



OneLife Suffolk Access Criteria 2017

Stop Smoking Service

Offer: A 12 week support programme which utilizes both behaviour-change techniques and licensed stop smoking pharmacotherapy. All our advisors are certified by the National Centre for Smoking Cessation and Training and support is delivered either face-to-face or over the phone. Our aim is to help patients stop smoking completely but the team can offer structured harm reduction approaches if a patient feels they are not ready to stop abruptly.

Access Criteria: Current smokers looking to stop smoking

Lose Weight - Adult Weight Management

Offer: Adult weight management services we offer are for up to 12 months' support with two available options:

- A 12 week funded referral to a Slimming World group or;
- A 12 week funded referral to our own psychologically informed adult weight management programme, delivered by experienced trainers with excellent local knowledge of additional opportunities to support health.

Both options are followed by a maintenance phase including access to monthly sessions and weigh-ins for up to 12 months.

Access criteria:

Adults with a BMI of 30+ (or 27.5+ if of Black African, African-Caribbean or Asian origin or with any of the following - Type 2 diabetes, Hypertension, Cardio Vascular Disease, Osteoarthritis, Dyslipidemia or Sleep Apnoea).

Exclusion Criteria:

- Active Bulimia
- Active Psychosis
- Diagnosed Personality Disorder
- Active Substance Use Disorder (SUD) including Alcohol
- Dementia
- Had Bariatric Surgery in the last 12 months.

Lose Weight – Children’s, Young Persons or Family Weight Management group (OneLife Suffolk)

Offer: This is a year-long programme with a 10-week intensive group phase. We offer a family centered approach which will enable children to join a group of other similar aged children and young people alongside parents and carer’s who are all looking to improve their health and wellbeing.

Access Criteria: Children or young people aged 4 – 18 years old with a BMI above the 91st centile on the growth charts. Or you can check here: www.nhs.uk/Livewell/loseweight/Pages/height-weight-chart.aspx

Get Help to Get Active - Physical Activity Intervention for Inactive Adults with long term conditions

Offer: A support option to enable adults with long term conditions to become more active is available.

Access Criteria: Inactive** adults with one of the following long term conditions:

- a) Established cardio vascular disease who are stable including atrial fibrillation and/or hypertension
- b) diabetes (type 2 only)
- c) cancer or treated for cancer

** Inactivity is classed as completing less than 30 equivalent minutes of at least moderate intensity PA per week in bouts of 10 minutes or more in the previous 28 days.

Health Walks

Free for **anyone** to access and no need to book. All the walk details can be found at www.onelifesuffolk.co.uk. Please contact the team for additional details.

Each walk description will give you information on the grade, time, distance and other possible features on the walk so you will be able to choose walks to suit you. Stepping Out in Suffolk provide short, free Health Walks which take between 30-90 minutes.

Health Checks

Not a referral option but we will offer these at events and in community locations. If you would like to liaise with the team please contact healthchecks@onelifesuffolk.co.uk

Drop in Sessions

OneLife Suffolk drop-ins are for anyone who is not sure if they are ready to access a service at this time, or who want to find out more detail of what’s involved in our weight management programmes. We encourage everyone to call the team (01473 718193) and they will be advised where their nearest drop-In session is running. People can come and speak to their local team face to face and decide for themselves if they would like to get involved.

If you require any further information, head to www.onelifesuffolk.co.uk