.

Drink one – One 150ml glass of 100% unsweetened fruit or vegetable juice can count as a portion (but remember only one glass counts).

Sprinkle one – Try sprinkling pepper, onion, mushroom, sweetcorn or pineapple chunks on top of a thin-based pizza.

Breakfast one – Add fruit to cereal, porridge or lower fat yoghurt – a handful of berries or a chopped banana is lovely.

Top tip:

Lunch one – Add some crunch to your sandwiches with cucumber, grated carrot or tomato, and have a piece of fruit.

Pulse one – Add beans, lentils and pulses to stews, bakes and salads – remember, only one of your 5 a day can come from pulses.

Side-dish one – Have a salad or veg with your main meal. If it is a roast dinner, make sure you have got some carrots or broccoli on your plate.

Add one – For an easy way to your 5 a day, add canned, frozen or fresh veg to your meals to make them even tastier:

- Add chopped carrots to spag bol
- Add red peppers to a pasta sauce
- Mix peas into your mashed potato

Dip one – Dunk veg in lower fat dip, lower fat cheese spread or salsa – sticks of cucumber, peppers, carrots or even cauliflower are delicious.

For further information and recipe ideas, visit:
www.nhs.uk/Change4Life/Pages/adult-portion-sizes.aspx

4 Mental wellbeing

What is mental health?

Mental health is about the way you think and feel, and your ability to deal with ups and downs. Being mentally healthy does not just mean that you do not have a mental health problem. If you are in good mental health, you can:

- Make the most of your potential;
- Cope with life, and
- Play a full part in your family, workplace, community and among friends.

Some people call mental health 'emotional health' or 'wellbeing' and it is just as important as good physical health.

We all have times when we feel down, stressed or frightened, but most of the time those feeling pass. But sometimes they develop into a more serious problem and that could happen to any one of us.

Everyone is different. You may bounce back from a setback while someone else may feel weighted down by it for a long time.

Your mental health does not always stay the same. It can change as circumstances change and as you move through different stages of your life.

If you are concerned about your state of mind and are feeling low or anxious, it is a good idea to talk about your feelings with friends and family. If you prefer, you can visit your GP. Don't feel ashamed of how you are feeling. Worries about mental wellbeing are the second most common reason for visiting a doctor, so you are not alone. Your GP can offer advice from talking therapies to self-help books/computer programmes or you can ring **020 3228 6747** and speak to someone at the Lambeth Psychological Therapies Service.

The 5 ways to wellbeing

1. Connect

Getting to know the people who live around you helps to give you a sense of community. Say hello to your neighbour or ask your local shopkeeper how they are. Work together to resolve a local issue. Hold a street party. Ring up an old friend or family member you have not heard from in a while. Rather than eating sandwiches at your desk or skipping lunch, ask a work colleague to join you for a proper break.

2. Be active

Keeping active makes you feel good. Find something you enjoy – cycling, swimming, dancing and just do it! Walking is a free and easy way to get moving, and there are many ways to explore Lambeth on foot. You could join a weekly guided Active Walk on Streatham Common, Brockwell Park, The Embankment or Kennington Park.

3. Take notice

Be mindful of the moment and how you are feeling. Reflecting on your life experiences will help you appreciate what matters to you. Take some time out from your daily schedule to relax, take stock and notice the world around you. It costs nothing to get out and explore your local area, but the benefits can be priceless. A browse through the colourful stalls at Brixton Market is a great way to brighten your day. Watching the street performers on the South Bank is also free and fun.

4. Keep learning

Learning a new skill can make you feel good about yourself, confident and adventurous. Rediscover an old interest. Learn to play an instrument, roller skate or cook a new dish. Plant something. There are plenty of things to try in Lambeth from amateur dramatics theatre groups to low cost adult learning courses. If you do not want to do a whole course, you can learn in your own time in one of Lambeth's libraries. They are free to join and run lots of different activities, including book groups.

5. Give

Helping someone else can make you feel better about yourself. Help your neighbour or friend out by lending a hand. Smile at a stranger in the street. Thank someone. Your actions will make other people feel good too. Volunteer at a local community group or charity and you will meet new people, learn new skills and gain valuable experience. You could join one of Lambeth's time banks, where you can swap skills with other members of the scheme.

Alcohol

Alcohol can play a big part in our social lives. Whether we are on a night out with our friends, at a gig, or having a bite to eat, we often see having a few drinks as essential to having fun.

You might not pay too much attention to how much alcohol you drink or if you are sticking to the unit guidelines, but it is probably a good idea to find out! Drinking too much alcohol can have an affect on your health, social life and personal safety.

Know your units

Here's a visual guide to how much alcohol there is in some popular drinks. You can refer back to it later on in this booklet when you are working out how much you usually drink. And it will probably come in handy in the future too.

You might be surprised at some of the figures – for instance, did you know there are more units in one 175ml glass of 13% wine than in a single 25ml measure of 40% spirits?

Some manufacturers put the number of alcohol units on bottles and cans, so this can be a useful reference when present. Of course with mixed drinks like cocktails it can be hard to keep track of what you are drinking – you can always ask the person serving you if you are not sure.

Alcohol – you should not regularly exceed

Men – 3 to 4 units daily **Women – 2 to 3 units daily**

1 pint of strong lager = 3 units

1 large glass of wine = 3 units

Pint of Lager
4% ABV
2.3 UNITS
193 kcal

Pint of Bitter
5% ABV
2.8 UNITS
242 kcal

Pint of Strong Beer
/ Lager / Cider
5.2% ABV
3 UNITS
242 kcal

500ml can of Lager
3.8% ABV
1.9 UNITS
207 kcal

750ml Bottle of Wine
13.5% ABV
10 UNITS
573 kcal

175ml Glass of
Red or White Wine
13% ABV
2.3 UNITS
134 kcal

250ml Glass of Red
or White Wine
13% ABV
3.3 UNITS
191 kcal

50ml Glass of
Fortified Wine
(eg sherry) 20% ABV
1 UNIT
356 kcal

25ml Single Spirit
& Mixer
40% ABV
1 UNIT
61 kcal

50ml Double Spirit
& Mixer
40% ABV
2 UNITS
122 kcal

275ml Bottle of
Alcopop
5% ABV
1.4 UNITS
174 kcal

50ml Double Irish
Cream Liqueur
20% ABV
1 UNIT
175 kcal

Drinking at home

At home it can be much more difficult to keep track of how much you are drinking than when you are out. There are no measures, you are probably much more generous than bars or pubs are, and you can top up your glass at any time.

Keep it in mind – that vodka you just poured might be a quadruple measure rather than the single measure you would get in the local pub.

Just remember:

- The visual guide gives examples, but many popular drinks are stronger.
- Some pubs serve spirits in 35ml single measures rather than 25ml, so you might be drinking more than you realise.
- Glasses and bottles come in different sizes so this will also affect the number of units you are drinking.

So what did you drink last week?

How much did you drink last week? Have a think about it – maybe you spent a few evenings in the pub, and on some days you had drinks at home. Write down your drinks for each day in the column below. Please be honest with yourself – to get the best advice to safeguard your health it is important to be as accurate as you can.

Also, if last week was unusual for you – for example you drank much more or less than usual – write down what you would drink in a normal week.

Example:

Day	Drinks	Total number of units
Thursday	1 x 175ml glass of 13% wine 3 x 1 pint of strong 5.2% lager	2.3 + 9 = 11.3

Day	Drinks	Total units
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Now add up the total units for each day to give you a total for the week:

Finally, divide your total for the week by seven to give you an average units per day:

Cutting back top tips

Think about what you are drinking
Some drinks have more alcohol than others. For example, a single measure of vodka has one unit, while a pint of standard beer has more than two. Bear this in mind if you are trying to limit your units.

Make an excuse
While it seems extreme to have to make excuses, sometimes if you have got really pushy friends and you are determined to cut back, that is what you have got to do. Why not try "I'm training" or "My mum's visiting tomorrow."

Keep a list of why you are doing it
If you have decided to cut down, it is easy to let your motivation wane after a while. Keep it up by writing down a list of your reasons for cutting back and leave it where you can see it every day.

Cut down on the number of nights you drink
Perhaps you could limit your drinking to only a few nights a week, and then not go over the top.

Alternate with soft drinks
Have a soft drink after every alcoholic drink when you are out. Not only will this stop you guzzling the booze down, it will help keep you hydrated, lessening any hangover

Save money
Keep a record of how much you are saving by drinking less. £20 saved per week translates to more than £80 a month, or £1,040 per year… Just think what you could do with that.

Do something different
There are lots of great nights out that do not revolve around the pub. Check out www.nhs.uk/livewell/alcohol for some great ideas.

Stop smoking

Quitting is not easy, especially when it looks like so many people still smoke. But the truth is, only 21 percent of the population smoke, with more quitting every day. While it is your choice and your journey, so many others benefit from you stopping too.

Like your family. You will be able to spend more quality time with them, and be around longer to see your kids grow up and have children of their own.

You might have lost someone to smoking, and want to be sure this is the last time it happens in your family.

Thinking about others when you decide to quit can give you extra strength to see it through, and they can all share in your success.

Think about your health

Quitting dramatically increases your chances of living a longer life. It takes just 20 minutes for your body to start healing once you quit smoking, repairing the damage done by all those years of smoking.

Remember you are not alone when you quit.

Enjoying benefits of life as a non-smoker

It's amazing how quickly you'll notice some really positive changes when you quit smoking and we're not just talking cash!

After… 20 mins	Your blood pressure and pulse rate will be back to the normal rate of a non-smoker.
8 hours	Nicotine and carbon monoxide levels in blood reduce by half and oxygen levels return to normal.
24 hours	Carbon monoxide will be gone from your body! Your lungs will start to clear out unwanted mucus and smoking debris.
48 hours	Your body will be nicotine free! Food will start to taste better and your sense of smell will improve too.
72 hours	Your breathing will become easier. Your bronchial tubes will begin to relax and your energy levels will increase.
1 week	Your sleep should noticeably improve.
2-12 weeks	Your circulation will improve, making your skin look better.
3-9 months	Smoker's coughs and breathing problems should improve as your lung function increases by up to 10%.
5 years	Your risk of a heart attack will fall to about half that of a smoker.
10 years	Your risk of lung cancer will fall to half that of a smoker… and your risk of a heart attack should be the same as someone who has never smoked!

Many smokers want to quit smoking but are not sure where to turn. Professional help can double your chances of success. In Lambeth the NHS Stop Smoking Service will give you all the support you need when you are ready to quit. It is staffed with expert NHS professionals who will help you understand why you smoke and create a plan to help you quit.

The right support for you

We will get you working with a trained advisor, either one-to-one or in a group – it is up to you! You will be encouraged to set a date to quit smoking and to attend weekly sessions for at least the first four weeks after that. Your advisor will also be able to check your level of addiction and advise you on the best treatment to help you quit, including advising on different stop smoking medicines.

Track your progress

A weekly carbon monoxide check can help you track your progress and let you see how your body recovers once you stop smoking.

By getting this professional help and using stop smoking medicines from the NHS Stop Smoking Service you are up to four times more likely to quit than if you choose to go it alone.

Why stop smoking medicines can help

The first few weeks without smoking can be the hardest. This is when your body is fighting the physical addiction. This passes, but you might find stop smoking medicines helpful to get you through these early stages. Once these physical cravings pass you will find it much easier to stay the course.

What is available to increase your success?

Nicotine replacement therapy (NRT) gives your body the nicotine it craves without the toxic chemicals you get in cigarettes like cyanide or carbon monoxide so it does not cause cancer.

There are seven types of NRT available so there should be something to fit with your lifestyle: patches, gum, lozenges, microtabs, inhalators, nasal spray and mouth spray. All of them are available on prescription or to buy over the counter and a full course lasts 10-12 weeks. It is suitable for most adults but if you have a heart or circulatory condition, or on regular medication you should get the OK from your doctor. If you are pregnant, you should check with your doctor or midwife before using NRT.

Try and try again. If one type does not work at first, then try another or try a combination. Using more than one NRT product is recommended, especially if you have strong cravings. For the best results remember to check out the instructions, or talk to your NHS stop smoking advisor, pharmacist or doctor about how to use the various NRT products.

Alternatives to NRT to increase your success

As well as NRT there are other products available on prescription that can help you quit smoking by changing the way your body responds to nicotine.

Champix (varenicline) and Zyban (bupropion hydrochloride) work to reduce your cravings. They come in tablet form and you start taking them one to two weeks before you quit. Treatment usually lasts eight to 12 weeks. They are only available on prescription and are not available if you are pregnant or under 18.

For more information call the Lambeth Stop Smoking Service on freephone 0800 856 3409 or visit www.smokefree.nhs.uk

5 Further information

NHS Health Checks – Outreach Team

The Lambeth NHS Health Check outreach programme is a free service for all Lambeth residents aged 40-74 who do not already have a diagnosis of Cardiovascular disease. It helps to identify potential risks of developing heart disease, kidney disease, stroke, diabetes, hypertension and high cholesterol. These risks increase with age hence having the check will improve your chances of living a healthier life.

Even if you're feeling well, it's worth having your NHS Health Check now. The team can then work with you to lower your chances of developing these health problems in the future. We are community based and work in partnership with the voluntary sector, community groups and local organisations.

What does the check involve?

- The check is carried out by specialist nurses.
- The check will take 20 – 30 minutes.
- Your height, weight, age, sex, and ethnicity will be recorded.
- You will be asked some simple questions about your family history
- Your blood pressure will be checked.
- A simple blood test is conducted in some cases to check cholesterol and blood sugar levels.

What happens after the check?

- Your results will be given to you and explained.
- You will be given personalised advice on how to lower your risk and maintain a healthy lifestyle.
- In some cases, you will be referred to the appropriate health care professionals for additional support.

Contact details for the team:

Thelma Bangura
Tel. 020 3049 5239 Mobile: 07799581665
Email: Thelma.Bangura@lambethpct.nhs.uk

Tessa Thomas-Douglas
Tel: 020 3049 5199 Mobile: 07799 581 073
Email: Tessa.thomas-douglas@lambethpct.nhs.uk

The Expert Patient and Selfcare Programme

The Expert Patients Programme (EPP) is for any adult in Lambeth who is living with any long-term health condition. The six-week course teaches participants skills to look after themselves and manage their condition better.

Over the two-and-a-half-hour sessions trained tutors teach a range of skills including: learning to cope with pain; tiredness and depression; relaxation and exercise; healthy eating; communicating with family, friends and health professionals; and planning for the future.

The EPP does not provide specific health information or treatment, and it does not address clinical needs.

The Self Care Skills Training Course (SCSTC) has been designed and developed to motivate and empower communities and individuals to have a better understanding of self care approaches that will help them improve their lifestyle and lead to positive health behaviours.

If interested please contact the Lambeth Early Intervention and Prevention Service (LEIPS) on 020 3049 5242

Health Trainers

A Health Trainer is someone that can help you improve your health. They will talk through your health concerns, helping you to set goals to achieve a healthier lifestyle. Your Health Trainer will provide you with support to reach the goals that you have set.

Health trainers can:

- Give one-to-one support
- Encourage and motivate you to make the changes.
- Help you to find out more about health issues.
- Signpost you to other services that may be able to help you.

Health trainers can support you to:

- Eat more healthily
- Be more active
- Lose weight
- Drink sensibly
- Stop smoking
- Reduce stress

How much does it cost?

The service is free and confidential.

How many times will I see a Health Trainer?

Health Trainers can spend up to an hour with you at each session. You can meet them once a week or every two weeks up to six sessions.

I want to lose weight – can a Health Trainer help?

Yes, Health Trainers can help make changes which can help you lose weight. They will help you set goals and support you to achieve them.

Can I see a Health Trainer after work or at the weekend?

Although Health Trainers generally work during office hours, they can be available during the evening and at the weekend.

I want to go to a women only exercise class – can a Health Trainer help me find somewhere?

Yes, Health Trainers have a list of local services, they will help find something appropriate for you.

If interested please contact the Lambeth Early Intervention and Prevention Service (LEIPS) on 020 3049 5242

Leisure centres in Lambeth

Our leisure centres have great facilities, including sports courts, aerobic studios, swimming pools and much more where you can get discounts using the Lambeth REAL Plus card. For more information, contact: **lambethleisurecard@gll.org** or contact one of our centres.

Lambeth leisure centres are:

Brixton Recreation Centre, 27 Brixton Station Road
Tel: 020 7926 9779

Ferndale Community Sports Centre, Nursery Road, Brixton
Tel: 0845 130 8998

Flaxman Sports Centre, Carew Street SE5
Tel: 020 7926 1054

Clapham Leisure Centre
141 Clapham Manor Street, Clapham, London SW4 6DB
Tel: 020 7627 7900

Over 60?
Age is no barrier to having fun and keeping fit

Don't let your age put you off; there are clubs and activities for over-60s available. The Waterloo Action Centre offers everything from line dancing (Mondays at 2pm) to an hour of gentle exercise at 10.30am every Tuesday. You can find out more about clubs and activities for over-60s, as well as exercise tips for all ages on the NHS Choices Lambeth website **www.nhs.uk/lambeth**

Love Lambeth parks – they are great for exercise

If you enjoy walking, jogging or getting out in the great outdoors we have more than 60 parks that you can use for free.

Visit **www.lambeth.gov.uk/parks** for more information.

The Patient Advice and Liaison Service (PALS)

Our PALS team can:

- give you information about our hospital services and the choices available to you and your family, visitors and carers under NHS care;
- put you in touch with our language support team if you need an interpreter or want information in a different language or format;
- listen to your comments, compliments or concerns about the services provided in our hospitals;
- help you to resolve, as quickly as possible, any problems or issues that you have about our hospital services;
- tell you how your comments can help us to improve existing services and influence future plans;
- give you information about the formal complaints process and independent advocacy services;
- tell you about how to get involved with the work of Guy's and St Thomas' NHS Foundation Trust.

For more information:

- Visit us at St Thomas' in the Knowledge and Information Centre (KIC), Ground Floor, North Wing, or at Guy's on the Ground Floor near main reception. Walk-in services on both sites are open Monday to Friday 10am – 12pm, and 2pm – 4pm.
- Tel: 020 7188 8801 or 020 7188 8803. You may get an answering machine if the team is busy. Please leave a message and we will return your call within 48 hours.
- Email: pals@gstt.nhs.uk
- Write to the PALS Lead, Patient Information Team, KIC, Ground Floor, North Wing, St Thomas' Hospital, Westminster Bridge Road, London SE1 7EH
- Fax us on 020 7188 1651

Other organisations…

NHS Choices
www.nhs.uk

NHS Smokefree
www.smokefree.nhs.uk

Change4Life
www.nhs.uk/change4life

Get Active London
www.getactivelondon.com

British Heart Foundation
www.bhf.org.uk

Time to Change – Mental Wellbeing
www.mind.org.uk/TimeToChange

Alcohol Support
www.nhs.uk/livewell/alcohol

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Further information

PALS – To make comments or raise concerns about the Trust's services, please contact our Patient Advice and Liaison Service (PALS). Ask a member of staff to direct you to PALS or:
t: 020 7188 8801 at St Thomas'
t: 020 7188 8803 at Guy's **e:** pals@gstt.nhs.uk

Knowledge & Information Centre (KIC) – For more information about health conditions, support groups and local services, or to search the internet and send emails, please visit the KIC on the Ground Floor, North Wing, St Thomas' Hospital.

t: 020 7188 3416 **e:** kic@gstt.nhs.uk

Language Support Services – If you need an interpreter or information about the care you are receiving in the language or format of your choice, please get in touch using the following contact details.

t: 020 7188 8815 **f:** 020 7188 5953
e: languagesupport@gstt.nhs.uk

NHS Direct – Offers health information and advice from specially trained nurses over the phone 24 hours a day.

t: 0845 4647 **w:** www.nhsdirect.nhs.uk

Contact us

For more information about our services visit the Trust website **www.guysandstthomas.nhs.uk**

Guy's and St Thomas' NHS Foundation Trust

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