



# Healthy You

Cambridgeshire and Peterborough Healthy Lifestyles Service.

Funded by Cambridgeshire County Council & Peterborough City Council

# Integrated Healthy Lifestyles Service Pathway

Cambridgeshire and Peterborough **Healthy You** from October 1<sup>st</sup> 2020



## Tier 1 Services

Physical Activity and Healthy Eating

Delivered by a consortium made up of the District and City Councils and Living Sport.



## Tier 2 Services

Delivered by Everyone Health

Includes services such as: Stop smoking, Health Trainer Services, Falls Prevention, Weight management, outreach NHS health checks and behaviour change training.



## Tier 3 Services

**Weight Management**

Delivered by Everyone Health in partnership with Cambridgeshire University Hospitals and Oviva.

# Adult Weight Management

- Adults aged over 16 years of age
- BMI >25, with motivation to learn how to lose weight and/or maintain a healthier weight

## Support

- 12 week rolling course
- Nutritionist led group discussions
- Fun exercise classes with a Physical Activity Specialist
- Focused groups supporting those with mental health challenges and gender only groups
- Partnered with Slimming World and Wellness that Works



# Place-based General Health Trainer Service



- 16 years +
- Up to six 1:1 appointments
- Motivational support to achieve goals and targets
- Behaviour change advice to make positive lifestyle changes

Support includes:

Healthy eating

Increasing physical activity

Reducing stress

# Mental Health, Health Trainer Service

- For people with a severe mental health illness to support them to take steps to improve their physical health
- 16 years +, up to eight 1:1 behaviour change support sessions
- Motivational support to achieve goals

Support includes:

Healthy eating

Increasing physical activity

Reducing stress

Growing a network of support

Creating more structure to your day





# Eastern European Health Trainer Service



- Outreach service working with migrants from Eastern European countries.
- 16 years +
- Up to six 1:1 appointments
- Motivational Support to achieve goals and targets
- Behaviour change advice to make positive lifestyle changes
- Across Fenland and Peterborough only



# Diabetes Health Trainer Service



Only available within certain GP surgeries. Not open for self-referral.

- Boroughbury Medical Centre
- Paston
- Cathedral Medical Centre, Ely
- St George's Medical Centre
- St Mary's Surgery
- Staploe Medical Centre
- Burwell Surgery
- Haddenham Surgery
- Hampton Health
- Octagon Medical Practice
- Clarkson Surgery
- North Brink
- Parson Drove
- Trinity Surgery

Support for individuals newly diagnosed with Type 2 Diabetes (within one year of diagnosis) to make and sustain healthy behaviour changes.



# Carers Health Trainer Service



- Virtual support for Adult Carers, who are looking after someone with a long term illness living in Cambridgeshire.
  - Initial Assessment 1 hour followed by up to 6 x ½ hour sessions weekly, fortnightly or monthly to suit carer.
  - Motivational Support to achieve goals and targets
  - Behaviour change advice to make positive lifestyle changes
- Support includes:
- Healthy eating
  - Increasing physical activity
  - Reducing stress



# Alcohol Health Trainer Service

- We can support people with a mid-high AUDIT C score.
- Up to eight 1:1 behaviour change support sessions to reduce alcohol consumption.
- Refer to specialist services if required.
- Motivational support to achieve goals.



# Falls Prevention Service



- 65 years +
- Have fallen one or more times in the last year
- Have become increasingly unstable on their feet in the last year
- Be able to manage activities of daily living (with or without support)
- FaME 24 week programme to improve strength and balance

# Stop Smoking Service



- 12 years +
- Smokers who wish to quit
- Behavioural support 1:1 for up to 12 weeks
- Tips to deal with cravings
- Advice on appropriate stop smoking medications and arranging prescriptions



# Outreach NHS Health Check Health Trainer Service



- For those aged 40-74 years
- Without an existing diagnosis
- Not had an NHS Health Check in the previous 5 years
- Mini Health MOTs offered to those not eligible for NHS Health checks
- Health Check includes;
  - Height, weight, age, sex, ethnicity, blood pressure, cholesterol and HBA1C
  - Takes 20-30 minutes – confidential – immediate results
  - Personalised advice – how to lower risk and maintain health

**NHS**

**Aged 40 - 74?**

find out about our

**FREE NHS  
Health Checks**

# Alive'n'Kicking

- 6 week in school based intervention programme for children aged between 7-11 years.
- Children attend a combination of nutrition and games-based physical activity sessions on a weekly basis.
- Parents will also receive a guide which contains information and resources that are delivered during the workshops.

## NCMP

- Measures height and weight at Reception Class and Year 6 cohorts at all state-maintained schools.
- Targeted letters will be sent to all parents offering them further information support and advice, including signposting to them to internal and external services.
- Opt-out available



# Tier 3 Service

## Eligibility Criteria-

- Aged 18 or over
- BMI 30 Kg/m<sup>2</sup> if the patient has complex needs and had not responded to previous tier interventions, or
- BMI 35Kg/m<sup>2</sup> with type 2 diabetes or BMI 40Kg/m<sup>2</sup>
- Reduce the above criteria by BMI 2.5Kg/m<sup>2</sup> if Asian origin

## Choice of provider

- Addenbrooke's
- Oviva
  - Very low calorie diet Pilot with telephone/virtual support
- Everyone Health Internal Fresh Start programme

# Single Point of Access

**Website** – [www.healthyyou.org.uk](http://www.healthyyou.org.uk)

**Email address for professionals:** [eh.healthyyou@nhs.net](mailto:eh.healthyyou@nhs.net)

**Service user referral:** [healthyyou@everyonehealth.co.uk](mailto:healthyyou@everyonehealth.co.uk)

**Telephone Number** - 0333 005 0093

**Address** – Everyone Health, Fenland District Council,  
Melbourne Avenue, March, Cambridgeshire PE15 0EN

**Text:** Healthyu to 60777

**Fax number:** +44 1223 281409