IHWS Service Model

IHWS Schematic Overview

NCD Prevention & Outreach Liaison

Health Education, Promotion & Engagement

Referral source

Self-referral

Online, Telephone, in person)

Primary and Secondary Care

Health Trainers & Social Prescribers

Drug & Alcohol Services

Voluntary & Community Sector

NHS Health Checks / Cardiovascular (CV) checks

SPA/ entry point into services

Triage & Initial assessment

Screening questions undertaken

Behaviour Change Lifestyle assessment

Referral criteria reviewed

Enhanced Alcohol Identification & Brief Advice (IBA)

Community services for older adults

Tier 1 Service

Information and self-support tools

Tier 2: Targeted Behaviour Change services IHWS Services

Adult weight management programme

Smoking cessation (individual support, digital offering)

Falls prevention (Assessment and Well Balance)

Community Physical Activity Programme

End point review

Record clinical outcomes

Final review with service user

Referrals to external services

Primary care and & Secondary Care

Community Signposting

Active Slough

Slough Exercise Referral Scheme

NHS Prevention Programmes (NDDP, ADP, TDP)

Evaluation & follow up with service users

3,6,12 month follow up

Record service user outcomes

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NCD Prevention Outreach & Liaison

(Engagement, outreach and partnership working)

Health promotion of local and national wellbeing campaigns, referral generation.

Referral sources

Primary & Secondary Care

Self-referral (Face to face / telephone / online)

Social Prescribers / Health Trainers / link workers

Voluntary & Community Sector

Tier 1: Information and self-help support tools.

Provision of information and advice. Access to online behaviour change tools and digital apps

NHS Health Checks / (CV) Health Checks

Triage/Single Point of Access

Introduction into the IHWS service and centralised assessment for all health services. Screening/lifestyle questionnaire to determine what tier of service is appropriate.

1:1 Behaviour change Lifestyle Assessment

Use of behaviour change theories to assess readiness to change, identify priorities and set goals and signpost to relevant aspect of service.

Enhanced Alcohol Identification and brief advice (IBA)

Tier 2: Targeted behaviour change programmes

Physical Activity Programme

(Preventative service)

Adult Weight Management Programme

Nutrition and exercise guidance

Smoking cessation service

Counselling, Support Group, and cessation aids

Falls prevention Service

Risk assessment and preventative exercise

1:1 End point review

Health advisor conducts final assessment, reviews progress, reports outcomes and signposts service users to community services or nationally recognised programmes

Mental Health Services Including Community befriending services

Referral to Active Slough/ Exercise on Referral

Community signposting

Service users supported to access local community services

Pathways to NHS Prevention Programme / External services

NDDP, ADP, TDP,

Follow Up with service users

3,6 & 12 month follow up with service users that have exited the service.