



Health Improvement Annual Impact Report 2018-2019

Plymouth City Council commission Livewell Southwest to deliver the health improvement service for the city. The health improvement service is made up of One You Plymouth, Wellbeing at Work and Building Community Capacity. 2018-19 has been a year of increasing numbers of people accessing all the parts of the service. Below is an outline of the past year.

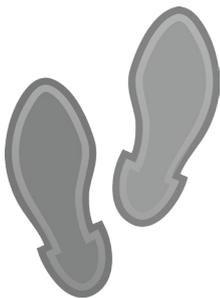
43,424

unique visitors to One You Plymouth & Wellbeing at Work websites



6,968

people engaged via social media



3,310

people took part in One You Plymouth physical activity sessions

1,113

people chose One You Plymouth as their first choice to get help to stop smoking.



1,917

people trained to promote positive mental health, physical health and wellbeing in their communities and workplaces



405

people received an NHS health check in the community



Wellbeing at Work

February 2019 also saw us launch our new Wellbeing at Work programme, which includes Wellbeing Champions, Wellbeing at Work awards, workfit support to help employees stay in work, and a new website.

62

businesses have expressed interest in the Wellbeing at Work programme since its launch



22

businesses have started the award process to support improved health and wellbeing in the workplace

Other achievements...



173 people attended the Starting Off Well (Infant Nutrition) conference, hosted jointly by Livewell Southwest and Plymouth City Council, with some attendees travelling from as far as London!

Health improvement practitioner Mandy Chapman was a finalist in the NCT Star awards, receiving national recognition and a 'Highly Commended' award.



We were the only community interest company shortlisted for a national Flu Fighter award, which recognised the use of motivational interviewing techniques introduced by the Wellbeing Team.



What People Said...



I thoroughly appreciate all the help that I've been given. My success in quitting smoking is due to the support I received from your team.



I've had such wonderful feedback from the Wellbeing Champions regarding your training. Thank you again for taking the time to deliver another excellent training day for us. The agents are all really excited and raring to go!



I attended the Connect 5 training and it was fantastic - I got a lot more than I bargained for from this course! The trainers were excellent - experienced, engaging, and they seemed genuinely excited by the potential impact of supporting a diverse group to be able to have better and earlier conversations about mental wellbeing.

The course balanced evidence based practice and local knowledge really well, and the mix of attendees meant that everyone learned something about the support available for people in Plymouth.



New members are made to feel welcome at the physical activity sessions and I've made a lot of new friends. You adapt the exercises to suit everyone's abilities, either high or low impact, you make the classes fun and vary the activities each week. When I first started I wasn't able to get on the floor to exercise but now I give it a go!

It's also helped me with every day tasks such as getting in and out of the bath, going upstairs without huffing and puffing, and I've also noticed that I don't lose my balance when putting on trousers and underwear! So thank you, I really enjoy the classes.

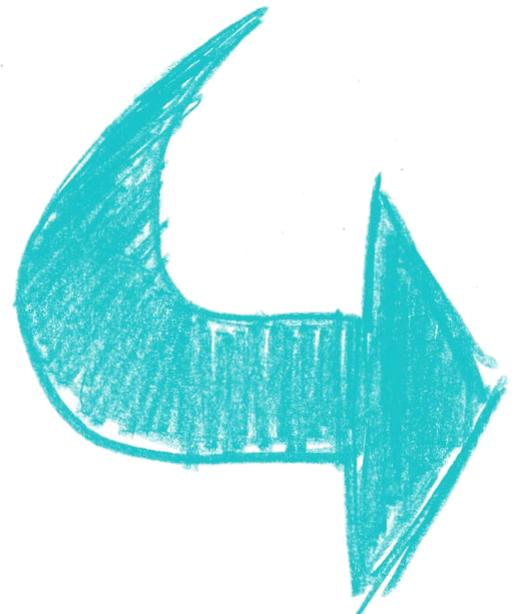


What People Said...



Reece, above, contacted the One You Plymouth team to help support him to quit smoking. To find out what Reece thought about the support he received, please click on the video above or visit <https://drive.google.com/file/d/1g0pY8CVAmPAP9N3w4dTAGuwpfVLY5pXL/view?usp=sharing>

Turn the page to find out what else has been happening within the community...



And there's more...



The team started using an electric cargo bike to reduce their carbon footprint and to help them to Move More whilst ferrying equipment to events...



...which are held within the local community, in which people can get lots of helpful advice about living healthier lives...



...or, if they don't want to stop for a chat, they can use one of the newly installed kiosks at locations throughout the city!

Feeling inspired to improve your own health and wellbeing?

Give the One You Plymouth team a call on 01752 437177, email oneyou.plymouth@nhs.net, or visit www.oneyouplymouth.co.uk to find out how we can help YOU!