

# ONE

# YOU

# CHESHIRE EAST

Lifestyle services available  
across Cheshire East to  
improve people's health.

[oneyoucheshireeast.org](http://oneyoucheshireeast.org)



**PHYSICAL ACTIVITY**



**FALLS PREVENTION**



**ADULT WEIGHT  
MANAGEMENT**



**FAMILY WEIGHT  
MANAGEMENT**



**BE SMOKE  
FREE**



**0300 123 5026**



**OneYouCE@everybody.org.uk**



# INTRODUCTION **AND** CONTENTS

One You Cheshire East is a lifestyle service commissioned by Cheshire East Council.

Services are funded and designed to support residents of Cheshire East in managing their own health and wellbeing, and improving quality of life.

The service will re-launch in November 2024 with Everybody Health & Leisure.

We are here to help your clients achieve their goals at every stage. Our programmes are designed to focus on individual needs and are easy to access. We offer support through a mix of in-person, via a digital app and online. This allows your clients to choose the option that fits best with their lifestyle.

**If you have any questions,  
please contact us via email:  
OneYouCE@everybody.org.uk  
or call: 0300 123 5026**

## PAGE

2

Introduction  
and Contents

3



Active Lives -  
Physical Activity  
Programme

4



Stand Strong -  
Falls Prevention  
Programme

5,6



Re-Shape-  
Adult Weight  
Management Programme

7



Let's Get Movin'-  
Family Weight  
Management Programme

8



Be Smoke Free-  
Stop Smoking

9

What's next and  
how to refer?



# ACTIVE LIVES

Active Lives is a 12-week programme, providing tailored support to people who want to become physically active.

The programme is delivered by coaches who are fully qualified in prescribing exercise, including for people with medical conditions. Who provide guidance, support and motivation towards being more active and improving health.

## HOW IS THE PROGRAMME DELIVERED?

To ensure this lifestyle change lasts, it's essential for your client to find ways to be more active that fit into their daily routine. There are several options to engage with this programme, including community outreach exercise classes, online sessions, or a wide range of activities based in leisure facilities.

**Depending on the option they choose, clients can have access to a range of activities, including:**

- Walks
- Live, online, exercise classes and on demand exercise videos
- Swimming
- Gym
- Group exercise classes
- Walking netball, racquet sports and more

## ELIGIBILITY CRITERIA

- Cheshire East resident
- 18 years and over
- Inactive; participating in less than 30 minutes of physical activity per week
- With either diabetes (medicated) or hypertension (medicated)
- Motivated to be physically active
- A non-Everybody Health & Leisure member

## COST

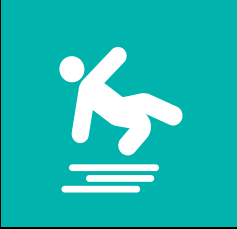
Funded 12-week programme

## WHAT HAPPENS AFTER THE 12 WEEKS?

The hard work and dedication that clients put into the programme won't end after 12 weeks.

We are committed to supporting individuals in making lasting changes and helping them progress.

After finishing the programme, participants will be offered a discounted membership to use at Everybody Health & Leisure facilities, or they can choose to pay per visit to continue their journey.



# STAND STRONG

Stand Strong is a 26-week evidence-based Otago exercise programme, consisting of strength and balance exercise classes, prescribed home exercises and education on reducing falls risk factors.

This programme will help clients to increase their confidence, remain independent and in their own home for longer.

## HOW IS THE PROGRAMME DELIVERED?

It's important that our Stand Strong classes are accessible, so they will take place in a range of community venues across Cheshire East. Alternatively clients can take part in the programme online, through a weekly live class and access to on-demand videos.

## ELIGIBILITY CRITERIA

- Cheshire East resident
- Aged 65 years and over

### And one or more of the following:

- Had 2 or more falls
- Presented with an acute fall within the last 12 months
- Have difficulty walking or with balance

Clients will then be invited to a clinic for further eligibility testing.

## COST

Funded 26-week programme

## WHAT HAPPENS AFTER THE 26 WEEKS?

The hard work and dedication that clients put into the programme won't end after 26 weeks.

We are committed to supporting individuals in making lasting changes and helping them progress.

After finishing the programme, participants will be offered a discounted membership to use at Everybody Health & Leisure facilities, or they can choose to pay per visit to continue their journey.



# RE-SHAPE

## ADULT WEIGHT MANAGEMENT PROGRAMME



Re-Shape is a 12-week adult weight management programme, consisting of diet, exercise and behaviour change.

Re-shape covers new healthy eating habits, portion control, food labels, good sleep hygiene and much more.

### HOW IS THE PROGRAMME DELIVERED?

It's important that losing weight fits into your client's lifestyle and routine. They can choose to access this programme through a variety of different interventions, whether that's in-person, online or via a digital app.

Our in-person group programme runs at various locations across Cheshire East. The programme includes an initial introduction session and 11 face-to-face group sessions, each session lasts 1.5 hours. This programme is also available online weekly.

**Digital offer - Second Nature App**– We have partnered with Second Nature, a national organisation, commissioned to deliver NHS digital weight management programmes. The 12-week programme takes place entirely within the smartphone app, which is also accessible via a tablet. When clients sign up for the programme, they receive:

- Dedicated support from a qualified nutritionist
- Support from a digital peer group
- Hundreds of delicious, culturally diverse recipes with videos
- Daily scientific articles
- In-app meal planning and journaling tools
- Steps, weight, and habit tracking technology

**We have partnered with Slimming World** – If your client lives in a specific area of Cheshire East, they may be eligible to attend a Slimming World group, please ask us for more information.

SECOND  
NATURE

*Slimming*  
WORLD  
Partnerships



### **ELIGIBILITY CRITERIA**

- Cheshire East resident
- Aged 18 years and over
- Have a BMI of 25+ or 23+ ethnic minorities

### **COST**

Funded 12-week programme

### **WHAT HAPPENS AFTER THE 12 WEEKS?**

The hard work and dedication that clients put into the programme won't end after 12 weeks.

We are committed to supporting individuals in making lasting changes and maintaining a healthy weight.

After finishing the in-person and online programme, participants will be offered a monthly weigh-in.

On completing the digital programme, members receive a lifetime subscription and access to the app and resources with Second Nature.

Slimming World members who want to remain with Slimming World can do so at their chargeable rate.



# LET'S GET MOVIN'

## FAMILY WEIGHT MANAGEMENT PROGRAMME

Lets Get Movin' is a 12-week, family-focussed, physical activity and healthy eating programme, supporting families in making healthier lifestyle and dietary choices.

The programme provides practical help, support and advice on nutrition and age-appropriate physical activity, including led multi-sport sessions, access to swimming, racquet sports and gym.

Families will participate in a weekly online educational 'Learn with Me' sessions. Topics include healthy eating, portions, meal planning, eating as a family and more. Participants will also have the option to attend cookery classes.

We encourage a whole-family approach to ensure we help everyone involved adopt a sustainable healthy lifestyle.

### ELIGIBILITY CRITERIA

- Cheshire East resident
- Aged 4- 17 years
- Identified as having excess weight

### COST

Funded 12-week programme

### WHAT HAPPENS AFTER THE 12-WEEKS?

The hard work and dedication that clients put into the programme won't end after 12-weeks.

We are committed to supporting families in making lasting changes and helping them progress.

After finishing the programme, participants will be offered a discounted membership to use at Everybody Health & Leisure facilities, or they can choose to pay per visit to continue their journey.

**CREWE ONLY**



# BE SMOKE FREE



Stopping smoking can make a big difference to your client's health, as well as the health of their family and friends. Even if they have been smoking for years, it's never too late to stop.

We offer tailored support to meet your clients' specific needs. With our expert guidance and personalised support, they'll gain the tools and confidence to quit.

We provide up to 12 weeks' worth of products to ease withdrawal symptoms, ensuring they have everything they need to succeed.

## HOW IS THE PROGRAMME DELIVERED?

The programme includes one to one support with qualified Stop Smoking Advisors, either face-to-face, online or by telephone at a range of times and venues to suit your client, meaning they can access the support they need with ease.

## ELIGIBILITY CRITERIA

- Cheshire East resident
- Open to anyone over the age of 12 years (not an in-patient)
- A smoker
- Motivated to quit or reduce harm caused by cigarettes

## COST

Funded 12-week programme

## WHAT HAPPENS AFTER THE 12 WEEKS?

Clients will have access to the NHS Smoke Free Support Line & App. Should they need any further support or relapse after the 12 weeks, clients can be re-referred.



# WHAT'S **NEXT** AND HOW TO **REFER?**

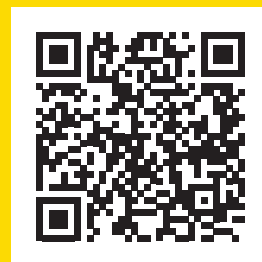
Access to One You Cheshire East is available via referral from a healthcare professional, community organisation or self-referral is permitted on to all programmes. Our referral management systems are industry leading, bespoke, referral management systems, which capture and store all communication and information relating to a client's journey and allows unique analysis and reporting to demonstrate achievement of health outcomes.

**FOR HEALTH PROFESSIONALS OR COMMUNITY PARTNERS OUR REFERRAL PROCESS INCLUDES:**

## **BE SMOKE FREE:**

To make a referral for our Be Smoke Free programme, please follow this link or scan the QR code:

<https://dcrsinterface.azurewebsites.net/REFERRAL?R=78E4381A>



## **ALL OTHER ONE YOU CHESHIRE EAST PROGRAMMES:**

Referrals for our Stand Strong, Re-Shape, Let's Get Movin' and Active Lives programme will be via our Refer-All management system. If you would like to register your organisation to use Refer-All, please contact us via the **phone number or email address below.**

**FOR FURTHER INFORMATION ABOUT ONE YOU CHESHIRE EAST PLEASE CONTACT US VIA:**



**OneYouCE@everybody.org.uk**



**0300 123 5026**



**oneyoucheshireeast.org**

**SCAN FOR MORE INFO**



# SIGN UP FOR THE **ONE YOU** CHESHIRE EAST NEWSLETTER

Are you a healthcare professional, a local authority worker, or part of a voluntary sector organisation? Stay in the loop with all things One You Cheshire East!



## BY SIGNING UP, YOU'LL GET:

### UPDATES ON KEY PROGRAMMES

- Adult Weight Management
- Family Weight Management
- Be Smoke Free
- Falls Prevention
- Being More Active

### NEW PROGRAMMES & PARTNERSHIPS

Find out more about the new service, programmes, initiatives and partnerships.

### PERFORMANCE INSIGHTS

Keep up to date with service outcomes, impact and good news stories.

### GOOD NEWS STORIES

Read inspiring success stories from participants and partners.

### RELEVANT UPDATES

Receive key news from Everybody Health & Leisure, including information about local facilities, refurbishments, and more.

**JOIN TODAY TO HELP SUPPORT  
HEALTHIER COMMUNITIES IN  
CHESHIRE EAST!**



**SCAN THE QR  
CODE TO OPT IN  
TO RECEIVE THESE  
MARKETING  
EMAILS FROM US:**