



1st April 2020

Dear Partner,

Introducing Health & Wellbeing Slough – a new ‘Integrated Wellbeing Service’ for residents

From 1 April 2020, local residents in Slough will be able to access a new and exciting range of programmes to improve their health and wellbeing. The new service will bring together the following interventions as part of an ‘integrated model’ of delivery:

- NHS Health Checks
- Children and adult weight management
- Stop smoking services*
- Falls prevention
- Sedentary behaviour change
- Alcohol identification and brief advice (IBA)
- Advice on oral Health

*Open to those who live, work or study in Slough.

To access the service, local residents can self-refer by calling 01753 373646 / 0800 0614734, or on our new website www.healthandwellbeingslough.co.uk.

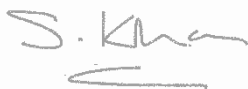
In light of the current COVID-19 situation, and until social distancing measures are lifted, all Health and Wellbeing Slough services will be offered remotely online and through telephone support by our trained wellness coaches. Further information can be found on our website. Face-to-face consultations will resume once it's safe and reasonable to do so.

Health & Wellbeing Slough will work with a range of local partner agencies to help reduce inequalities across Slough by enabling residents to access clinical and non-clinical interventions seamlessly.

We would value your input in jointly promoting the new service as wide as possible within your community and encouraging as many of your service users to ‘sign up’ on our website or directly sign post users to Health & Wellbeing Slough.

Please contact me if you would like more information about the service.

We look forward to working with you.



Saleen Ahmed-Khan
Head of Integrated Lifestyle Services

How to contact us:

Website: www.healthandwellbeingslough.co.uk

Tel: 0800 0614734 / 01753 373646

Email: info.hws@nhs.net



@HealthWellbeingSlough

@HW_Slough