



Hello , Welcome to our Quarterly Newsletter

Everyone Health has been commissioned and funded by Cambridgeshire County Council and



Cambridgeshire
County Council



Funded by Cambridgeshire County Council and Peterborough City Council

Peterborough City Council to deliver the core element of the Integrated Lifestyle Service which started on the 1st October 2020. The service is delivered under a new brand –**Healthy You**.



[Services provided by Healthy You](#)

for further information on these services please click the relevant logo.







The service supports residents across the area to improve their health and wellbeing. Services include stop smoking, reducing alcohol consumption, increasing physical activity levels, improving dietary intake and to achieve or maintain a healthy weight. The core Lifestyle Service also includes Tier 3 Adult Weight Management which is commissioned by Cambridgeshire County Council and jointly funded by Cambridgeshire and Peterborough CCG . As part of the Integrated Lifestyles Service, we work closely with a consortium delivering the Tier 1 element of the service, which is made up of the District and City Councils and Living Sport. The Tier 1 element of the

service includes universal community based physical activity and healthy eating programmes.



Healthy Lifestyles

Through Healthy You we provide opportunities and support to individuals to be more physically active. Whether its joining one of our health walks, signing up for a couch to 5k running group, taking part in a walking sports session such as walking football or walking netball, or giving Yoga a go there is something for everyone.

We have locality coordinators in each district across Cambridgeshire and Peterborough that are pleased to work with all sorts of partners and stakeholders to develop new opportunities in local communities. If you would like to talk about how we can work with you, please contact Michael Firek –

Michael.Firek@livingsport.co.uk

This part of the Healthy You service is provided by a consortium of partners including the district and city councils, Vivacity and Living Sport.

Services in the Spotlight



The service was previously referred to as Camquit Stop Smoking Service, but as of the 1st October we come under Healthy You in line with the other services. As a result, the decision has been made to discontinue the 0800 018 4304 number at the end of January. Individuals will need to call the contact centre number and for any smoking referrals to be

emailed to the new email, HealthyYou@nhs.net, so everything comes via a single point of access.

A Patient from Arbury Road Surgery, receiving support from Heidi, a Stop Smoking Practitioner had this to say about the service:

"Thank you very much Heidi, the Champix tablets have been a massive help to me, they really have supported me to stop smoking. I feel better than ever. I was smoking from the age of 10 till 20, so 10 years and within about 1 month of using Champix tablets they got me clear and I have never felt so fit in ages. My fitness training is going well and now my football career can improve. Thank you I appreciate it so much."

Healthy You Carer Health Trainer service goes live Monday 8th February across the South Locality.

Susan Mayes, our new Carer Health Trainer

I have personal experience of caring so I know first-hand how it can take over all aspects of your life and how your physical and mental wellbeing can be compromised. Having previously worked in Health & Social care settings, supporting family carers before joining Everyone Health 2 years ago, I am now delighted to be supporting family carers once more and look forward to my new role.



If you are caring for someone, it can be all too easy to put the cared for person's needs above everything else, but it is really important to look after yourself and get the support you need to maintain your health and wellbeing. I will be working with carers and supporting them to make healthy lifestyle changes to decrease their risk of ill health and possible carer breakdown. I will help carers to assess their lifestyle and wellbeing, supporting them to set goals to improve their health, agree action plans and provide practical support and information that help sustain their new health behaviours.

I will be working closely in partnership with **Caring Together**, and as this is a pilot service we are currently consulting with family carers to help shape the service ensuring we meet the needs of family carers.

To find out more about **Caring Together** and how they can support you, please click [here](#).

Healthy You Eastern European Health Trainer Service goes live Monday 15th February across the North Locality.

We have successfully recruited 3x Eastern European Health Trainers to provide a tailored service to the Eastern European Communities. This is a pilot service to operate in Peterborough & Fenland. The Health Trainers will provide 1:1 support to help individuals make healthy lifestyle changes around - smoking, alcohol, and supporting people to achieve



Free 1:1 sessions with an Eastern European health trainer

Ana, Magda and Denisa are here to support our Eastern European Communities:

- eat healthier
- drink less
- lose weight
- move more
- stop smoking
- reduce stress

or maintain a healthy weight. Meet the team in next quarter's newsletter.

Why wait?.. to find out more
Call 0333 005 0093
 or Text **healthyu to 60777**




Support your mental health

Up to 8 x 1:1 sessions with a specialist Mental Health Trainer

Friendly, professional lifestyle support to help maintain positive mental health

16 +

It's FREE... to find out more
Call 0333 005 0093
 or Text **healthyu to 60777**



A promotional poster for the NHS Free Health Check. The background is teal. On the left, a hand in a white coat sleeve holds a magnifying glass over a small figure of a person in a yellow hoodie and purple pants. Above the person are icons of a heart with a pulse line, a stethoscope, and a clipboard with a checkmark. The NHS logo is in the top right. The text 'FREE Health Check' is in large white letters. Below it, 'Aged 40 – 74' and 'Takes just 20-30 mins' are in white. Further down, 'Spot early signs of Stroke, Kidney and Heart Disease, Type 2 Diabetes and Dementia' is in white. At the bottom, 'Why wait?.. to find out more' is in orange, followed by 'Call 0333 005 0093' and 'or Text healthyu to 60777' in purple. The 'Healthy You' logo, featuring a heart made of colorful dots, is on the right.

NHS

FREE Health Check

Aged 40 – 74

Takes just 20-30 mins

Spot early signs of Stroke, Kidney and Heart Disease, Type 2 Diabetes and Dementia

Why wait?.. to find out more
Call 0333 005 0093
or Text **healthyu** to **60777**

Healthy You

To make a referral to any of our free services please click [here](#).

This newsletter represents the services Healthy You is able to deliver at the time of publication. However due to the current climate around Covid-19 and constantly shifting circumstances, services offered may have to change or reduce -your understanding of this is much appreciated.

Coming Next Quarter

The spotlight will be on the Diabetes Health Trainer Service and the Eastern European Health Trainer Service - watch out for that one landing in your inbox soon!



Facebook

Time to get Social



Website



Twitter



[Change your preferences](#) | [Unsubscribe](#)

Everyone Health Ltd Registered in England No 4215584
2 Watling Drive, Sketchley Meadows, Hinckley, Leicestershire, LE10 3EY