

*I am* **CONFIDENT**



# thriving

## NOTTINGHAM



Nottingham's integrated wellbeing service



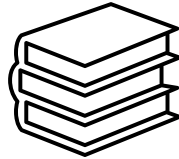
Nottingham  
City Council



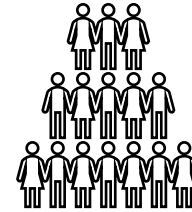
# The service so far!



Over **3,000**  
community  
members engaged



Over **1,000**  
school aged children  
accessing our 5-  
week programme.



Over **7,500**  
referrals into the  
service

# Health Assessments

## How they work

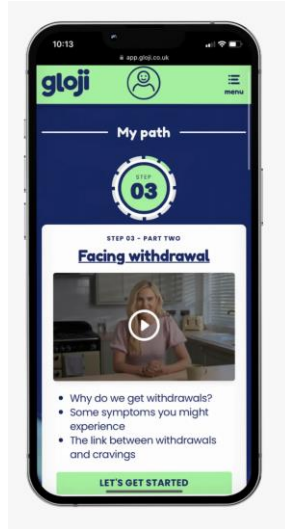
- Everyone completes a telephone health assessment as part of their service introduction.
- Assessments include a series of questions to understand current health, lifestyle, needs, goals and barriers.
- Following the assessment, they select their preferred, suitable intervention and get started.

## How they help

- Better programme recommendations based on knowledge of the individual's lifestyle, barriers & goals.
- Opportunity to identify wider health needs (e.g. substance use, alcohol, gambling related harm and mental health) and offer brief advice, signposting and onward referrals to specialist services.

Nearly **800** clients have accepted onward signposting information since the service began

# Stop Smoking Pathway



## Personal support

- **1-to-1 appointments** in person or by phone with a fully trained stop smoking mentor.
- **Free NRT** like e-cigarettes, nicotine patches, lozenges and gum.
- **Regular sessions** to keep track of progress and boost motivation levels.
- **Understanding support** from mentors who know how hard quitting can be.

## Digital support

- 12 weeks of **interactive stop smoking videos**.
- **Online articles, tips and guides** to crush the habit
- **Unlimited access to our online gym** to support a smoke free journey.
- **Bonus digital extras** like a recipe book and quit journal.

# Early impact

65% of clients smoke free at 4 weeks

1,200 Quit Dates set




I am feeling much better and happy that I am saving £200 a month. My concentration has improved, and I'm so glad I have given up

1,900 referrals

Good job on supplying NRT. The advisor is doing a good job, and I cannot thank them enough for the help. I would recommend the service.



thriving  
NOTTINGHAM

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 [hello@thrivingnottingham.org.uk](mailto:hello@thrivingnottingham.org.uk)  
 0115 648 5724

# Adult Weight Management Programmes



## gloji lose weight

12-week digital video programme alongside either **1-to-1** or **group** support.



## Slimming World

Supportive group weight loss programme with access to Slimming World online.



## MAN v FAT

Leading male weight loss programme. 90% of players lose weight. Weekly football matches alongside digital weight loss support.



# Early impact

1,400 referrals

75% of clients referred 'start'

3,419kg of weight lost

She has found the programme really very positive and encouraging. The flexibility of the programme and how it is tailored to the needs of the client

It has helped me change my mindset around all aspects of a healthy, happy life. My blood results are all back to normal, so I am no longer diabetic.



**gloji** groups

## Food Label Checker (per 100g)

	Sugar	Fat	Saturates	Salt
High	Over 22.5g	Over 17.5g	Over 5g	Over 1.5g
Medium	5.1 - 22.5g	3.1 - 17.5g	1.6 - 5g	0.3 - 1.5g
Low	5g and below	3g and below	1.5g and below	0.3g and below

# Move More - Physical Activity

- Rolling physical activity groups, across the city.
- TAP (Thriving Activity Pass) with Active Nottingham
- Clubbercise – Crabtree Community centre
- Body Conditioning programme – Mellish
- Guided walking groups delivered by Health Coaches



# Early impact

Since joining the groups, I have built up my fitness allowing me to feel confident in joining other exercise groups. I have joined a Tai Chi group as well as signing up to an NTU sports science exercise intervention. I've become a lot more active than before I joined the Move More group.

My GP has referred me as my blood pressure was too high and also to manage my weight. I have enjoyed the group as I don't normally do exercises myself. The group has increased my confidence and I'm starting to do more exercises and walking at home. I can now pick things up from the floor which used to be difficult. Doing exercise day by day has helped to improve my flexibility. The coach is also very supportive as well.

10 external partners worked with

**MOVE MORE WITH THRIVING NOTTINGHAM**

**Warm up / cool down**  
The purpose of warming up is to prepare your body both mentally and physically for your chosen activity. Warming up increases your heart rate which increases the blood flow to your muscles. It will also help to improve the efficiency of movements.  
After physical activity, your heart is still beating faster than normal. A cool down allows your heart rate to gradually decrease. Stretching can help to reduce muscle soreness following movement and reduces the risk of injuries.

**Warm up**

**Mobility**  
5 Chin to ceiling and into chest  
5 Head rotations (try get chin in line with shoulder)  
5 Ear to shoulder each side  
10 reverse Shoulder rolls  
10 forward shoulder rolls  
10 arms swings across the body  
10 torso rotation  
5 hip circles each side

**Pulse Raiser**  
30s left foot box step  
30s right foot box step  
30s alternating heel lift and bicep curl  
30s fast feet with arm swings

**Cool down**

**Mobility**  
5 Chin to ceiling and into chest  
5 Head rotations (try get chin in line with shoulder)  
5 Ear to shoulder each side  
10 reverse Shoulder rolls  
10 forward shoulder rolls  
10 arms swings across the body  
10 torso rotation  
5 hip circles each side

**Static Stretches**  
Arm across body shoulder stretch 10-12s each arm  
Tricep stretch 10-12s each arm  
Hamstring stretch (seated or standing) 10-12s each leg  
Calf stretch (pushing against chair or wall) 10-12s each leg  
Forearm/wrist stretch 10-12s each arm

**thriving**  
NOTTINGHAM

# Gloji – schools programme

## After schools programme:

Parents sessions for 4 weeks at Southwark Primary, Basford – c.15 people.

Sleep session after school at Middleton Primary, Wollaton – 28 people



## Schools programme:

**789** children delivered to:

Topics covered:

- Nutrition
- Hydration
- Movement
- Mind
- Sleep

Activities include; Making fruit kebabs, Creating fruit flavoured water, Designing physical exercises, Making lavender sleep bags, Quizzes & 'Mission' setting.

**Bespoke session delivered with SEND group**

# Gloji – Children, teens & family

## Kids activity sessions

Weekly activity sessions for 12 weeks at local venues to boost children's movement. Examples include trampolining, climbing or swimming.

## Parent support

While the kids are having fun, parents and carers can learn tips and get advice from a trained health mentor to improve family health and wellbeing. Example topics include;

- Managing picky eating & creating new healthy habits
- Understand healthy snacking & portion sizes
- Mastering smart shopping & how to read food labels
- Enjoy healthier eating out & takeaways

## Teens healthy lifestyle programme

12-week programme with 45-minute workshop and 45-minute of an activity.

Topics include; How to motivate yourself, anxiety, body image & self-esteem, diet culture & myth busting, sleep & screentime, finding the balance, inside our food, hunger, fullness, emotional eating & more.

Activities include; dance, boxercise, yoga & cooking.



# Early impact

Over **800** children supported by schools programme

**78%** of families attend more than 75% of sessions

**67%** of eligible children reduce or maintain their BMI

We now drink less fizzy pop and don't have phones while we are eating.

I felt safe and welcome, I got a lot of information about healthy lifestyles. I'm trying to look after my families food, add more vegetables and fruit. I think we all feel better, missions make us fell proud and happy.



# Community Engagement

## Health MOT

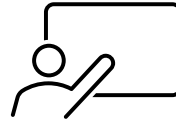
Engaging directly with residents of Nottingham to undertake a short health check and provide signposting support to Thriving Nottingham or local services for gambling related harm, financial wellbeing, emotional wellbeing, and drug/alcohol misuse.



**882** MOTs delivered

## “Let’s Talk Health”

Delivering short training sessions to non-clinical workers/volunteers of Nottingham who interact with the community often. We aim to equip people with conversational skills to be able to navigate tricky conversations around lifestyle.



**129** Community members trained in LTH

# Community Engagement

Nottingham  
Recovery  
Network

GamCare

Mencap

Forever  
Young

Open Arms

Citizens Advice

Indian  
Community  
Centre

Serco

Community  
Connectors

Libraries

ABBA

Emmanuel  
House

NTU

Pythian Club

Framework

The TimeOut  
Project

Nottingham  
Refugee  
Forum

Evolve

Small Steps,  
Big Changes

UoN

Renewal Trust

Backlit

Nottingham  
Forest  
Community  
Trust

Notts County  
Community  
Trust

The Chase

Crabtree  
Community  
Centre

Healthy  
Communities  
Team

Nottingham  
Recovery  
Network

Trent Bridge  
Community  
Trust

Tenant/Housing  
Service

Black Led  
Pastors

Wellness  
in Mind

Nottingham  
Refugee  
Network

Mind

Nottingham  
College

Stonebridge  
City Farm

Nottingham  
Muslim  
Women's  
Network

Muslim  
Hands

Signpost to  
Polish  
Success

Talking  
Therapies

Motorpoint  
Arena  
(Nottingham  
Panthers)

Nottingham  
Chinese  
Women's  
Association

HEYA

Diversify  
Education

Change,  
Grow, Live



# Healthcare Engagement

## Primary Care

- Clinical meetings with staff
- Using surgeries as clinic venues
- Supporting clinics/community events with MOTs

Raleigh PCN

Bestwood & Sherwood PCN

## Secondary Care

- Engagement team NUH honorary contract
- 100+ introduction packs sent to every dept at QMC
- Work with in house tobacco teams.

Collaboration with Your Health Notts

Pre-operative pilot work



Over **100** clinical meetings attended

# Hurdles

- Streamlining referrals from secondary care to our service
- Developing an accessible offer for pregnant ladies

**If you are linked with a community or organisation in Nottingham who would like to engage with our team – please reach out! We'd love to chat!**

# Coming up

- Harm reduction – Smoking Cessation
- Man v Fat Rugby
- Direct referrals following Health MOT
- Pre/Postnatal Weight Management support
- Teen boys pilot programme
- Pharmacotherapy prescribing offer
- CO Monitoring for remote Stop Smoking clients
- iPlato text messaging service with GP practices
- Further marketing campaigns, up first radio adverts.
- Pilot programme working with LTHC clients
- Smoking Cessation with homeless clients, supported by Framework