

Appendix 2

Inner North East Committee Update Report

Health and Wellbeing - October 2017

One You Leeds-Service (OYL)

This service was launched on the 1st October 2017. Reed Momenta are the provider for One You Leeds. Citizens can self-refer or be referred through a health professional or another service, making it easier for them to make positive health behaviour changes.

The service offers a range of options for citizens within our most deprived areas. These include;

- **'Be Smoke Free'** - six free sessions designed to help them kick the habit.
- **'Manage Your Weight'** - designed for residents with a Body Mass Index (BMI) of 30 plus or a BMI of 27 if managing more than one health condition. This allows them to access 12 weight management sessions.
- **'Move More'** - Health and Wellbeing coaches help identify realistic and sustainable ways of introducing more physical activity into a community member's life.
- **'Eat Well and Cook Well'** - Nutritional and Dietary advice around quality, quantity and Techniques of producing healthy meals and maintaining positive habits.
- **'Health Coaches'** - Designed for clients who would benefit from a more personal support and covers all elements of a holistic healthy lifestyle.

To refer into the service go online to; www.oneyouleeds.co.uk/health-professionals-referral. Clients can self-refer; www.oneyouleeds.co.uk/signup or call 0800 169 4219

CAREVIEW-Social Isolation App is an app that can work on any smart mobile device and can help reconnect socially isolated residents to their communities and services which can help improve and maintain their health. **CAREVIEW** is currently being tested in the six 1% priority neighbourhoods and further afield in a selection of the 10% most deprived wards. The trial is funded by NHS England New Pioneer Fund for 12 months.

CAREVIEW works by looking for signs of neglect in the built environment e.g. house in disrepair, untidy garden or post piling up. This may indicate the presence of a socially isolated resident who may require some support and help. A quick push of a button on the app puts a blob of light on a heat map. The heat map is then followed up by Leeds City Council Better Together Contract Outreach Teams who door knock and leaflet to see if any community members require help.

BEST START is a broad preventative approach across some of the poorest areas of the city which looks at making the first 1001 days of a child's life the very best it can. We know through robust evidence that these early days of a child's life are crucial in helping it reach its true potential and for the child to contribute positively to civic life. To aid this agenda Leeds City Council Children's Services have launched the TALK SHARE LEARN LEEDS app. You can download it for free from App Store or Google

lay. It is aimed at parents and carers of 0-5s to help them develop essential skills before starting school.

For more information on any of the above please contact Jonathan.Hindley@leeds.gov.uk or call 07712 216 516