

# ONE YOU WESTMINSTER

Integrated Healthy Lifestyle Service

READY FOR A NEW YOU?

# Service Details & Objectives

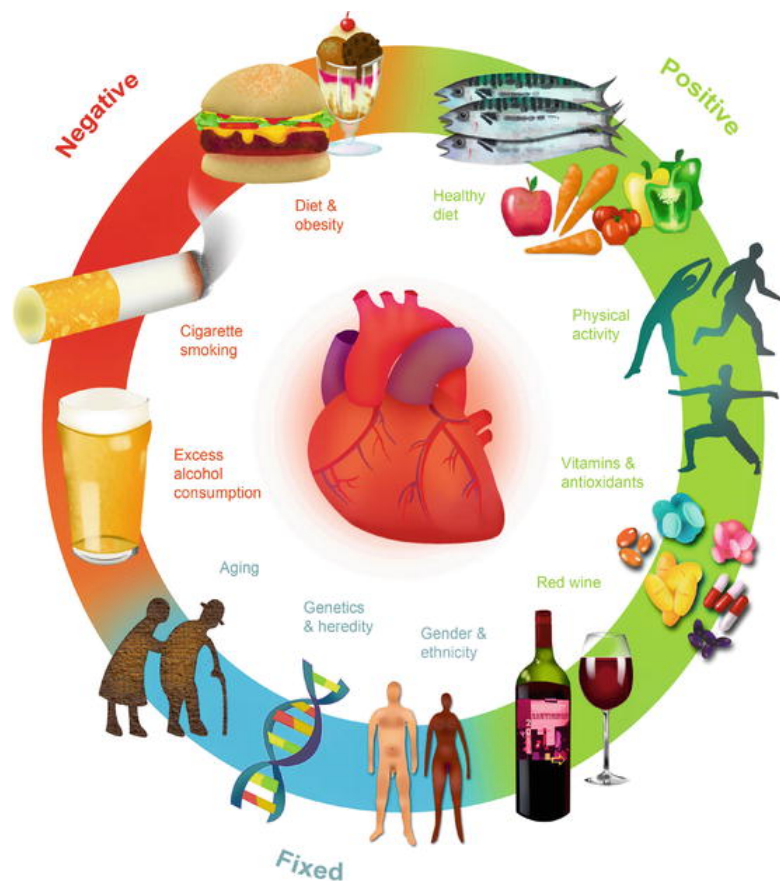
- **ONE YOU** Branded.
- Developed from **Kick It & Healthy Hearts**.
- **3x years** from January 2019, extendable to 5x years.
- Sister service to **ONE YOU KENSINGTON AND CHELSEA**.

An integrated healthy lifestyles service to:

- Reduce incidences for cardiovascular disease in residents of Royal Borough of WESTMINSTER
- Reduce mortality attributable to cardiovascular disease, especially within deprived areas.
- Increase number of years of living without disability attributable to CVD
- Reduce lifestyle related cancers

# How can you reduce your risk of CVD?

- Stop smoking
- Increase physical activity
- Eat a Mediterranean diet
- Reduce stress and anxiety
- Reduce your body weight by 5%
- Lower your blood pressure
- Reduce your bad cholesterol levels
- Reduce your alcohol intake
- Take your prescribed medications



# Your Journey in ONE YOU



# ONE YOU - Lifestyles

- Developed from the previous Healthy Hearts service.
- Interventions include weight management, MANvFAT, Aqua Aerobics, and our brand new **ONE YOU Clubs!**
- Focused on **priority groups**: Elevated QRisk, LTHCs or 3x Risk Factors.
- **Clinical KPIs** around **improving risk factors** e.g. Reducing blood pressure.

# What does attending a ONE YOU Club look like?

ONE YOU Social

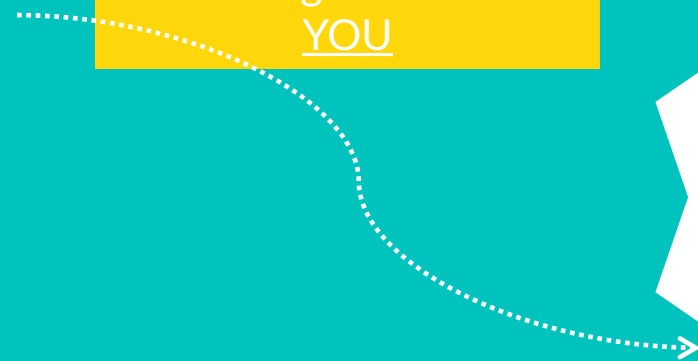


ONE YOU Active



Workshop

Lose Weight With ONE YOU



Let's Talk Wellbeing  
Resilience  
Sleep  
Make it Happen!  
Drinking & You  
Eat Well  
..... & many more!

Clubs last 2 hours long and run across a range of days, times and locations each week.



# ADULT WEIGHT MANAGEMENT PROGRAMME

- The Adult Weight Management Program is a 10 week program specifically aimed to help residents who have a BMI (Body Mass Index) of 30 or over and 27.5 if of South east Asian decent. They participate in hands on group learning and 45 minutes of physical activity designed to support you on your weight loss journey.
- 10 week group weight-management programme plus 2 Health coach sessions
- Topics such as portion control, healthy living plate, healthy cook-and-eat, store tour
- 45 minutes of exercise suitable for all levels
- Team work and on-going support
- Behaviour change techniques

& additional Health Walks and Aqua Aerobics

# ONE YOU - Lifestyles

## Community Clinics:

- Beethoven centre
- Abbey centre
- St Andrew's place
- Stowe centre
- Green House Sports Centre
- SOON TO OPEN : Fitzrovia Community Centre

## GP CLINICS:

- GRAND UNION HEALTH CENTRE
- LISSON GROVE AND MARYBELONE HEALTH CENTRE
- PIMLICO HEALTH @ THE MARVEN
- PADDINGTON GREEN HEALTH CENTRE



# ONE YOU - Lifestyles

## Clubs:

- Abbey Centre - Monday 15:00 – 17:00, and Thursday 18:00 – 20:00
- St Andrews Club – Monday 10:00 – 12:00
- Greenhouse Sports Centre- Wednesday 12-2pm
- Stowe Centre- Monday 12:00- 14:00, Tuesday 10:00- 12:00, and Wednesday 18:30- 20:30
- Beethoven Centre – Tuesday 12:00 – 14:00, Wednesday 14:00 – 16:00, and Friday 10:00 – 12:00
- \*Opening in October- Fitzrovia Community Centre- Monday 15:30- 17:30

# MAN V FAT FOOTBALL

- MAN v FAT is a weight management brand targeted at men. It was developed in response to poor take up of weight management services by men.
- 66% of men in the UK are obese or overweight (compared to 57% in women), yet men only make up between 10 and 25% of weight management programmes.
- See [www.manvfat.com](http://www.manvfat.com) and [www.manvfatfootball.com](http://www.manvfatfootball.com) for more info.



# MAN V FAT FOOTBALL

- Football league aimed at weight loss in men
- 6-a-side, 15 week football league with a difference
- Pre match weigh in, for every two players who lose weight team scores an extra goal on the pitch
- NEXT LEAGUE BEGINNING: Tuesday 21st January 7-9pm, with a registration night on the 14th

# ONE YOU - Stop Smoking

- 6 1:1 appointments, 12x weeks of medication products.
- First appts must always be 30 mins, follow up ones 15 mins
- I give patients behavioural support and can offer them stop smoking meds (can give them a NRT voucher or request champix or zyban from dr here)
- A focus on quality, quit rate must be above 50% and CO Validation above 85%.
- Familiarity! But a shift to resident

# ONE YOU - Stop Smoking

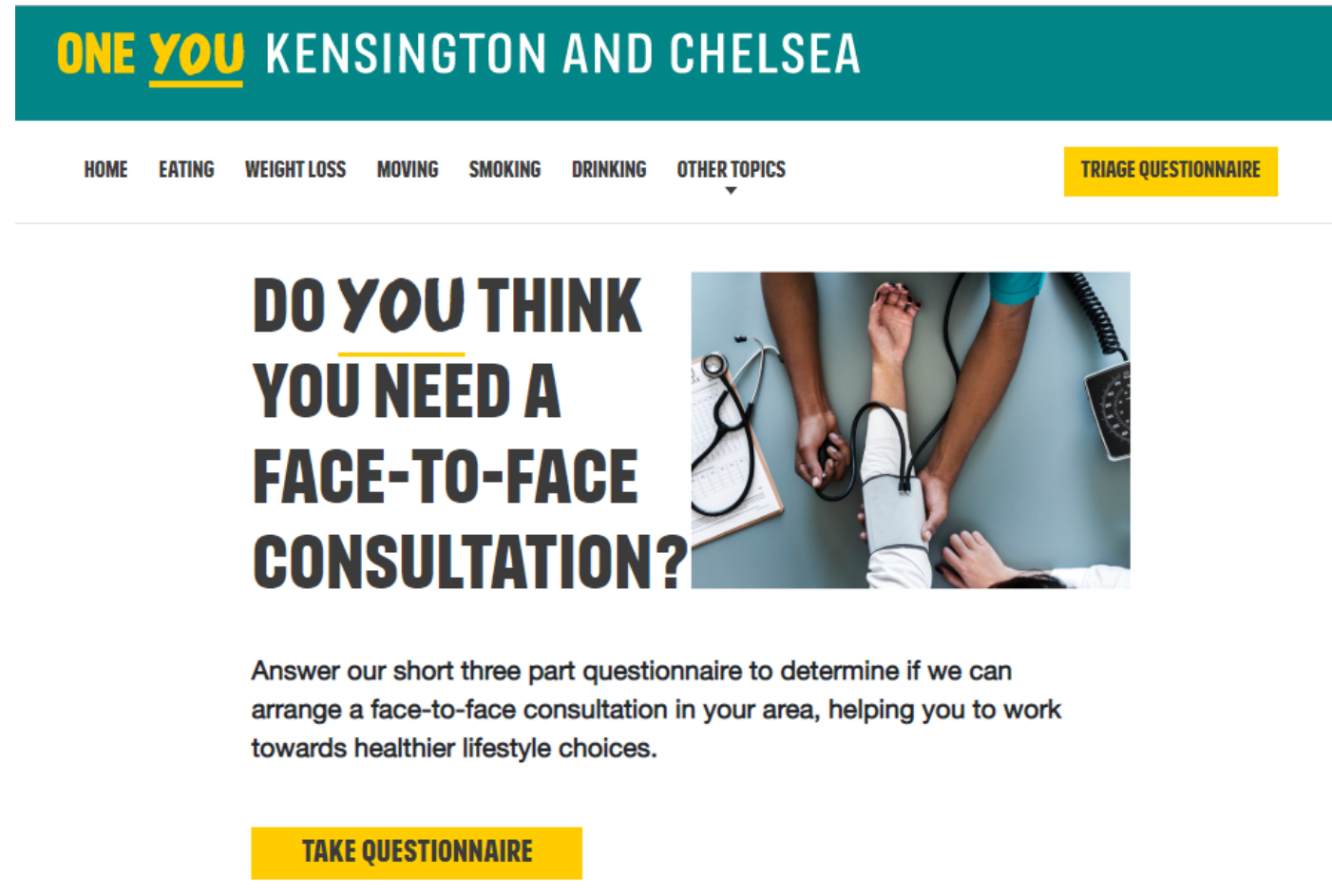
ONE YOU WESTMINSTER RUNS STOP SMOKING CLINICS IN  
38 OUT OF 40 GP SURGERIES ACROSS WESTMINSTER

Also – libraries, community venues

Level 1 and Level 2 Smoking Cessation Training

# Referrals into the Service

- System One Referral Form
- Self referral
- Outreaches



**ONE YOU** KENSINGTON AND CHELSEA

HOME EATING WEIGHT LOSS MOVING SMOKING DRINKING OTHER TOPICS TRIAGE QUESTIONNAIRE

**DO YOU THINK YOU NEED A FACE-TO-FACE CONSULTATION?**

Answer our short three part questionnaire to determine if we can arrange a face-to-face consultation in your area, helping you to work towards healthier lifestyle choices.

TAKE QUESTIONNAIRE

The screenshot shows a website header with the text 'ONE YOU KENSINGTON AND CHELSEA'. Below the header is a navigation menu with links for HOME, EATING, WEIGHT LOSS, MOVING, SMOKING, DRINKING, and OTHER TOPICS. A yellow button labeled 'TRIAGE QUESTIONNAIRE' is positioned to the right of the navigation menu. The main content area features a large heading 'DO YOU THINK YOU NEED A FACE-TO-FACE CONSULTATION?' next to an image of a healthcare professional's hands using a stethoscope on a patient's arm. Below the heading is a paragraph of text: 'Answer our short three part questionnaire to determine if we can arrange a face-to-face consultation in your area, helping you to work towards healthier lifestyle choices.' At the bottom of this section is a yellow button labeled 'TAKE QUESTIONNAIRE'.

# Testimonials

Useful meeting people. Gained knowledge in health and wellbeing. The exercise sessions, is useful to improve our mobility. The discussion session useful, giving information for us to be aware of our wellbeing

Kamsiah – one you Kensington and Chelsea

“I would recommend the One You [service] to people who needs it and anybody who wants a good quality of life and I enjoyed my mindful sessions with Claudia and exercise classes with Katie, Laura and Herve”

Jenny – one you westminster

# Making Every Contact Count Training

What is Making Every Contact Count?

- Recognising Opportunities
- Skilful Conversations
- Signposting

Useful for all front-line staff, MECC is a Free, comprehensive training course which leaves you fully skilled and confident to initiate a conversation which could result in a positive behaviour change.

Change Talk / active listening / motivation for change / Signposting



Any Questions?

Contact directly on 0203 434 2500, <https://oneyou.westminster.gov.uk/>

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