



Be Well Barnsley

# BE WELL BARNESLEY

- **Smoking Cessation**
- **Healthy Weight**
- **Physical Activity**
- **Healthy eating**
- **Alcohol Brief intervention**
- **Mental wellbeing and resilience**
  
- **Settings**
- **One to one/ group/ telephone**
  
- **Spend TIME!!!**
- **AIM- EMPOWER AND DEVELOP SELF HELP SKILLS**

# BE WELL BARNLSLEY

- **Self refer – 0800 0169133**
- **Website [www.bewell-barnsley.com](http://www.bewell-barnsley.com)**
- **Email [refer@bewell-barnsley.com](mailto:refer@bewell-barnsley.com)**
- **Facebook [Facebook BeWellBarnsley](#)**
- **Business cards**
  
- **Be Well Advisors- at GP Clinics**
- **Smoking cessation**
  - in house sessions
  - training to practices
  - Starting 2Quit

# Cardiac Rehabilitation.

- Education & Exercise Programme to help:-
- Understand condition
- Understand Medications
- Increase chances of Survival
- Reduce risk factors/risk of further events
- Prevent condition worsening
- Improve health/QOL
- Assist in making lifestyle changes

# Referral Criteria

- MI Secondary care
- Cardiac Surgery:  
Valve/CABG/Dissections
- Implantable devices
- EECF
  
- Heart Failure Primary/Secondary care
- Stable Angina care

# Programme

- MDT - Physios, Nurses, Exercise instructors
- Home visit by cardiac nurse
- Individualised exercise assessment for Risk Stratification
- Educations sessions
- 2 x weekly 1hr exercise sessions, 8 or 12 week programme
- Transport Available at small cost, may be reclaimable. PTS if meets criteria.