

One You Cheshire East Lifestyle Services Commissioned by Cheshire East Public Health Team

One You Cheshire East was launched to stakeholders in November 2016 with the public launch week to be held in March 2017. The lead commissioner and providers will be attending meetings and events to raise awareness of the services. Any organisation that would find it helpful for us to visit should contact Jane Branson jane.branson@cheshireeast.gov.uk

The Services: Cheshire East Council Public Health (CECPH) has commissioned a number of organisations to provide integrated lifestyle services for adults and families. These services provide:

- Lifestyle Support Workers
- Assessment into services
- Health promotion
- Pathways to self help through a dedicated web site www.oneyoucheshireeast.org
- Stop smoking,
- Alcohol harm reduction
- Physical activity
- Healthy eating
- Weight management
- Falls prevention.

The providers: Contracts are held with Peaks and Plains Housing Trust, Everybody Sport and Recreation, Well Pharmacies, Rowland Pharmacies, Wirral Community NHS Trust and Health Box Community Interest Company.

The Lifestyle Services have been branded under the Public Health England Brand 'One You' and are now known as '**One You Cheshire East**' services. The national web site is: <https://www.nhs.uk/oneyou> and the local web site link is above.

In addition CECPH have recommissioned NHS Health Checks and Sexual Health Services.

Universal services: The One You Cheshire East services have been commissioned to provide universal services for all as well as addressing local health inequalities by taking a place based approach of allocating resources according to need. For example, resources have been allocated to both Crewe and Nantwich, but with more to Crewe, because of the needs of the population rather than the size of the population in that area.

Integrated Services: The approach taken has been to integrate services to ensure individuals receive holistic and person centred services. The dedicated web site covers all available services and the Lifestyle Workers can work directly with clients to ensure they can access the services they need. If more than one service is needed a sensible approach can be taken to receive services in parallel or one after the other. Services will also refer between each other. The community stop smoking providers will also be providing the community alcohol harm reduction services.

Access to services: Designed to support the client and ensure multiple assessments are not required. For example, the person identified as needing services through a NHS Health Check can be referred direct to services. Individuals who self refer through the website will be directed to the Lifestyle Support Workers and Assessment service provided by Peaks and Plains.

A bit more detail

Stop Smoking Services and Support: The specialist stop smoking service (Kickstart) is provided by Peaks and Plains and provides services for pregnant smokers and smokers with mental health problems along with training.
<http://www.kickstartcheshire.co.uk/index.php>

Services in the community are by appointment but smokers do not need a referral, they can go direct. The providers are:

- All Rowlands Pharmacies in Cheshire East,
- All Well Pharmacies in Cheshire East.
- Wirral Community Trust is also providing services and is building on their availability
- Health Box Community Interest Company is also providing services and is building on their availability.

Provider details can be found on the Kickstart web site (above), by ringing the Free phone number **0800 085 8818** or by going direct to a service to make an appointment.

The specialist service can advise on brief intervention training which is available on line at the National Centre for Smoking Cessation Training <http://www.ncsct.co.uk/> .

Alcohol Brief Intervention Community Services

These services are provided by the same community providers as community stop smoking services mentioned above.

Physical Activity, Healthy eating, Weight Management, Falls Prevention, Family services

Everybody Sport and Recreation (ESAR) are the provider of these newly commissioned services. All have started with the exception of family services which are looking to start in May 2017.

There are access criteria in place to ensure we support those most in need e.g.

- Adult weight management programs: BMI between 30.0 - 39.9 (BME - BMI 27.0 – 39.9)
- Adults physical activity: less than 30 minutes of moderate intensity exercise per week
- Healthy eating programs: motivated and wanting to learn to cook from scratch, improve basic cookery skills and eat a healthy, balanced diet
- Falls programmes: aged 65 years and over and have fallen in the past 12 months, poor balance and mobility or Osteoporosis

The family programmes are under development

Lifestyle Support Workers

We have also commissioned Lifestyle Support Workers through Peaks & Plains to work with clients that do not meet the criteria or do not wish to access services. The Lifestyle Support Workers can give support, advice on how to gain information on lifestyle changes.

www.oneyoucheshireeast.org