

ONE YOU LINCOLNSHIRE

We can help you

EAT WELL, LOSE WEIGHT



HEALTH COACHING



MOVE MORE



DRINK LESS



STOP SMOKING



STRENGTH AND BALANCE



GLOJI ENERGY



Speak to your GP or a member of your Health Care team for a referral today, or go to www.oneyoulincolnshire.org.uk to sign up.

One You Lincolnshire is a proud partner of Let's Move Lincolnshire www.letsmoveincolnshire.com

**LINCOLNSHIRE,
ARE YOU READY
FOR A
NEW YOU?**



EAT WELL LOSE WEIGHT



Our Lose Weight offers are open to individuals who meet the criteria and have a BMI of 30+ or 27.5+ in certain instances. We know what works for one person, doesn't always work for another.

For that reason, our healthcare professionals have developed a range of options to ensure your best possible chance of success.

GROUP SUPPORT

Join other Lincolnshire residents all looking to lose weight in our group programme. Delivered by experts in nutrition, physical activity and behaviour change, we help you build healthy habits around food and physical activity for long-term, sustainable change.

PERSONALISED DIGITAL PROGRAMME

Our 12-week digital programme can be accessed from a phone, tablet or computer. Through 12 weeks of educational video content, personalised articles and recipes we will empower you to make lifestyle changes that will add up to permanent weight loss.

WEIGHT LOSS FOR MEN

We've partnered with MAN v FAT to provide tailored weight loss just for men. Join a 14-week football club of like minded men and gain points by scoring goals and losing weight.

MENTAL HEALTH & WEIGHT LOSS

We offer a 1:1 weight management programme to support those living with a diagnosed mental health condition. Receive weekly meetings either face-to-face, online or via the telephone and explore a range of wellbeing-focused topics.

SLIMMING WORLD

One You Lincolnshire offer free 12 week vouchers to your local Slimming World groups.



WHAT SUPPORT CAN A HEALTH COACH OFFER?



Health Coaches support you to take more control of your health and wellbeing, looking at what is important, barriers to progression and guides and prompts you to change your behaviour, so that you can make healthcare choices based on what matters to you.

Health coaches will spend time with you discussing your health and lifestyle. By listening to what really matters most to you they will help you to identify realistic health goals and develop your confidence so you can successfully manage your own health and wellness.



MOVE MORE

1:1 PHYSICAL ACTIVITY SESSIONS

Our physical activity coaches will guide and support you over the telephone. You'll start with a 30-minute session to discuss your health, activity levels and lifestyle. We'll share resources, a range of digital apps and help you set realistic goals to succeed, offering you encouragement and accountability.

EXERCISE ON PRESCRIPTION

Enjoy a 12-week structured physical activity programme at one of our partner leisure centres, where you could have access to gym sessions, swimming pools and exercise classes (depending on local provision). Trained staff will be on hand to help advise you by setting a suitable exercise programme, and offer guidance on which type of exercise will be most beneficial to you.

GROUP PHYSICAL ACTIVITY SESSIONS

We offer a range of different group physical activity sessions across Lincolnshire, which will either be delivered face to face at a community venue, or online for our virtual groups. These programmes will last for 12 weeks, and might include a mixture of keep fit sessions, badminton sessions, walking, or be challenge based – like our Heart & Sole programme.

ONLINE EXERCISE CLASSES - GLOJI GYM

This is an online physical activity platform, offering a range of exercise classes from gentle mobility sessions to more challenging sessions. These sessions will be streamed live via our website, to the comfort of your own home. You will also be able to watch sessions back, if you are unable to do them live.





DRINK LESS

1-TO-1 DRINK LESS HEALTH COACH SESSIONS

Weekly informal, confidential chats with one of our Health Coaches to help you understand how to reduce or improve your alcohol intake and adopt a healthier lifestyle.

DRINK LESS APP

Use our free app to keep track of how much you're drinking, the cost of each drink as well as your daily nutrition, water intake and sleep. Set daily reminders to help you stay on track and support your journey to drink less.

DRINK LESS, LIVE MORE VIRTUAL WORKSHOPS

Join others in a 60 minute online workshop to discover simple ways to cut down and understand why it's important for your health.

CORK IT

Digital only, 28 Day Alcohol Free Challenge. Receive your weekly survival guide with hints, tips and challenges plus a telephone appointment with one of our friendly Health Coaches.

BE SMOKE



FREE

FACE TO FACE STOP SMOKING SUPPORT

Our team of Stop Smoking Practitioners are located throughout the county, running specialist clinics that help smokers quit for good. We can also provide free NRT and our quit guide. You are up to four times more likely to quit with our help than you are doing it alone.

TELEPHONE STOP-SMOKING SUPPORT

It isn't always possible for clients to attend face-to-face clinics so we offer a remote stop smoking service delivered through telephone appointments easy to fit into your busy schedule. We can also provide free NRT and our quit guide. You are up to four times more likely to quit with our help than you are doing it alone.





STRENGTH AND BALANCE



24 WEEKS TO A STRONGER, STEADIER YOU

Get the support you need to stay active and mobile with Strength and Balance - our 24 week programme that helps you build strength, balance and mobility. With both online and in-person options, you can choose the approach that works best for you.

Discover the steadier difference and start your journey towards improving your strength, balance, and mobility for a healthier, happier you.

WHO IS IT FOR?

Our Strength and Balance service is available to anyone aged 65 and over living in Lincolnshire who is deemed at risk of falls by a health care professional.

HOW TO GET STARTED

If you feel the Strength and Balance programme will benefit you or you feel concerned about the risk of falls, please contact your health care professional to get a referral sent across to One You Lincolnshire's Strength and Balance Service.

GLOJI ENERGY



HELPING CHILDREN AND THEIR FAMILIES LEAD HEALTHY AND HAPPY LIVES TOGETHER.

Our programmes offers 12-weeks of exciting and engaging activities that motivate and support families to make positive changes to their nutrition, movement, mind, and sleep.

Weekly group sessions involve the children taking part in physical activities such as trampolining, roller skating and dodgeball, as well the family making healthy snacks and trying new foods. Parents/carers will receive tips on eating on a budget, fussy eating, meal planning, portion sizes and much more. Children complete healthy lifestyle missions to earn rewards.

WHO IS IT FOR?

Children aged 4 to 12, who are measured on or above the 91st centile can join this programme.

HOW TO GET STARTED

Refer using our website or speak to your Healthcare professional.





**ARE YOU
READY,
LINCOLNSHIRE?**

GET ME STARTED!

WHO ARE WE?

We have been commissioned by Lincolnshire County Council and Lincolnshire Integrated Care Board to support you to make positive changes to your health.

The best part? It's absolutely FREE!

ELIGIBILITY: Lincolnshire residents
(or people registered with a Lincolnshire GP)





Scan the QR code to
get started today!



For more information, or to learn more about our
new and pilot programmes, visit:
www.oneyoulincolnshire.org.uk

ONE YOU LINCOLNSHIRE

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