

## MEET OUR LIFESTYLE SUPPORT WORKERS

Victoria Lockett



NEW STARTER - Bev Nixon



Tracy Stubbs



## CONTACT US

One You Cheshire East

Freephone 0800 1643 202

[www.oneyoucheshireeast.org](http://www.oneyoucheshireeast.org)

[info@oneyoucheshireeast.co.uk](mailto:info@oneyoucheshireeast.co.uk)

Kickstart Specialist Stop Smoking Service

Freephone 0800 085 8818

[www.kickstartcheshire.co.uk](http://www.kickstartcheshire.co.uk)

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## ONE YOU CHESHIRE EAST

**Welcome** to the Autumn/Winter edition of the One You Cheshire East newsletter. We hope to find you well in the lead up to Christmas and the New Year.

Since the last edition of YOU, we can share a number of successes from across our programmes.

Quarterly targets have been achieved and we're on track to achieve the annual targets for both One You Cheshire East (OYCE) and Kickstart. For OYCE we have had 3316 Referrals and of these 2065 are now participating in a healthy living programme (data from Apr-Oct 2018).

As for the Stop Smoking teams, across community and specialist services there were 636 Quit Dates Set (QDS) & 216 Quits. Of these 213 QDS & 88 Quits were from Kickstart Specialist Stop Smoking Service and 296 QDS & 81 for Well pharmacies and 61 QDS & 12 Quits for Rowlands Pharmacies. This means the Pharmacy Success Rate is below the national target of 35% (27% Well & 20% Rowlands).

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We supported the **Know your Numbers** campaign and it proved a huge success! So much so, that regular blood pressure checks are now being taken by the Lifestyle Support workers at drop ins and events across Cheshire East.

## Know Your Numbers! Week 2018.



Working together to raise awareness of getting to #KnowYourNumbers.

**712**

Blood Pressure Checks Were Carried Out.

**173**

Had A Hypertensive Reading.

**145**

Were Advised To Seek Medical Advice.



Average Age

**52**

**144**

Referred To A Lifestyle Support Service.

Average Pulse Rate.

**71**



Make a referral to One You 0800 1643 202 – Make a referral to Kickstart 0800 085 8818

## **TOP TIPS TO BECOME A HEALTHIER YOU THIS CHRISTMAS AND NEW YEAR 2019!**

- Alternate alcoholic drinks with a glass of water or soft drink over the festive period
- Take time out from events/parties and remember to relax at home to recharge your batteries
- Go for a long walk on Boxing day
- Plan your stop smoking attempt for late Jan/early Feb and don't add it on to a long list of unachievable new year's resolutions
- Contact on old friend or a neighbour (young or old) and arrange to meet up – some people may be lonely this Christmas.....

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## **HOW ARE YOU?**<sup>Our</sup>

lifestyles can be more unhealthy than we think. Start the journey back to a healthier you. Take the One You quiz and see how you score. Visit

[www.oneyoucheshireeast.org](http://www.oneyoucheshireeast.org)

**Start Quiz**

**Active Lives-** this programme is for people who do less than 30 minutes of moderate intensity exercise a week.

**Reshape-** a programme for people with a BMI between 29.5-39.5. Exercise and nutrition education sessions.

**Fakeaway-** Part of the Taste for Life programme. Cookery classes to teach people to cook their favourite meals from scratch. Ingredients provided and finished product can be taken home!

**NEW-** after school cookery classes for children 6-11 years.

**Be Steady Be Safe-** falls prevention classes for the over 65's.

**Let's Get Movin'**-family weight management programme for parents and children to exercise and learn about healthy eating together.

### **Community Stop Smoking & Alcohol Support**

#### **Well and Rowlands**

**Pharmacies** offer one-to-one support in branch for smokers who are motivated to quit and for people who have concerns about their alcohol intake.

#### **Kickstart Specialist Stop Smoking Service**

Our specialist Kickstart stop smoking team have worked very hard to support smokers over the last 3 months.

To help you get a better understanding of what our practitioners do, we are debuting a new feature called, '**A Day in the Life of.....**'

Over to you **Catriona Holden.....**



**Job Role** - Specialist Stop Smoking Advisor

**Dept** – Maternity

**Site** – Macclesfield District General Hospital.

On a work day I will pick up referrals from midwives for pregnant smokers who would like advice and support to stop smoking. I contact these ladies within 24hrs of receiving a referral and offer them, their partner and/or family members an appointment to see me at home, at a local children's centre or in ante natal clinic. I try to see pregnant smokers around the time of their 12 week scan when we provide behavioural support and can prescribe nicotine replacement therapy. I continue to support these women at appointments or via telephone support throughout their pregnancy. Those who DNA are contacted by phone, text or letter to try and engage them back into the service. I network with other healthcare professionals who come into contact with pregnant smokers and encourage them to be referred to me.

A reminder of the details of our FREE healthy living programmes available to you and your patients can be found below.

I update midwives and MCA's monthly on pregnancy and smoking and how to refer women into the service. My day finishes with admin work which involves sending letters to anyone who cannot be contacted so they have the Kickstart contact details, updating records and updating stats.

...and **Victoria Lockett....**



**Job Role** –Senior Lifestyle Support Worker

**Dept** – Wellbeing (Peaks & Plains)

**Site** – Cheshire East wide

Every day I review and allocate referrals to the team and clients are then contacted within 24 hours.

A massive part of the role is to raise awareness of the One You CE project and to engage with residents in our community. I do this by attending regular and pre- arranged drop in sessions to do display stands, give information or do talks. These sessions are often held in GP practices and at carer support groups to name but a few.

Equally, I present at professional team meetings and network as much as possible to seek out opportunities to promote the project and to develop other relevant links.

Make a referral to One You 0808 1643 202 - Make a referral to Kickstart 0800 085 8818



# HOW TO REFER

There are a number of ways to make a referral into one of our programmes or services.

Here's how: **For One You programmes:**

You can refer a patient directly by accessing our GDPR compliant e-Portal. You will need to register before you can do this by contacting Kathy Cornford at ESAR on 01625 383943 or

[kathy.cornford@everybody.org.uk](mailto:kathy.cornford@everybody.org.uk)

If you or your client/patient would prefer to self-refer then they can do this by: Visiting:

[www.oneyoucheshireeast.org](http://www.oneyoucheshireeast.org) and completing the How are You Quiz. A member of the One You team will then contact them.

**OR**

Calling freephone 0808 1643 202 where programmes can be discussed and a referral can be made.

## **For Community Stop Smoking support:**

Please direct clients/patients to the freephone number **0800 085 8818** where prospective quitters will be signposted into an appropriate service.

**For alcohol support** please direct clients/patients to any Well or Rowlands community pharmacy in Cheshire East – or ring **0800 085 8818** for information.

## **WHY MAKE A REFERRAL?**

You will be preventing a patient/client from ill health or premature death.

## **POLISH STOP SMOKING FACEBOOK PAGE**

Karolina Ayers, our specialist practitioner for mental health is also available to support Polish smokers in the Cheshire East community.

A Polish native herself, Karolina has a background in psychology and interest in cognitive behavioural therapy.

She is the author and administrator of the Kickstart Polish Facebook page.

Please visit, like and share!!

<https://www.facebook.com/zucaniepaleniacrewe/>



Karolina can be contacted at:

[k.ayers@kickstartcheshire.co.uk](mailto:k.ayers@kickstartcheshire.co.uk)

For latest news and information please

Visit our facebook page

@kickstartsss

and Twitter page

@kickstartsss

Please like and share!!

## For Kickstart Specialist Stop Smoking Support:

For pregnant smokers and patients with mental health problems please refer by:

Contacting Kickstart on freephone 0800 085 8818 and then we will arrange an appointment at a mutually convenient time with one of our specialist practitioners.

Alternatively, please visit our website at [www.kickstartcheshire.co.uk](http://www.kickstartcheshire.co.uk) and complete an e-referral form by clicking on the 'Referral' tab.

Patients can also self-refer this way and via the freephone number.



Make a referral to One You 0808 1643 202 – Make a referral to Kickstart 0800 085 8818





## ANNUAL STOP SMOKING UPDATE TRAINING

### Well & Rowlands Pharmacies

If you have any staff members who have not yet received their annual update training please contact Stephanie McCurrie at [s.mccurrie-winkler@kickstartcheshire.co.uk](mailto:s.mccurrie-winkler@kickstartcheshire.co.uk) to arrange a site visit. Or, if you are interested in becoming a stop smoking practitioner please contact Stephanie on [s.mccurrie-winkler@kickstartcheshire.co.uk](mailto:s.mccurrie-winkler@kickstartcheshire.co.uk) for further information.

## SMOKING CESSATION INPUT AT CONFERENCES

Kickstart were once again invited to present at the **Chronic Disease Management Study Day** at the Deanwater Hotel. The day was arranged by Alison Graham, Nurse Lead for the Integrated Respiratory Team at East Cheshire NHS Trust and was well attended by over 40 delegates from GPs to Heart Failure nurses. We had the opportunity to inform colleagues on how smoking affects all chronic diseases and the latest news from the world of vaping. We also spoke at a **Respiratory event** at Cranage Hall in October which was also a great success!!

# NEW INITIATIVE FOR PREGNANT SMOKERS!

Pregnant smokers across Cheshire East are being given the opportunity to receive goodie baskets (see below) for mum and baby as an incentive to quit smoking and staying quit at delivery. Caroline Miller, Specialist Stop Smoking Practitioner for Pregnancy in Crewe, decided to pilot this idea and it has been working well! Catriona Holden is also rolling out the project in Macclesfield.



‘My partner and I quit smoking 4 months ago with the support of Cat from Kickstart stop smoking service. What we found really helped was Cat came to see us at home on a regular basis. I am now 28 weeks pregnant with my third child and I am so glad I don’t smoke anymore. My husband feels the same and found the stop smoking service really helped. And my 4 week pack was a lovely surprise and boost and I am looking forward to receiving my other pack once the baby is born’

Mr and Mrs Skirvin November 2018

# UPCOMING EVENTS– PLEASE SUPPORT!!

Here is a snapshot of just some of the events the One You Cheshire East team will be attending over the coming months:

### ✚ FLU CLINICS ACROSS CHESHIRE EAST THROUGH NOVEMBER 2018

The OYCE team will be in attendance again this year to talk to the young, over 65s, pregnant women and those with chronic diseases who may benefit from accessing our programmes as a way of managing their long term health condition. Please promote!

### ✚ BIG BREAKFAST ENGAGEMENT SESSIONS NOVEMBER 2018

We are also working with Cheshire East Council to attend **some ‘Big Breakfast Engagement’** sessions for the British Lung Foundation awareness month (November). At these events we will be promoting the Stop Smoking service, getting more physically active and eating healthy programmes.

### ✚ BLOOD PRESSURE CHECKS

In Holmes Chapel Library, Knutsford Library, Dennis Round Court Alsager and Alsager U3a Open morning we will be doing blood pressure checks as part of promoting health and wellbeing in the community.