



# FREE EXPERT SUPPORT

for Kensington and Chelsea  
and Westminster residents

We are here to help you support  
residents to lead healthier lifestyles.

**ONEYOU**

**KENSINGTON  
& CHELSEA  
WESTMINSTER**

[oneyoukcw.co.uk](http://oneyoukcw.co.uk)  
0808 1756385

# OVERVIEW

One You Kensington and Chelsea and Westminster provide a universal Integrated Health Lifestyle Service to provide bespoke interventions that enable your patients to make simple and sustainable changes and improve their health. Our aim is to reduce their long-term risk of developing cardiovascular disease or lifestyle-related cancers.

The service is funded in partnership by the Royal Borough of Kensington and Chelsea and Westminster City Council and delivered by Reed Wellbeing.

## WHAT WE OFFER

1. Helping residents through a range of health intervention
2. Working with Healthcare Professionals

# HOW WE HELP RESIDENTS

We provide a range of health interventions to residents of Kensington and Chelsea and Westminster.

These are targeted, evidence-based interventions that reduce key risk factors for cardiovascular disease and lifestyle related cancers, including:

- Smoking
- Drinking above recommended limits
- Unhealthy eating habits
- Inactivity
- Low physical activity levels
- Obesity, diabetes
- High blood pressure
- And raised cholesterol.

All our interventions are underpinned by proven behaviour change best practice, theory and techniques and comply with relevant NICE, COM-B and NCSCT guidelines.

They are developed by our in-house experts in psychology, nutrition, physical activity and other lifestyle risk factors.

Our experts provide quality assurance across all our interventions, which are data-led and outcome-driven.










## How it works

Our aims include reducing health inequalities and raising awareness of health risks across our boroughs to reduce overall mortality attributable to CVD for residents aged under 75.

## Our services include:

- Working with a Health & Wellbeing coach in person or online
- One-to-one sessions
- Group sessions (depending on the service)

## What we offer:

- |   |  |   |
|---|--|---|
|  Move More       |  Lose Weight      |  Making Positive Change              |
|  Eat Well        |  Drink Less       |  Healthy Hearts and Minds            |
|  Be Tobacco Free |  Cut Down to quit |  NHS Health Checks (through your GP) |

## Who it is for

This service is for residents of Kensington and Chelsea and Westminster, with a particular focus on supporting those:

- Living in deprived areas
- Residents from global majority communities
- Residents with learning and/or physical disabilities
- And residents with mental health issues.

Dedicated support for pregnant smokers is available.



**Refer someone**

[oneyoukcw.co.uk](https://oneyoukcw.co.uk)  
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# HOW WE HELP HEALTHCARE PROFESSIONALS

We work with a range of Healthcare Professionals, such as GPs, practitioners in secondary care and key specialisms such as Severe Mental Health (SMI), learning disabilities and maternity, and other non-health community organisations and partners.

Find out more about what we offer healthcare professionals including our free behaviour change training.



**Find out more**

[oneyoukcw.co.uk](http://oneyoukcw.co.uk)

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## REFERRAL OPTIONS

### 1. Using our platform

Healthcare professionals can refer by completing our online form [oneyoukcw.co.uk/refer-someone](http://oneyoukcw.co.uk/refer-someone)

### 2. People can self-refer through [oneyoukcw.co.uk/sign-up](http://oneyoukcw.co.uk/sign-up)

### 3. Alternatively, they can call us on 0808 175 6385

### 4. Email us on [kcw.reed@nhs.net](mailto:kcw.reed@nhs.net)

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City of Westminster