

<b>Title</b>	Live Well Stay Well (Integrated Lifestyles Service) Update
<b>Date</b>	27 September 2018
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### **Purpose of this report:**

This report is to update the Health & Wellbeing Board members on the new Live Well Stay Well Service. We would also like to request ongoing support from the members of the board to ensure their organisations are proactively promoting and referring to Live Well Stay Well to support the residents of Buckinghamshire to make healthy lifestyle changes.

### **Summary of main issues:**

#### Service Overview

Live Well Stay Well, the new integrated lifestyle service for residents in Buckinghamshire, went live on the 1st April 2018. The service offers a single point of contact for residents to access a range of support to lose weight, quit smoking, get more active, drink less alcohol, feel happier or manage their diabetes.

The service also offers outreach NHS health checks, support to families to manage a child's weight and referral to support for residents with the emotional challenges of managing a long term condition

The new service individually tailors the help offered including online support for all residents, with more intensive phone or face to face support for stop smoking and losing weight being available for key groups. The service will also refer and signpost residents to a range of external services such as physical activity opportunities, diabetes management and alcohol reduction.

Just one professional referral or self-referral can give residents access to all this support. Referrals can be made through the website [www.livewellstaywellbucks.co.uk](http://www.livewellstaywellbucks.co.uk). A professional referral can be made by any organisation who has consent from the person they are referring, including community and voluntary sector organisations.

The lifestyle service has been commissioned by Buckinghamshire County Council Public Health Team, with the single point of access element commissioned in partnership with the Buckinghamshire Clinical Commissioning Group.

## Delivery in Quarter 1

Live Well Stay Well has received 2446 referrals into the service (both professional referrals and self-referrals) with 2131 clients completing an initial assessment (24% completed digitally).

Over half (1230 referrals, 50.3%) of all referrals received in quarter 1 have been from GP Practices. The second largest professional referrer was BHT (164 referrals, 6.7% of all referrals). Ongoing activity is planned to continue to engage a wide range of stakeholders through Live Well Stay Well and as part of the Prevention at Scale project, to continue to increase professional referrals into the service. In addition, Live Well Stay Well will be promoting the service directly to the general public to increase the number of self-referrals.

More information on the outcomes of the service will be available in future quarters; the length of interventions (usually 12 weeks) means that meaningful information on those residents undertaking interventions in the first quarter is not yet available.

## Live Well Stay Well Stakeholder Launch

The official launch of the service was held on the 24th May which saw over 120 attendees from a range of organisations including local government, the NHS, voluntary sector and community groups.

Animations (Maggie's Story and Omer's Story) were developed to introduce stakeholders to what Live Well Stay Well can offer residents, and the different ways the service can be accessed (professional referral or self-referral).

There was lots of positive feedback from the event as attendees found the presentations, marketplace and networking opportunity useful. Many stakeholders have since been in touch with Live Well Stay Well to request more information and promotional materials.

All of the presentations from the event and animations are available at <https://www.livewellstaywellbucks.co.uk/News/119/live-well-stay-well-launch-event>

## **Recommendation for the Health and Wellbeing Board:**

1. To note the update for the Live Well Stay Well service
2. Member organisations help to support this prevention initiative by proactively promoting and referring residents to Live Well Stay Well

## **Background documents:**

None