

Stakeholder & Partner Information Sheet: February 2019

We are pleased to provide you with an update regarding Nottinghamshire's **Obesity Prevention and Weight Management** service to ensure all partners and stakeholders are kept up to date with our implementation of this integrated service across Nottinghamshire.

**Service updates:**

Everyone Health have set up **FREE health walks** across Nottinghamshire, designed to get people more active and to provide an opportunity for the community to come together. The walks are led by friendly, fully qualified walk leaders and last between 30 and 60 minutes. **For more information about Everyone Health's walking groups, please get in touch with your district Community Engagement Coordinator (details below).**

**Are you interested in supporting the delivery of our health walks?** We are looking for volunteers to help deliver health walks across Nottinghamshire alongside Everyone Health staff. If you are interested, or know of anyone who would benefit from helping their local community, email [changepointnotts@everyonehealth.co.uk](mailto:changepointnotts@everyonehealth.co.uk)

If they haven't already, our Community Engagement Coordinators will be visiting your surgery over the next couple of months to provide you with the latest marketing. We will be offering service talks and Make Every Contact Count training for staff to support confidence in referring. **If your organisation would like to arrange a service talk or MECC training, please get in touch today.**



**Case Studies**

- **Adult Weight Management – St Johns Centre, Mansfield. Weight reduced from 105 to 86.8kg (17.3% loss), activity levels have increased to above 150 minutes/week and sedentary time watching TV has been reduced from 4 hours to 1 hour.**

“My Initial weight had gone up to around 17 stone but with the exceptional help I received, with nutrition and physical activity, my weight went down to 13 ½ stone- wow the difference is unbelievable. I hope to keep the weight off by eating well and keeping active with the exercises I was taught to make my life a lot better. The ‘go for it’ attitude helped me realise you have nothing to lose and you can change your life.”

T: 0333 005 0092 E: [changepointnotts@everyonehealth.co.uk](mailto:changepointnotts@everyonehealth.co.uk)

# NOTTINGHAMSHIRE'S INTEGRATED OBESITY PREVENTION & WEIGHT MANAGEMENT SERVICES



- **Adult Weight Management – Killisick Community Centre, Arnold. Weight reduction from 83.7 to 66.9kg (20% loss).**

“Although I was exercising, I was gaining weight and wanted to understand what I was doing wrong. The programme has helped me to learn about healthy food options and how I can be mindful of what I am eating. I have made significant weight loss and I hope to continue to maintain this and increase my exercise levels further through cycling, pilates, swimming and running.”

## If you:

- ♥ have any queries
- ♥ require more referral forms or referral information
- ♥ need a new supply of marketing material
- ♥ would like a service update presentation for your practice
- ♥ would like to know further information about our service

Please contact us on the below details.

District	Community Engagement Coordinator	Email Address
Ashfield	Emily Love	<a href="mailto:emilylove@everyonehealth.co.uk">emilylove@everyonehealth.co.uk</a>
Bassetlaw	Kate Cooper	<a href="mailto:katecooper@everyonehealth.co.uk">katecooper@everyonehealth.co.uk</a>
Broxtowe	Grace Blackburn	<a href="mailto:graceblackburn@everyonehealth.co.uk">graceblackburn@everyonehealth.co.uk</a>
Gedling	Rebecca Winbow	<a href="mailto:rebeccawinbow@everyonehealth.co.uk">rebeccawinbow@everyonehealth.co.uk</a>
Mansfield	Paul Mildenhall	<a href="mailto:paulmildenhall@everyonehealth.co.uk">paulmildenhall@everyonehealth.co.uk</a>
Newark and Sherwood	Bonnie Johnson	<a href="mailto:bonniejohnson@everyonehealth.co.uk">bonniejohnson@everyonehealth.co.uk</a>
Rushcliffe	Laura Walton-Taylor	<a href="mailto:laurawaltontaylor@everyonehealth.co.uk">laurawaltontaylor@everyonehealth.co.uk</a>

**EVERYONE WANTS TO BE HEALTHY**

FREE WEIGHT MANAGEMENT PROGRAMME AVAILABLE IN NOTTINGHAMSHIRE

If you have a BMI of 25+ you could be eligible for a free 12 week weight management programme, including:

- Nutritional advice
- Physical activity sessions
- On-going support for up to 12 months
- Classes in your local area

**WEIGHT MANAGEMENT**

**HOW TO GET INVOLVED**

To find out how to get involved with these FREE sessions, you can get in touch with us in the following ways:

Telephone: **03330 050092**

Email: [changepointnotts@everyonehealth.co.uk](mailto:changepointnotts@everyonehealth.co.uk)

www.everyonehealth.co.uk

Facebook: [HealthLivingNotts/](https://www.facebook.com/HealthLivingNotts/)

Twitter: [@EH\\_Notts](https://twitter.com/EH_Notts)

**EVERYONE WANTS TO GET UP AND GO**

Come and join our brand-new **ENGAGE** group exercise classes at a Nottinghamshire venue near you!

Nottinghamshire County Council is working in partnership with Everyone Health to launch **ENGAGE**, a new group exercise program for adults. These classes are a great way to improve your balance, increase your confidence and meet new friends!

**LOW COST SESSIONS AVAILABLE NOW! CONTACT US FOR MORE INFORMATION**

**EVERYONE IS SUPPORTING MUMS-TO-BE**

**HEALTHY MUMS = HEALTHY BABY**

EVERYONE HEALTH OFFERS **FREE** NUTRITIONAL SUPPORT FOR PREGNANT WOMEN LIVING IN NOTTINGHAMSHIRE

We provide 11 personal and post-natal support with a qualified Nutritionalist for women with a BMI 25+ to help you have the healthiest start for your precious baby. Our 11 sessions are across Nottinghamshire in Ashfield, Bassetlaw, Broxtowe, Gedling, Mansfield, Newark & Sherwood and Rushcliffe.

To find out how to get involved in this FREE service, you can get in touch with us in the following ways:

Tel: 03330 050092

Email: [changepointnotts@everyonehealth.co.uk](mailto:changepointnotts@everyonehealth.co.uk)

www.everyonehealth.co.uk/nttinghamshire-county-council

www.Bassetlaw.couch.healthlivingnotts.com

Facebook: [HealthLivingNotts/](https://www.facebook.com/HealthLivingNotts/)

Twitter: [@EH\\_Notts](https://twitter.com/EH_Notts)

**EVERYONE LOVES A HEALTHY LIFESTYLE**

- FREE 12 week family healthy lifestyle group - ENROLLING NOW
- For children aged 5-11 and their families
- Healthy eating sessions, including fruit & vegetable tasting and pizza making
- Fun active games
- Welcoming and friendly environment
- Free bag & bottle for completing the course
- Children are welcome to bring friends and siblings. Eligibility criteria applies, please contact us for further details.

Groups running throughout Nottinghamshire all throughout the year.

Discover how to get involved with these sessions, get in touch with us in the following ways:

Tel: 03330 050092

Email: [changepointnotts@everyonehealth.co.uk](mailto:changepointnotts@everyonehealth.co.uk)

www.everyonehealth.co.uk/nttinghamshire-county-council

www.facebook.com/HealthLivingNotts/

Twitter: [@EH\\_Notts](https://twitter.com/EH_Notts)

T: 0333 005 0092 E: [changepointnotts@everyonehealth.co.uk](mailto:changepointnotts@everyonehealth.co.uk)

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