



# DRINK LESS



## 1:1 AND GROUP SUPPORT

For those clients who regularly drink over 14 units per week or feel that their drinking habits are beginning to affect their lives, our group sessions are a one hour one off session where we look at things such as triggers, dangers of over-drinking and how to reduce alcohol by changing your lifestyle.

## ONE YOU DRINK LESS APP

Our Drink Less app allows you to track your consumption and monitor drinking patterns, with support from our health coaches along the way.

## OYNB | ONE YEAR NO BEER

Our One Year No Beer is an abstinence challenge for those looking to reset their habits and take a break from alcohol. One You Lincolnshire presents clients with a free 28 day voucher to undertake the challenge and gain support from the worldwide peer support group, forum and range of online resources.

# WHO ARE WE?

We have been commissioned by Lincolnshire County Council and Lincolnshire Commissioning Group to help you make significant long-term changes to your health.

Our dedicated team of Health Coaches provide a range of clinically proven interventions, along with motivational and behavioural methods to support you in your health journey!

The best part? It's absolutely FREE!

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

Name

DOB

Long-term health conditions

## PATHWAY (REMEMBER - YOU CAN PICK MORE THAN ONE!)

- Lose Weight
- Move More
- Drink Less
- Stop Smoking – self referral

PLEASE TAKE THIS FORM TO YOUR GP/RECEPTION

For more information or to check your eligibility go to [www.oneyoulincolnshire.org.uk](http://www.oneyoulincolnshire.org.uk)

# ONE YOU LINCOLNSHIRE

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# LINCOLNSHIRE, READY FOR A NEW YOU?

We can help you

## LOSE WEIGHT



## MOVE MORE



## EAT WELL



## DRINK LESS



## BE SMOKEFREE



Speak to your GP or a member of your Health Care team for a referral today.

# ONE YOU LINCOLNSHIRE

PART OF THE ONE YOU LINCOLNSHIRE FAMILY





# STOP SMOKING

Our stop smoking service is self referral – call us today!

## FACE TO FACE SPECIALIST 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 you are up to five more times more likely to quit with our help than you are doing it alone.

## 28 DAY CHALLENGE

It isn't always possible for clients to attend face to face clinics. This is why One You Lincolnshire offers residents the opportunity to take on the 28 Days Challenge. The support is provided via telephone appointments and online peer support groups. You will also receive daily motivational e-mails and the 28 Days Challenge handbook.



# LOSE WEIGHT EAT WELL

Our Lose Weight offers are open to clients who meet the criteria and have a BMI of 30+ or 27.5+ from BME population groups. We know that 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.

## LOSE WEIGHT WITH ONE YOU LINCOLNSHIRE

A 12 week group programme which aims to kickstart your weight loss through small, sustainable weight loss changes. It includes nutrition and light exercise.



One You Lincolnshire offer free 12 week vouchers to your local weight loss groups.

## SECOND NATURE

This is a digital offering with a dedicated dietician and peer group support, all done from the comfort of your own home.

## MAN v FAT FOOTBALL

MAN v FAT is perfect for men who love football. The programme involves a 14 week league, where teams score additional points for losing weight.



# MOVE MORE



Our aim is to get people moving and completing 150 minutes of moderate physical activity a week.

## 1:1 AND GROUP SESSIONS

Our team of Physical Activity instructors provide friendly and interactive sessions for those looking to increase their physical activity. We cater to your own abilities and include all levels of mobility and fitness.

## COMMUNITY BASED EXERCISE

Supporting clients with long term health conditions who require specialist support. Clients will receive a wide range of options to address their needs, delivered at local leisure facilities.

## GET HEALTHY, GET ACTIVE

This programme aims to tackle inactivity and connect clients with local amenities for those looking to move more with things they love to do.

## THE OTHER ROOM

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.

THE OTHER ROOM  
VIRTUAL GYM

