

ONE YOU MERTON

ONE YOU Merton (LiveWell)

Presented by Sierien Razak
Frontline Trainer & Outreach Coordinator



ONE YOU MERTON

Our New Services

- Personal Level
- Community Level

Our New Services Personal Level

Website with wealth of Information

- Personal level – self – management,
- Apps. Ex: Days off - alcohol & Better Points-activities- Apps
- Hub one to one + Referrals

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One You Merton Leaflets

- Drinking Less Alcohol – 2 Apps
- Support to get Active – 2 Apps
- Stop Smoking – 1 App
- Eat Well – 1 App

One Your MERTON Services

- Stop Smoking Services
- Screening for:
 - Being with Mental Health Conditions or on antidepressants
 - Pregnant women.
 - Having COPD – or under investigation for lung disease.
 - Under 19yrs of age
- All need to call One Merton line **0289733545**– be given advice about SS

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Our New Services Community Level

- Outreach events + Referrals
- Brief Intervention ; healthy living and Stop Smoking
- Mini Health Check- Referrals
- RSPH training – Health Champions
- Working in Partnerships

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Community Level Leaflets

- Friendly Support to a Healthier You
- Lifestyles Support
- Referrals

One You Merton Services

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- Training to be Community Health Champions
- Trained to be aware of **National and local** public Health Issues.
- Learn about **Inequalities** in Britain
- Trained to have effective **communication** with the public
- Gaining a **certificate** from Royal Society of Public Health

ONE YOU MERTON

FRIENDLY SUPPORT TO A HEALTHIER YOU!



Local support to help you eat well, be more active,
drink less and stop smoking

Visit us: www.oneyoumerton.org

E-mail us: oneyou.merton@nhs.net

Call us: 020 8973 3545



@OneYouMerton



OneYouMerton

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THANK YOU

Any Questions

