

**Smokers are
14 times
more likely
to contract
COVID-19**

**N  W
IS THE TIME**

RECOGNITION



Business Elite 2019
Leading Experts in Child
Weight Management - 2019



Mary Seacole Award



Our multi award winning services provide communities with innovative healthcare solutions. We have gained recognition that demonstrates healthcare excellence.



@Solutions4H

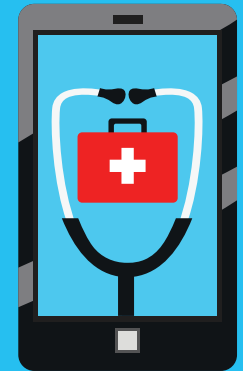
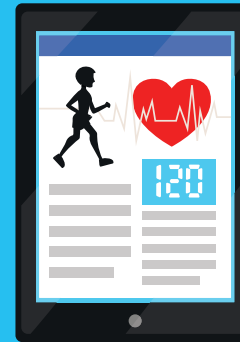


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DELIVERING INNOVATION
TRANSFORMING HEALTH IN COMMUNITIES



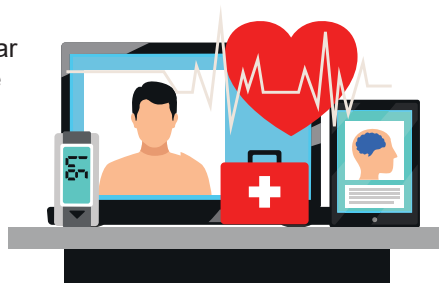
We strive to provide more than healthcare. Human care is at the centre of everything that we do to make a real difference to people's lives.



Who we are

We've strived to support communities in the prevention of illness and to stay healthy since 2005.

Now, each year, over **100,000** people per year use a **Solutions 4 Health** service to improve their lifestyles and lead happier lives. With more than **30 commissioned services** across the UK, and three delivery divisions, we have a unique opportunity to drive meaningful health improvement programmes across the life course using artificial intelligence.



Our team is our strength. Each of our **360** highly skilled **Solutions 4 Health** staff provide clinical, lifestyle and social care services with heart, commitment and passion. Indeed, we measure these qualities above many others because they break down barriers, nurture relationships and increase the likelihood of success. Our continued growth is due to their exceptional personal service.



HEALTHCARE
SERVICES



INFORMATION
SYSTEMS



ARTIFICIAL
INTELLIGENCE

What we do

We take services into the heart of the community capitalising on where the target population, including the hardly reached, work, live and socialise.



HEALTHCARE

- Public Health Nursing 0-19, including 25 SEND
- Integrated Sexual Health Services
- Integrated Lifestyle Services
- Smoking Cessation & Tobacco Control
- Falls Risk Assessment, including Strength & Balance
- Child & Adult lifestyle services Tier 1, 2 & 3
- Chronic Disease Self-Management Services
- Adult Social Care – Promoting Safe and Positive Lifestyles



INFORMATION SYSTEMS

- Integrated Health System iHS
- QM10 – Smoking Cessation application
- Fallsfree4u – Falls risk assessment system
- SU4L Adult & Child Weight Management



ARTIFICIAL INTELLIGENCE



Quit with
Bella

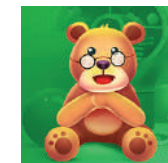
QUIT WITH BELLA
An AI powered stop smoking robo-coach



HAPPI
Happi is your AI powered memory bank (Dementia/ Universal)



SH AI
AI powered sexual health support bot



TEDDI
0-5 Artificial Intelligence Wellbeing platform

"We are proud to be working with the NHS, hospitals, CCGs, Health boards and local authorities across the UK."

WE PROVIDE
30 services to over
100,000 members of the public per year



WE EMPLOY
360+ healthcare personnel
60% of our workforce have TUPE'd from the NHS

DELIVERING INNOVATION
TRANSFORMING HEALTH IN COMMUNITIES

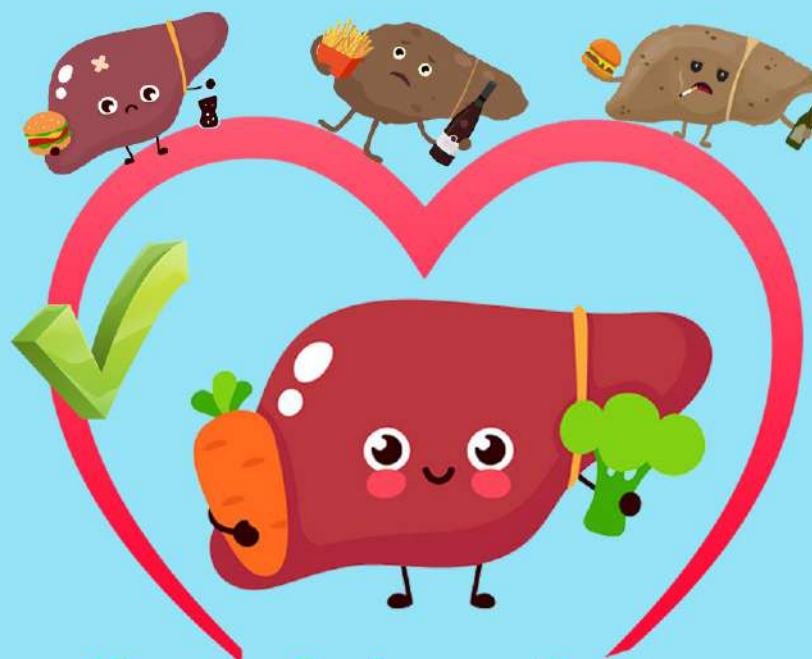


DRY JANUARY CHALLENGE



Have YOU got WHAT IT TAKES?

Love Your Liver Month!



You only have the one

National obesity AWARENESS WEEK



Cervical Cancer Prevention Week

		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Save the date
it could save your life!



‘Friends of the Fox’

Leicester Hospitals Charity Business Supporters Club

Already well-established with 28 inaugural members who act as active ambassadors within the business community

We hope you will join the club and bring your passion and connections to help Leicester Hospitals Charity

What does membership entail?

- Friends of the Fox members regularly feature on our website and social media platforms
- We’ll keep you updated on how charitable support makes a difference in Leicester’s Hospitals
- You’ll receive Invitations to take part in events and meet fellow members
- A chance to participate in our exciting “Business Power Hour”
- A commitment to raise a minimum of £500 across a 12 month period
- You will also receive a bespoke Friends of the Fox lapel pin

What you need to do?



- 1.** Register your interest by contacting Claire Campbell Head of Fundraising
Claire.campbell@uhl-tr.nhs.uk 07866 163 574
- 2.** Spread the word about ‘Friends of the Fox’ so we get a rich mix of businesses reflecting the interesting breadth of sectors from across the East Midlands
- 3.** Plan your fundraising activity to add maximum value to your business profile and start making a difference

21 WAYS TO LIVE LIFE WITH PURPOSE

- Live life.
- Be spontaneous
- Chase adventure.
- Hit the road and don't look back

VOLUNTOURISM

WORK IN A SCHOOL

Make a difference to youngsters' educational lives teaching at a rural school.

Where? Sri Lanka

Help young people living in rural Sri Lankan villages develop their computer skills, giving them the opportunity to get to grips with basic software and develop useful workplace skills.

ECO-TOURISM PROJECTS

Help the country you're visiting maintain its natural beauty.

Where? Ecuador

Participate in research and reforestation in the Ecuadorian Cloud Forest, where you can also support the conservation of endangered plant species. It's not all hard work - you'll get the opportunity to hike the cloud forest and brush up on your Spanish too.

CONSERVATION

Animal lover? Help preserve their natural habitats and the landscapes they call home

Where? Costa Rica

Get to know the rainforest's most docile creature, the sloth, while volunteering at the Tirimbina Biological Reserve. Deep in the rainforest, you can work in the heart of Costa Rica for up to three months

CONSTRUCTION

Head off the beaten track to help rebuild a local school.

Where? Nepal

Many of the small rural school buildings were damaged when the country was hit by the earthquake of 2015. Rebuilding programmes appreciate help from volunteers, even if you've never laid a brick in your life!

MEDICAL VOLUNTEERING

Head off the beaten track to help rebuild a local school.

Where? Ghana

Shadow local doctors and work alongside medical staff to provide support in basic medical care, paediatrics, surgery, or pharmacy at local Cape Coast hospitals, even if you've never laid a brick in your life!

SPIRITUAL EXPLORATION

Interested in spiritual retreats? Explore remote monasteries and other religious spaces.

Where? Greece

Visit the largest and oldest mountain top monastery in Greece - the Great Meteora Monastery in Kalabaka. There's nothing quite like this serene building balancing atop a natural wonder

HEALTH & WELLBEING

FITNESS WITH A DIFFERENCE

Fed up of the treadmill? Us too. Discover a new way to lift your heart rate and improve your fitness, all while getting to know a new place.

Where? Italy

Lose the usual skiing crowds and opt for a ski-safari in the Dolomite mountains instead. Speed through the Ladin valleys with an expert mountain guide and get your cardio in while refining your ski technique. Programmes appreciate help from volunteers, even if you've never laid a brick in your life!

COMMUNITY DEVELOPMENT

Uplift the spirits of areas through teaching or empowerment, while getting fully involved in the community spirit.

Where? India

Get involved with a women's empowerment programme and help women in Dharamsala work on their job skills, and IT skills and get involved with building their confidence.

HEALTH & WELLBEING

DON'T PLAN AHEAD

the most common reason people travel: freedom. And there's nothing more freeing than setting off on a trail without knowing where you'll be staying that night.

MAKE A HOME FROM HOME

What better way to see the world than with the people you love?

Where? New Zealand

Pack light and hire a motorhome for the whole family so you can take off and stop wherever and whenever you like.

FIND SPIRITUALITY

Ever tried meditation? Find your Zen mode with a spiritual yoga retreat.

Where? Portugal

Try a holistic wellness retreat in Portugal. Complete with scheduled yoga practice with an instructor, regular meditation sessions, and a healthy meal plan to boot.

SET A CHALLENGE

Step away from the everyday with a physical and mental challenge that you can really be proud of.

Where? Indonesia

Take advantage of specialist castaway holiday companies that help you get to grips with survival techniques on a secluded island, from shelter-building to starting a fire without modern tricks and tools.

ESCAPE DAILY STRESS

Concentrate on the here and now. An unplugged holiday is just what you need to ditch the tech and completely switch off

Where? Thailand

With limited internet connection and the opportunity to take advantage of luxury spa treatments, Koh Samui will help you get your digital detox just right.

MEET NEW PEOPLE

Travelling alone? Establish strong bonds and new relationships with fellow travellers and increase your confidence

Where? Australia

Find a group tour company that caters specifically to solo travellers and get to know your fellow travellers as you experience the country together.

CULTURE & EDUCATION

LEARN A LANGUAGE

Pick up conversational snippets of new languages not only from the countries you visit, but from the people you meet on the way too.

Where? Spain

Fast-forward your Spanish speaking skills with an intensive Spanish course in San Sebastian. Once school is out, explore the beautiful coastal city and indulge in tapas culture.

FOLLOW HISTORY

Track historical events and follow the same path they did to discover a country's heritage and better understand current traditions and culture.

Where? China

Walk the Great Wall of China from Beijing and discover more about the ancient dynasties that battled over the borders.

EXPAND YOUR ART SKILLS

Why not try an art class on your travels? Pick up a paintbrush and expand your artistic knowledge.

Where? Montenegro

If painting is your passion, an organised painting holiday is an excellent way of getting away from it all, and building up a repertoire of new pieces based on the tranquil waters of Montenegro

WORK ABROAD

Find new levels of cultural immersion you can't find from just travelling. Find a job that will push you out of your comfort zone in a new place.

Where? Canada

Take advantage of Canada's working visas. With the opportunity to work in sectors such as finance, IT, teaching, and marketing, you'd get the chance to immerse yourself in a new environment for up to two years.

PRACTISE THE ART OF HYGGE

Not heard of Hygge yet? It's a Danish word that roughly translates to cosiness, although it more generally refers to a state of contentment.

Where? Faroe Islands

Organise the perfect Hygge holiday with a stay in a traditional grass-roof cottage complete with warm roaring fire, and pass the time viewing the craggy landscape from the warmth of your lodgework alongside medical staff to provide support in basic medical care, paediatrics, surgery, or pharmacy at local Cape Coast hospitals, even if you've never laid a brick in your life!

ENHANCE YOUR CULINARY SKILLS

Pick up hints and tips from new dishes you've never tried before and have a go at creating new signature dishes yourself.

Where? Panama

Why not take it one step further and join a cooking internship in Kalu Yala, Panama? Live in a thatched room hut in the jungle and learn how to cook yuca frita and Sancocho soup.

TAKE A DANCE CLASS

Discover new music, new moves and new rhythm!

Where? Argentina

Where better to master the tango than Buenos Aires? For a travel experience with a difference, sign up for an intensive tango class. Then put it into practice at a local bar and become part of the authentic milonga scene.

25 FASCINATING FACTS ABOUT Iceland



At approximately **39,000** square miles, Iceland is around the same size as Ohio.



Happy Dagur íslenskrar tungu!

16th November marks the birthday of 19th century Icelandic poet, Jónas Hallgrímsson and a reminder to natives to keep the Icelandic language alive.



The **ring road** that circles Iceland in its entirety is **1338km** long.

The Icelandic language has several words and phrases that do not translate into English. **Gluggaveður** – literally translates as ‘**window weather**’, meaning the weather seems great when you’re looking through a window from inside, but when you step outside it’s deceptively cold.



Traditional Icelandic dishes include smoked puffin, minke whale, salted fish, and sheep’s head.



Icelandic horses have their own special gait. Faster than a trot, the tölt is smoother and possessed only by the small Icelandic horse.

More than **20** species of whales have been spotted in Icelandic waters, including humpbacks, porpoises, and white-beaked dolphins.

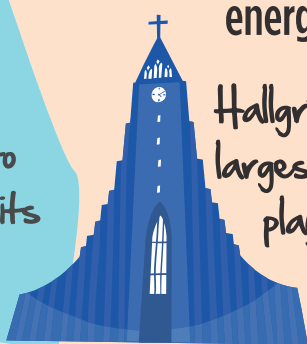
More than **10%** of Iceland is covered in **glaciers** – slow moving frozen sheets of ice that can cause destructive rivers known as jökulhlaup if a volcano beneath erupts.



Reykjavik

Known as the world’s greenest city, 85% of Iceland’s energy is powered by hydro and geothermal energy.

The capital’s name can be loosely translated to the “**Bay of Smokes**” due to the geothermal activity and its abundant hot springs.



Hallgrímskirkja, the largest church in Iceland, plays host to an organ that weighs **25 tonnes**.

In June and July the sun only sets for about **2-3** hours in Reykjavik.

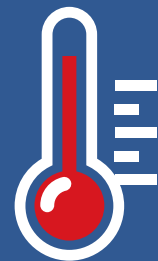


Local buses are fuelled by **hydrogen**, powered by tapping geothermal resources from Iceland’s volcanic core.

60% of the Icelandic population lives in Reykjavik, while **80%** of the country is actually uninhabited.



The Blue Lagoon, situated about an hour outside of Reykjavik, never dips below **98°F**.



Iceland is one of the best places in the world to view the Northern Lights, due to its location in the Auroral zone and the wealth of geomagnetic activity just above the Arctic Circle.

Aurora Borealis starts its life **93,000,000** miles away on the surface of the sun.

The Northern Lights are formed when electrically charged particles from solar winds collide with other atmospheric elements closer to the Earth’s surface.

The Northern Lights

The **Aurora Borealis** is named after the Roman Goddess of dawn.

The colour of the Northern Lights depends on the intensity of the solar activity. Reds, blues, and purples are associated with high levels of solar activity and are seen less frequently.

Shades of green are the most frequently seen Auroral colours. Formed when high levels of oxygen collide with solar particles at around 60 to 150 miles above the Earth’s surface.

Inland Iceland

There are four main routes through Iceland’s interior: Kjolur, Sprengisandur, Öskjuleið, and Kverkfjöll. Historically these routes were seen as places of terror and avoided unless absolutely necessary.



This area of the island played host to the Apollo astronauts’ training before the 1969 lunar landings, due to its barren landscape.

The Laugavegurinn trek lasts approximately four days and traverses colorful hillsides, steaming fumeroles, epic waterfalls, lava flows, and the black pumice desert.



Askja is one of Iceland’s most distinctive natural sights. At **50 sq km**, it is a large volcanic crater, also known as a caldera, formed by a major eruption in **1875**.

Where next?



If you’re visiting Iceland why not make a stop in **Greenland**? A great place to spot arctic wildlife or try dog sledding for the first time.



A little farther afield, why not visit **Edinburgh**? Scotland’s cultural capital offers Georgian architecture and historic walks topped with monuments.



Really want to head off the beaten track? Try the **Faroe Islands**. Just a 90-minute flight away from Reykjavik, the Scandinavian islands offer a haven for walking enthusiasts.

Make the most of your trip and make an extra stop before heading back home to the US.

Sources:

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