

**Living Well In
Worcestershire
Lifestyle Behaviour
Change Service
Information Booklet**

“Small Changes – Big Difference”

Independence Trust is an organisation that has a long history of providing services across Worcestershire, Gloucestershire, Herefordshire and Shropshire. Our aim is to build and sustain total wellbeing. This includes a range of options around strengthening people's physical and mental health and wellbeing.

In April 2015 we were funded by Worcestershire County Council to deliver a project using an asset based approach to support individuals in the most deprived areas of Worcestershire in changing their behaviour. The aim is to support them to improve and strengthen their physical and emotional wellbeing.

Aims of the service: is to:

- Promote independence, self-care and keeping well for life
- Build community capacity through the development of local peer support and volunteering activity
- Promote healthy weight and maintenance of healthy weight
- Supporting the reduction in Obesity and Chronic Diseases
- To strengthen individuals, families and communities physical and emotional health

What will the service offer to individuals: Focusing on an individual's strengths, an assessment will be undertaken and in partnership with the individual a personal action plan will be developed.

The team will work with the individual in:

- Focusing on their strengths and what they feel they are able to achieve
- Offer informed practical advice to support individuals in making changes
- Exploring potential or perceived barriers they feel may prevent them from engaging and explore strategies to remove these and who else can help.
- One to one structured intervention

- Facilitated access to other organisation/community services that can offer support to the individual to build on their strengths and confidence.
- Work in partnership with other local providers to increase the offer to individuals in supporting them to make sustained changes
- Follow individuals up after 3, 6 and 12 months from exiting the service.

Benefits of the service:

- Individualised packages of support
- Build on aspirations and ambitions
- Increase personal strengths
- Supporting in developing strategies to reach and maintain a healthy weight
- Facilitated access to community groups and organisations
- Improved emotional well being
- Increased self-reliance and resilience
- Support in accessing and becoming peer supporters
- Supported access to volunteering opportunities

Where do we work? The Living Well team work in venues and localities that are suitable, accessible and agreed with the individual, including GP practices and local community venues.

What is the criterion for referral?

- Anyone who is 16 years living in the following areas:
- **Worcester** (Warndon, Gorse Hill, Rainbow Hill, Cathedral, Nunnery and St. Johns)
- **Bromsgrove** (Charford, Marlbrook and Sidemoor)
- **Redditch** (Batchley, Winyates, Greenlands, Abbey, Churchill, Central, Lodge Park, Matchborough, Headless Cross and Oakenshaw)

- **Wyre Forest** (Aggborough and Spennells, Areley Kings Cookley and Broadwaters)
- **Wychavon** (Bengeworth, Droitwich Central, Droitwich West, Evesham North, Evesham South, Harvington and Norton)
- **Malvern Hills** (Chase, Link and Pickersleigh)
- It is also available for people aged 16 years and over who have a BMI of 30 plus and one or more of the following:
 - Physical Inactivity
 - Poor Diet, Mental Health issues
- And
- Pregnant women with a BMI of 30 plus.

How to make a referral? Contact our single point of contact on:

01905 675850 or email: independence.trust@nhs.net

Or send to:

Independence Trust, Living Well Service, 1st Floor Orchard House, Victoria Square, Droitwich WR9 8DS

What to know more? Contact the team on **01905 675850**

or email: livingwellhub@independencetrust.co.uk (please note this is an unsecure email so cannot accept referrals)