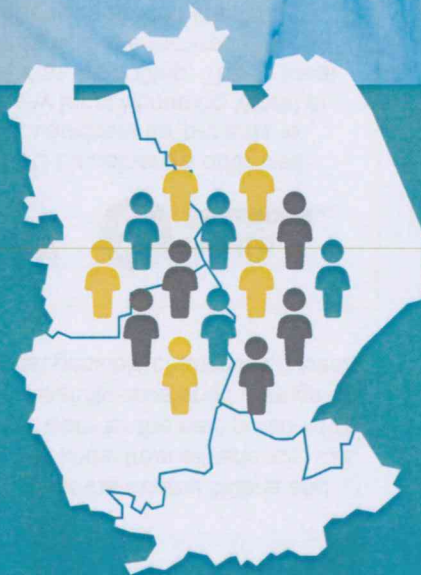


# ALL LINCOLNSHIRE RESIDENTS\*

(OR PEOPLE REGISTERED WITH A LINCOLNSHIRE GP)



## ARE ELIGIBLE FOR SUPPORT WITH ONE YOU LINCOLNSHIRE



## CRITERIA FOR ACCESSING PROGRAMMES

All clients accessing the service will complete a short assessment (phone or online) which will help determine which programmes will be suitable.



### **STOP SMOKING**

- Current smoker
- Aged 12+
- Under 16's require parent/ guardian consent.



### **LOSE WEIGHT & EAT WELL**

- Aged 18+
- BMI of 30 or above or 27.5 or above if from a BME group



### **DRINK LESS**

- Aged 18+
- Drinking more than 14 units of alcohol per week



### **MOVE MORE**

- Aged 18+
- Undertaking less than 150 minutes of physical activity per week

\*The previous criteria has been relaxed due to Covid-19 – this brochure was published September 2020.

# LOSE WEIGHT EAT WELL

Our weight loss programmes are open to patients who meet the referral criteria and have a BMI of 30+ or 27.5 for BME population groups. We know from experience, that what works for one person to lose weight doesn't always work for the next person. For this reason, our team of healthcare professionals have carefully developed a range of programme options to ensure your patients have the best possible chance of success. Our programmes include:

## LOSE WEIGHT WITH ONE YOU LINCOLNSHIRE

A 12 week group programme which supports your patients to kick start their weight loss journey through small sustainable lifestyle changes. Delivered by experienced practitioners, each session includes interactive group work followed by 30 minutes of light exercise, suitable for all abilities.



ONE YOU Lincolnshire offer free 12 week vouchers for patients to attend any local Slimming World or Weight Watchers Club. This is ideal for clients who are motivated to make changes to their lifestyle without the need for specialist support and require the flexibility that these programmes offer.



**OurPath**

Our Path is an online offering which includes the support of a dedicated Dietitian and a peer group of other participants from the comfort of a patients own home. All participants receive an OurPath Healthbox in the post, providing weighing scales, wearable activity tracker, recipe-book and handbook. The tracking technology monitors progress in real-time, reinforcing positive behavioural change. The programme covers diet, physical activity and healthy cooking.



Man v Fat is the perfect weight loss programme for any male patient who loves football and is looking to lose a little weight. The programme involves a 14-week league where teams get points for losing weight as well as winning games. A dedicated coach is on hand to provide motivation, a weekly weigh in, tips on healthy eating and manages WhatsApp groups and online forums for peer support.



# MOVE MORE

## 1:1 AND GROUP SESSIONS

Our team of physical activity instructors provide friendly and interactive sessions for those looking to increase their physical activity levels under the supervision of a trained professional. Our team have put in place a varied programme which is suitable for all abilities and includes both group and 1:1 sessions.

## COMMUNITY BASED EXERCISE

Supporting those clients with long term conditions who require specialist support. Patients will receive a wide variety of options to address their needs including support from a range of local leisure providers.

## GET HEALTHY, GET ACTIVE

The Get Healthy, Get Active programme aims to tackle inactivity and connect those looking to move more with registered Get Healthy, Get Active partners in the local community who can support residents to move more.



# DRINK LESS



## 1:1 AND GROUP SUPPORT

For those clients who regularly drink over 14 units per week or feel that their drinking habits are beginning to affect their lives. Our group sessions are ideal for those looking to reduce their consumption, recognise their triggers to drinking and understand the dangers of drinking above the recommended guidelines.

## ONE YOU DRINK LESS APP

Our drink less mobile app allows your patients to track their consumption and monitor their drinking patterns. With support from our health coaches along the way, clients will be supported to bring their drinking within the recommended guidelines.

## OYNB | ONE YEAR NO BEER

One Year No Beer is an abstinence challenge for those looking to take a break from drinking and reset their habits. ONE YOU Lincolnshire provides patients with a free 28 day voucher to undertake the challenge and gain support from the worldwide peer support forum and a range of online resources.



# STOP SMOKING

## FACE TO FACE SPECIALIST SUPPORT

Our team of stop smoking advisors are located throughout the county, running specialist clinics helping residents to kick the habit for good. Supported throughout their quit journey with expert support and provided with free NRT provision, your patients are up to five times more likely to quit with our support as opposed to going cold turkey.

## 28 DAY CHALLENGE



It isn't always possible for patients to attend face to face clinics. This is why ONE YOU Lincolnshire offer residents the opportunity to take on the 28 Days Challenge. The challenge provides telephone support to those patients in need of more flexible guidance, whether that be due to work commitments or for those living in rural locations. In addition to telephone support from our specialist team of Quit Coaches, patients will also be invited to join our online peer support forum, receive daily motivational emails and a copy of our 28 Day Challenge Handbook.





## ONLINE

You can refer your patients through our dedicated Health Care Professional Website by visiting [www.oneyoulincolnshire.org.uk/referral](http://www.oneyoulincolnshire.org.uk/referral). You will be granted direct access to input your patients data into our database which is fully compliant with the required NHS governance standards.

## GP SYSTEM TEMPLATE

Our simple referral forms will be available as a prepopulating template on GP systems within Lincolnshire.

# HOW TO REFER INTO **ONE YOU** LINCOLNSHIRE

## ONE YOU AMBASSADORS

We will be welcoming all healthcare settings in Lincolnshire to nominate staff members as ONE YOU Ambassadors.

These ambassadors will receive access to our database enabling your setting to directly authorise for referral those patients who contact ONE YOU Lincolnshire directly without the need for them to take up precious appointment times when seeking the required Health Care Professional referral into our service.

In addition to this quick, one button referral method, each ambassador will be supplied with a wide range of marketing materials to promote healthy lifestyle interventions within your setting and enjoy regular tailored updates with regards to your patient outcomes from our Partnerships team.



# WANT TO LEARN MORE?

Our Partnerships team are available to provide you and your colleagues with more information with regards to our service and how you can maximise the benefits of having an Integrated Healthy Lifestyle Service commissioned within Lincolnshire.

If you'd like to arrange a meeting or presentation from our team please do call **01522 705162** or email [hello@oneyoulincolnshire.org.uk](mailto:hello@oneyoulincolnshire.org.uk) to arrange this.