

Useful contacts:

A

Alcohol tracker

www.nhs.uk/change4life

Provides a downloadable tracker for i-phone, android or desk-top

Ash (Action on Smoking and Health)

www.ash.org.uk

Asian Tobacco Helplines (managed by the Department of Health)

These are available Monday to Friday between 9am to 8pm and Saturday and Sunday 11am to 5pm, in the following languages:

Urdu 0800 169 0881

Punjabi 0800 169 0882

Hindi 0800 169 0883

Gujarati 0800 169 0884

Bengali 0800 169 0885

Atrial Fibrillation Information

www.atrialfibrillation.org.uk

www.nhs.uk

B

Blood Pressure Association

www.bpassoc.org.uk

Blood Pressure UK

www.bloodpressureuk.org

Easy to follow information on BP for patients

BMI Calculator

<http://www.nhs.uk/Tools/Pages/Healthyweightcalculator.aspx>

British Heart Foundation

www.Bhf.org.uk

British Hypertension Society

www.bhsoc.org

Bromley Stop Smoking Service

www.bromleyhealthcare.org.uk

Stop Smoking Service

Health Improvement Service

Global House

10 Station Approach

Hayes

Kent

BR2 7EH

020 8315 8718

Fax: 020 8462 0869

Self-referral free phone 0800 587 8821

Email: bromh.bromleystopsmoking@nhs.net

www.smokefreebromley.co.uk

C

D

The DH website for ordering Dementia leaflets

Publication Product Code: 2900843 (English)

It is also available in Braille and British Sign Language DVD

http://www.orderline.dh.gov.uk/ecom_dh/public/home.jsf

Telephone: **0300 123 1002**

Youtube video on healthy eating

<https://www.youtube.com/watch?v=fqhYBTg73fw>

Information on alcohol units, the law and the long-term health effects

www.drinkaware.co.uk

Drug and Alcohol Service (CRI)

Address: 35 London Road, Bromley, BR1 3QR

www.cri.org.uk/bromley

A facility to leave a message is on the 'contact us' page

E

Youtube video on Exercise

<https://www.youtube.com/watch?v=aUalnS6HIGo>

Mytime Active

www.mytimeactive.co.uk

Emotional wellbeing - IAPT

<http://www.bromleyhealthcare.org.uk/explore-our-services/working-for-wellbeing/>

Self referral – 0300 003 3000

F

G

H

Heart Age

www.nhs.uk/tools/pages/heartage.aspx

Heart UK

Useful information on cholesterol management

www.heartuk.org.uk

Hypertension Guidance

www.nice.org.uk/guidance/CG127

I

IAPT

<http://www.bromleyhealthcare.org.uk/explore-our-services/working-for-wellbeing/>

Self referral – 0300 003 3000

J

K

L

Lipid Modification

NICE clinical guideline

www.nice.org.uk/guideline/CG067

M

Mytime Health

Tel: 020 8290 4000

Email: broccg.MytimeActive@nhs.net

Address: Mytime Active, Linden House, 153 - 155 Masons Hill, Bromley BR2 9HY.

Mytime Active

www.mytimeactive.co.uk

N

NHS Choices

www.nhs.uk

NICE

www.nice.org.uk

O

P

Pan London activities

www.getactivelondon.com

NHS Pregnancy Smoking Helpline

0800 169 9 169 open 12pm – 9pm 7 days a week

Q

R

S

Slimming World

www.slimmingworld.co.uk

NHS Free Smoking Helpline 0800 169 0169

Open 7 days a week, 7am – 11pm

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Punjabi 0800 169 0882
Hindi 0800 169 0883
Gujarati 0800 169 0884
Bengali 0800 169 0885

NHS Pregnancy Smoking Helpline

0800 169 9 169 open 12pm – 9pm 7 days a week

www.smokefree.nhs.uk

Friendly help and advice on all aspects of quitting smoking

Ash (Action on Smoking and Health)

www.ash.org.uk

For information on smoke free workplaces, public places and the law for selling tobacco products

Helpline 0800 587 8821

www.smokefreebromley.co.uk

Targeted information and advice for children, parents and teachers

www.smokesnojoke.org.uk

On-line self-help can be found at:

www.quitwithhelp.co.uk

South East London Area Prescribing Committee

www.lambethccg.nhs.uk

T

U

V

W

Walking for health

www.walkingforhealth.org.uk

Weight Watchers

www.weightwatchers.com/uk

X

Y

Z