

ONE YOU

SOUTH GLOUCESTERSHIRE

1. What is One You South Gloucestershire?

One You South Gloucestershire is a healthy lifestyles and wellbeing service for adults to help make important, lasting improvements to their health and is for all adults over the age of 18 who are South Gloucestershire residents or registered with a GP practice in South Gloucestershire.

Our services can help you:

- [Be smoke free](#)
- [Check your health](#)
- [Drink less](#)
- [Eat well](#)
- [Move more](#)
- [Stress less](#)
- [Watch your weight](#)



To contact us regarding support for one of the above topics, complete the contact form on our website [homepage](#).

This service is managed by South Gloucestershire Council and partners (including GP surgeries, pharmacies and [Southern Brooks Community Partnerships](#)) and is funded by [South Gloucestershire Council](#) and the Bristol, North Somerset and South Gloucestershire Clinical Commissioning Group ([BNSSG CCG](#)).

[Contact us](#)



2. Our Service Launch

On 17 June, South Gloucestershire Council welcomed the Chief Executive of Public Health England, Duncan Selbie, to attend the launch of 'One You South Gloucestershire'.

Executive Members from the Council's Cabinet and senior officers met with Duncan Selbie at the Park Centre in Kingswood, before being presented with details of the new integrated healthy lifestyles and wellbeing service 'One You South Gloucestershire' (OYSG).

South Gloucestershire Council's Cabinet Member for Adult and Public Health: Cllr Ben Stokes, said: "It was a pleasure to welcome Duncan Selbie to Kingswood today to discuss public health in our area and to launch the 'One You South Gloucestershire' initiative.

"This innovative approach will put people in control of their own health and wellbeing and will provide advice and information, as well as creating opportunities to make positive lifestyle changes through a programme of social prescribing."

Duncan Selbie said: "One You South Gloucestershire is a great example of public health in action."

[Read more about our service launch](#)

The screenshot shows the homepage of the One You South Gloucestershire website. At the top, the logo "ONE YOU SOUTH GLOUCESTERSHIRE" is displayed in blue and black, followed by social media icons for Google+, Facebook, Email, and Twitter, and the NHS logo. Below the logo is a navigation menu with links: HOME, BE SMOKEFREE, CHECK YOUR HEALTH, DRINK LESS, EAT WELL, MOVE MORE, and STRESS LESS. A search icon is located to the right of the menu. The main content area features a large banner with the text "MOVE MORE" in large white letters on a green background. Below this, a smaller text block reads: "Find information about walking groups, running groups and activities for older people or choose from a range of resources to help get more active." A yellow "READ MORE" button is positioned below the text. At the bottom of the banner, there are four small white circles, with the third one from the left being filled with yellow. Below the banner, the text "FREE one-to-one support from a Practitioner." is displayed in blue and black. To the right, there is a "CONTACT US" button with an envelope icon.

3. Our Website

On the [One You South Gloucestershire website](#), you can find information about local services, information for practitioners and families as well as information on local health-related volunteer opportunities.

You can also download a range of One You self-help tools such as the [Active 10, Easy meals, smokefree and drink free days apps](#) (for tablet or mobile) or take the "[How Are You](#)" quiz and get personalised health information.

Also, why not try downloading a local [walking route](#) or one of our walks programmes and discover more of South Gloucestershire. You'll also find a list of local [running clubs](#) as well as [activities for older people](#) and much more.

[Visit our website](#)



4. Wellbeing workshops

These workshops explore each of the five ways to wellbeing:

- **Connect** – with the people around you.
- **Be active** – find an activity that you enjoy and make it a part of your life.

- **Keep learning** – learning new skills can give you a sense of achievement and new confidence.
- **Give** – even the smallest act can count, whether it's a smile, a thank you or a kind word.
- **Be mindful** – be more aware of the present moment, including your thoughts and feelings, your body and the world around you.

There is an opportunity for a 20 minute 1-2-1 support session with a wellbeing worker to put together an action plan to help you access the benefits of adopting a '5 Ways to Well-being' approach.

We recommend you attend all 5 sessions to feel the full benefits.

Wellbeing workshops are a 5-week rolling programme which you join or drop out at any point. To register for a workshop, please click the button below.

Case studies from our practitioners

"I received a referral to try to engage with an angry, socially isolated individual, who has not been out of the house for 'years', other than to GP appointments. They now have a date in the diary for their first volunteering position with the RNIB for a Visually Impaired Computer group volunteer position."

"An individual was recommended to attend the 5 Ways to Wellbeing workshop by their GP and has now started attending peer support group. They said that they cannot remember the last time someone asked if they are alright and they were moved to tears. A wellbeing plan has now been put together and they now have a schedule of social activities in their area."

[Book onto a Wellbeing Workshop](#)

 [Follow us on Facebook](#)



www.southglos.gov.uk

Read our privacy statement at www.southglos.gov.uk/privacy

Copyright © 2019 South Gloucestershire Council, All rights reserved.
Healthy early years subscription

Our mailing address is:

South Gloucestershire Council
South Gloucestershire Council offices
Badminton Road
Yate, Bristol BS37 5AF
United Kingdom

[Add us to your address book](#)

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).

This email was sent to Schools-AllPrimary@southglos.gov.uk

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

South Gloucestershire Council · Council Offices · Badminton Road · Yate, Bristol BS37 5AF · United Kingdom

