

Who Are We?

The Four Pathways

What Our Clients Say

Who do we work with?

Stats, Facts & Demographics

Next Steps!

ONE YOU
LINCOLNSHIRE

How do we do it?

How to refer?

Who are we? ... One You Lincolnshire

Healthy lifestyle Service.
Commissioned by Lincolnshire
County Council and the CCG

Where are
we from?

Who do we work with?

Lincolnshire Residents

We support people to lead healthier lives through our four pathways of

- Smoking Cessation
- Eat Well, Lose Weight
- Move More
- Drink Less Alcohol.

Primary
Care

Secondary
Care

Partners

We work with Primary Care to generate referrals through:

- Virtual Meetings with clinicians - to ensure support is there for patients with LTHC
- Training in line with MECC.
- Newsletters
- Monthly updates
- Resources - GP Screens, Texts, leaflets, posters etc, Flu Clinics and stalls

Secondary Care

We work with;

- **Hospital outpatient departments ,**
- **ULHT, LCHS, LPFT,**
- **County wide teams including - Respiratory and Diabetes teams and cardiac rehab department.**

The Four Pathways

ONE YOU LINCOLNSHIRE HELPS RESIDENTS:



ONE YOU LINCOLNSHIRE

Stop
Smoking

Eat Well,
Lose
Weight

Move
More

Drink
Less

Health
Coaches

Stop Smoking

Stop Smoking support over 12 weeks with either

- One You Lincolnshire Practitioner,
- Or at your local pharmacy or GP surgery,
- Or through the extended hours of our 28 Days phone service

We offer 1-2-1 support through phone calls and virtual sessions.
Nicotine Replacement therapies are posted to the patients home.

Eat Well, Lose Weight

Our weight loss programmes are open to Lincolnshire residents with a BMI over 30.
(BAME 27.5+)

Second Nature

Slimming World & WW

Lose Weight With OYL

Man V Fat

Move More

Move More is for Adults 18+ who are doing less than 150 minutes of moderate exercise a week

1-2-1 sessions

Group Online Sessions

Exercise on Prescription

The Other Room Gym

Get Healthy
Get Active

Drink Less

Drink Less is for adults who are drinking more than 14 units of alcohol per week and want to reduce their alcohol consumption.

One Year,
No Beer

1-2-1
Sessions

Workshop
s

App

Health Coaches

Our Health Coaches work with people to enable behaviour change, and increase confidence and motivation prior to starting the courses.



How Do We Do It?



During our Client Triage phone call we assess the individual needs, confidence and motivation of the client. We then work out which options will be best for them to start with and book them in with their relevant team member.

SMOKING CESSATION

1447
QUIT DATES SET



489
QUITTERS



555 IN PROGRESS



55%
QUIT RATE*

*BASED ON 90 DAYS

BASED ON 90 DAYS FOR THOSE THAT QUIT

A SAVING OF **£300,000**

PREVENTING THE TAX INCOME OF

2 HOT TUBS



ADULT WEIGHT MANAGEMENT

649
STARTERS



LOSE WEIGHT WITH COURSES STARTED

19 

233 LOSING 5% BODY WEIGHT ACROSS OYL

BIGGEST LOSER **19.7 KG**



TOTAL WEIGHT LOSS

1.4 TONNES
EQUIVALENT OF A RHINOCEROS



431 MOVE MORE CLIENTS STARTED



ACHIEVING 150+ MINUTES ACROSS OYL SERVICES

375



INCREASE IN MODERATE ACTIVITY **60,000** MINS

THE EQUIVALENT OF JOGGING THE GREAT WALL OF CHINA



DRINK LESS AND HEALTH COACH TEAMS SUPPORTED

548
CLIENTS



WITH BEHAVIOUR CHANGE

How To Refer...

- Health Care Professionals can refer via SystmOne or Emis referral forms.
- HCP referral portal on our website.
- Self-referral



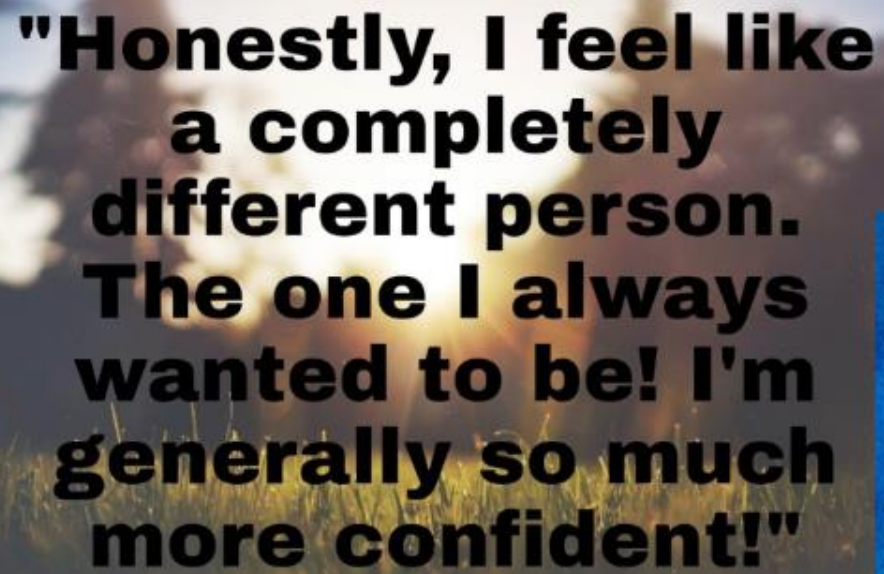
A screenshot of a web form titled "ONE YOU LINCOLNSHIRE" with the subtitle "SEND REQUEST". The form contains several input fields: "First Name*", "Surname*", "Telephone", "Mobile", "Email Address", and "GP Practice Search*". A yellow "SEARCH" button is located at the bottom right of the form.

HOW TO REFER

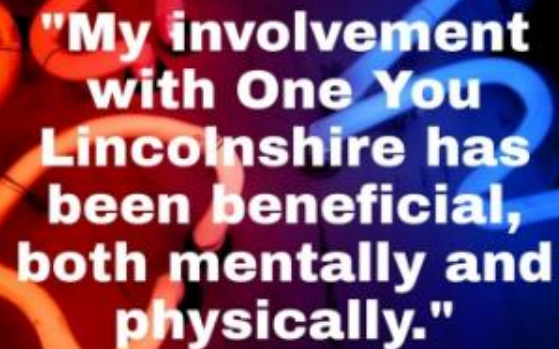
Referring your patients has never been easier, simply click the button below to refer them today.

[REFER TO ONE YOU LINCOLNSHIRE](#)


Clients eligible for self-referral can do so [here](#).



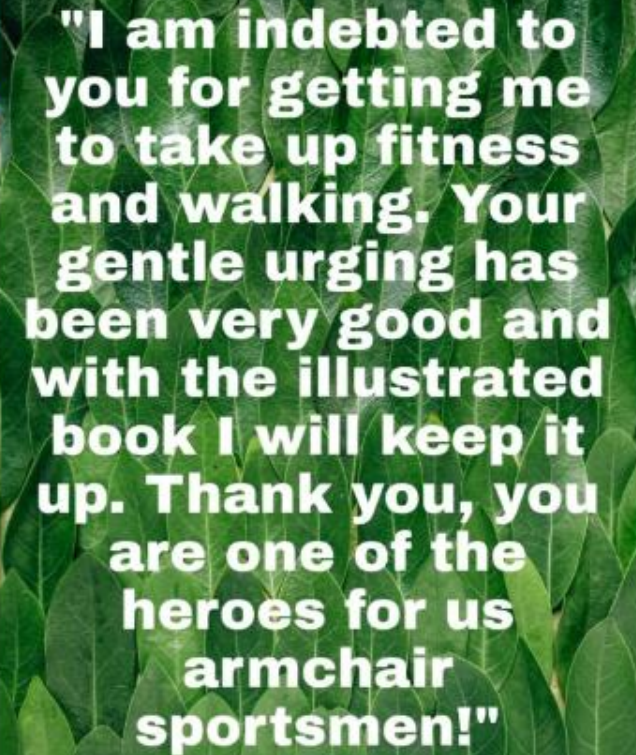
"Honestly, I feel like a completely different person. The one I always wanted to be! I'm generally so much more confident!"



"My involvement with One You Lincolnshire has been beneficial, both mentally and physically."



"I enjoyed everything about doing the programme. I was apprehensive about the exercise part at first because of my knees, but the more the weight came off, the better I got!"



"I am indebted to you for getting me to take up fitness and walking. Your gentle urging has been very good and with the illustrated book I will keep it up. Thank you, you are one of the heroes for us armchair sportsmen!"



Jen's Story

“I had been referred by my GP for lose weight programme. Here I was a 73 year old diabetic woman, bored and depressed.

Karen (HC) was easy to talk to we soon established a rapport, I felt that she really listened to what I was, and wasn't saying. She made it clear that there was no magic wand, any changes had to come from me in the first place.

The OYL weight management and exercise group run by Paul, was a group of varying ages. Paul made the classes fun, combined with being educational and was supported by interesting and useful hand-outs.

The exercise part of the class was fun and functional and made me realise that, yes, I could do that. It helped ease some of my arthritic problems.

After a few months with One You my health coach recommended that I have a medication check with my diabetic nurse. My readings were so improved that I was completely taken off metformin!

I am no longer tired and listless and have actual energy! I am sleeping well too so life is much improved for me in many ways”

Next Steps...

If you are interested in anything we have mentioned today you can contact us at

referral@oneyoulincolnshire.org.uk

