

General Health Advice for you

March 2022



Health Advice: All Patients

Introduction

The Covid pandemic has had a significant impact on the NHS ability to provide routine elective services. We recognise that patients are waiting longer than we would all like and it is not always possible to identify when treatment will take place. This document provides you with information on how you can support yourself while waiting to attend the hospital. The guidance has been reviewed by clinicians who are responsible for your care.

In preparation for an upcoming procedure, you might not realise that there are things you can do in the days or weeks before to increase your chances of a better recovery by being as healthy and as strong as you can be. In the time leading up to your procedure, be sure to take good care of yourself by taking a few smart steps. This can help you avoid complications and ensure the best possible outcome and prepare for a successful recovery.

Access to support where you live

While North West Anglia NHS Foundation Trust is based in Cambridgeshire, our patients come to us from many different counties.

Here you will find further support available to you in the location you live.

Cambridgeshire

www.bewellcambridgeshire.co.uk

- Mental health and wellbeing
- Smoking
- Active living
- Healthy eating
- Alcohol

Suffolk

Healthy Suffolk

www.healthysuffolk.org.uk

- Blood pressure
- Drugs and alcohol
- Eating
- Exercise
- Mental health
- Smoking

OneLife Suffolk

www.onelifesuffolk.org.uk

- Stop smoking
- Adult weight management programme
- Health walks
- Get active
- NHS health checks

Norfolk

Health and Wellbeing – Adults health

<https://www.norfolk.gov.uk/care-support-and-health/health-and-wellbeing/adults-health>

- Healthy eating
- Diabetes prevention
- Help with weight management
- Getting active
- Smoking
- Drug and alcohol use
- Mental health
- Later life – Advice on staying healthy and active in later years

Hertfordshire

Health in Herts

www.hertfordshire.gov.uk/services/health-in-herts/health-in-herts.aspx

- Wellbeing and mental health
- Healthy weight
- Keep active
- Stop smoking
- Drugs and alcohol
- Long term condition

Essex

Live Well

<https://www.livewellcampaign.co.uk/>

- Local activities

- Mental wellbeing
- Nutrition and weight management
- Ageing well
- Stop smoking
- Staying active
- Alcohol and drugs
- Patient education videos (diabetes, back pain & dementia)

Wellbeing service

<https://www.essexwellbeingservice.co.uk/lifestyle>

- Stop smoking
- Improve physical activity
- Strength and balance
- Mental health
- Alcohol reduction
- Healthy eating – Weight management
- Health checks

Bedfordshire – Public health

Public health

<https://www.bedford.gov.uk/social-care-health-and-community/public-health/>

- Stop smoking
- Drugs and alcohol
- Emotional wellbeing
- Healthy weight – Links to more life - <https://www.more-life.co.uk/what-we-do/our-services/in-your-area/bedford/>
- NHS health checks
- Health protection

Lincolnshire

One You

<https://www.oneyoulincolnshire.org.uk/>

- Smoking
- Weight loss
- Exercise

- Alcohol

National – One You

<https://www.nhs.uk/oneyou/> (NHS Hub)

- One You provides tips, tools, support and encouragement every step of the way, to help improve your health right away.
- You are not alone – One You can help you make small changes yourself, or with friends and family.

Lifestyle and health advice

When you're preparing to have surgery, you will likely have been advised on the areas of your health and wellbeing that would be beneficial for you to focus on.

Cancer support

Macmillan – www.macmillan.org.uk

Maggie's – www.maggiescentres.org

Cancer Research UK – www.cancerresearchuk.org

Healthy eating

British Heart Foundation – Healthy eating

- <https://www.bhf.org.uk/informationsupport/support/healthy-living/healthy-eating>

British Nutrition Foundation - <https://www.nutrition.org.uk/>

Stop smoking

CAMQUIT – www.camquit.nhs.uk

Smoke Free Norfolk – www.smokefreenorfolk.nhs.uk

One Life Suffolk – onelifesuffolk.co.uk/services/stop-smoking

Essex Lifestyle Service – <https://www.essexwellbeingsservice.co.uk/lifestyle/stop-smoking>

Smoke Free Bedfordshire – www.smokefreebedfordshire.co.uk

Quit51 – Lincolnshire – www.facebook.com/Quit51

Exercise classes/ groups/ organisations

Forever Active – Cambridgeshire – www.forever-active.org.uk

Pos+Ability – Cambridgeshire - <https://posability3.wordpress.com>

Active Norfolk – www.linkedin.com/company/active-norfolk

Get Help to Get Active – One Life Suffolk – www.onelifesuffolk.co.uk/services/get-help-to-get-active

Walking groups

Walking for Health – www.walkingforhealth.org.uk

Health Walks - One Life Suffolk – www.onelifesuffolk.co.uk/health-walks

Walking in Norfolk - open-walks.co.uk/Directory/Norfolk/3364-Active-Norfolk/View-details.html

Hertfordshire Health Walks - <https://www.hertfordshire.gov.uk/services/recycling-waste-and-environment/countryside-management/hertfordshire-health-walks/hertfordshire-health-walks.aspx>

Walk for Health – Bedfordshire - www.centralbedfordshire.gov.uk/info/82/countryside/434/walking

Weight loss

NHS Weight Loss Plan - <https://www.nhs.uk/live-well/healthy-weight/start-the-nhs-weight-loss-plan>

ChangePoint Cambs - <http://www.everyonehealth.co.uk/cambridgeshire-county-council/adult-weight-management>

One Life Suffolk – www.onelifesuffolk.co.uk/adult-weight-management

Drugs and alcohol services

Change Grow Live Cambridgeshire - <https://www.changegrowlive.org/what-we-do/our-services/drug-and-alcohol-services>

Turning Point Suffolk - www.turning-point.co.uk/services/suffolk-recovery-networ

Living Well Essex - <https://www.livingwellessex.org/health-and-well-being/alcohol-and-substance-misuse>

Open Road Essex - <https://www.openroad.org.uk/Pages/Category/drugs-and-alcohol>

Change Grow Live Spectrum Hertfordshire - <https://www.changegrowlive.org/content/spectrum-hertfordshire-drug-alcohol-services-hertford>

The Living Room Hertfordshire - <https://www.livingroomherts.org>

Path to Recovery – Bedfordshire - <https://www.elft.nhs.uk/service/299/Path-to-Recovery-P2R-Drug-and-Alcohol-Service-for-Bedford-Borough>

Addaction – Lincolnshire - <https://www.addaction.org.uk>

Diabetes

Diabetes UK – www.diabetes.org.uk

COPD and lung disease

British Lung Foundation – www.blf.org.uk

Surgical specialties

Colorectal

Ileostomy and Internal Pouch Association - www.iasupport.org

Bowel Cancer UK - www.bowelcanceruk.org.uk

Colostomy UK - www.colostomyuk.org

Crohn's and Colitis UK - www.crohnsandcolitis.org.uk

Gynaecology - oncology

Jo's Cervical Cancer Trust – www.jostrust.org.uk

The Eve Appeal - www.eveappeal.org.uk

Target Ovarian Cancer – www.targetovariancancer.org.uk

Vascular

The Circulation Foundation – www.circulationfoundation.org.uk

Vascular Society – www.vascularsociety.org.uk

Urology

Urostomy Association - www.urostomyassociation.org.uk

Fight Bladder Cancer – www.fightbladdercancer.co.uk

Action Bladder Cancer UK – www.actionbladdercanceruk.org

Kidney Cancer UK – www.kcuk.org.uk

Hepatobiliary and pancreatic (HPB)

Pancreatic Cancer UK - www.pancreaticcancer.org.uk