

ONE YOU LEEDS

Remote Service and Support

In order to support our participants in a time when adopting healthy behaviours is incredibly important, a remote service offer has been developed and is being provided to current participants and is available for new formal and self-referrals.

Here is a summary of how each element of the service is being delivered so that you know what is available that might be relevant to you or your service.

BE SMOKE FREE

- 1-1 or group based behaviour change support with a coach.
- Delivered via an accessible video link or telephone support.
- Direct provision of Nicotine Replacement Therapy (NRT) through postal distribution.
- Liaison with GP Surgeries to ensure provision of Champix remains available.

MANAGE YOUR WEIGHT

- 12 week group course delivered by video link.
- 6 sessions delivered over 12 weeks 1-1 with a coach. This is delivered by video link or telephone.
- Supporting resources available to be sent out.

EAT WELL

- Up to 6 sessions 1-1 coach support via video link or telephone.
- Supporting resources available to be sent out

MOVE MORE

- Guidance and supporting resources being offered to support people getting active at home.

COOK WELL

With

Jamie's
**MINISTRY
OF FOOD**
LEEDS

- Visit Jamie's Ministry of Food Facebook page to access live cooking demonstrations, support and guidance on cooking skills and how to cook healthily.

To Refer: <https://try.oneyouleeds.co.uk/sign-up/>

OR Phone: 0800 169 4219

Additional healthy living advice and links are available at: <https://oneyouleeds.co.uk/>