

Trafford One You (lifestyle service)

Features

- One service, multiple offers
- Client chooses bespoke package
- Range from online support, to signposting to local assets, to direct delivery of behaviour change interventions
- Targeted outreach
- Capacity for local health promotion events and campaigns

Build on national brand



Joan is 70 having trouble sleeping, financial worries and overweight.

Response – debt management advice from CAB (sign-posted), direct delivery of wellbeing intervention and supported to become more physically active with a personal programme of walking linked to Trafford Leisure.



Jack is 50, heavy smoker with early respiratory disease – desperate to quit smoking.

Response – stop smoking intervention with intensive support – managed to switch to vaping.



Range of interventions being considered

- **Mental Wellbeing** (Health Trainer)
- **Stopping smoking**
- possibly **Weight management** for both adults and children - Tier 2 (as defined by NICE)
- **Physical activity** support (not direct delivery)
- Confidence building
- **Reducing harmful alcohol** drinking – non-dependent drinkers
- **Healthy Eating** (education, behaviour change support)
- possibly **NHS Health Checks** – delivery of individual Health Checks to eligible people
- **Falls prevention** intervention (community-based programme)

GM Digital platform for Lifestyle & Wellness

- The Greater Manchester Population Health Plan has indicated that a GM level digital platform for lifestyle and wellness to support individual behaviour at scale will be developed.
- It is anticipated that this will be commissioned over time at a GM level. This will complement existing locality platforms.
- For any service that we are proposing to be commissioned at a GM level GM are asking that localities don't decommission any services in anticipation of any change.
- GM also wish to develop the following:
 - **GM Service Specifications** – for GM Commissioned Services
 - **GM Good Practice Guidance** - for commissioning population health at a place based level ensuring that population health outcomes are reflected in local commissioning decisions.