

4 April 2022

To whom it may concern

**Consultation relating to Staffordshire Integrated Lifestyle Service****Start date: 4<sup>th</sup> April 2022****End Date: 2<sup>nd</sup> May 2022****Introduction**

Everyone Health is currently commissioned by Staffordshire County Council to provide free programmes to help eligible residents with a range of health, fitness and wellbeing needs. Programmes include support to stop smoking, lose weight, get active, reduce loneliness and prevent falls. As well as NHS Health Checks for residents aged 40-74.

The service was originally targeted at Staffordshire residents, aged 50 years and over, living in areas of high health and care need. However, since the original commission the eligibility has been widened to meet population need and in response to health professionals' feedback; and more recently as part of COVID-19 response and recovery.

The current service is due to end on the 31<sup>st</sup> of March 2023.

**Proposed Integrated Lifestyle Service**

Building on the learning from the existing service and informed by wider system scoping, resources will be focused from April 2023 on priority areas that cannot be delivered through alternative means.

The proposed services elements to be included in the Integrated Lifestyle Service from April 2023 are detailed in Table 1.

**Table 1**

<b>Service/Area</b>	<b>Intervention</b>	<b>Targeting</b>
Stop Smoking Support	<p>Evidenced based interventions to support Service Users (18 years +) who smoke tobacco to successfully and permanently stop smoking.</p> <p>The core elements of the intervention are the provision of behavioural support and pharmacotherapy.</p>	<p>Proportionate universalism approach to service delivery. Targeted delivery in areas with high prevalence levels, deprived communities, Black and Minority Ethnic communities, people with physical and learning disability and those with mental illness.</p>
Adult weight management	<p>Evidenced based multi-component interventions</p> <p>To support Service Users (18 years +) to achieve a clinically beneficial weight loss and focus on diet and physical activity together, rather than attempting to modify either diet or physical activity alone.</p>	
Workplace Health offer (smoking, weight, and NHS Health Checks)	Evidenced based lifestyle and NHS Health Check provision, provided on site wherever possible.	Focus on routine and manual workforces and Small and Medium Enterprises in areas of high health/care need (Appendix 1).
NHS Health Checks	To offer and provide NHS Health Checks to eligible Service Users and manage and support people to reduce their risks identified (medical and lifestyle)	To offer and provide NHS Health Checks to eligible Service Users aged 40 to 74 years, with invites being targeted in areas of high health and care need (Appendix 1).
Making Every Contact Count (MECC)	Develop and deliver a localised MECC training package and Train the Trainer model (training competencies will be specified). This will include face to face and virtual options. The training will offer practical advice on how to carry out opportunistic chats, signpost to other services, self-help resources and tools; and encourage people to make positive steps towards making a lifestyle change.	Available to a range of frontline staff which includes but not limited to; GP staff, Pharmacies, voluntary/community organisations, social care, community health workers, acute care staff, District and Borough Councils.

**Have Your Say**

Staffordshire County Council is conducting a survey to gain insight and feedback from partners and stakeholder to:

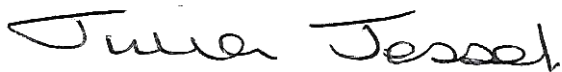
- understand current awareness of the existing lifestyle service and to inform effective referral pathways
- obtain feedback on the proposed service and accessibility
- understand training needs

The results of the survey will help to inform the future delivery of an Integrated Lifestyle Service for Staffordshire.

Replies are required to be submitted to Staffordshire County Council by completing the feedback form located at <https://bit.ly/3NyoeOX> by no later than 2<sup>nd</sup> May 2022.

Unfortunately, any responses made after this date will not be able to be considered.

Yours sincerely,

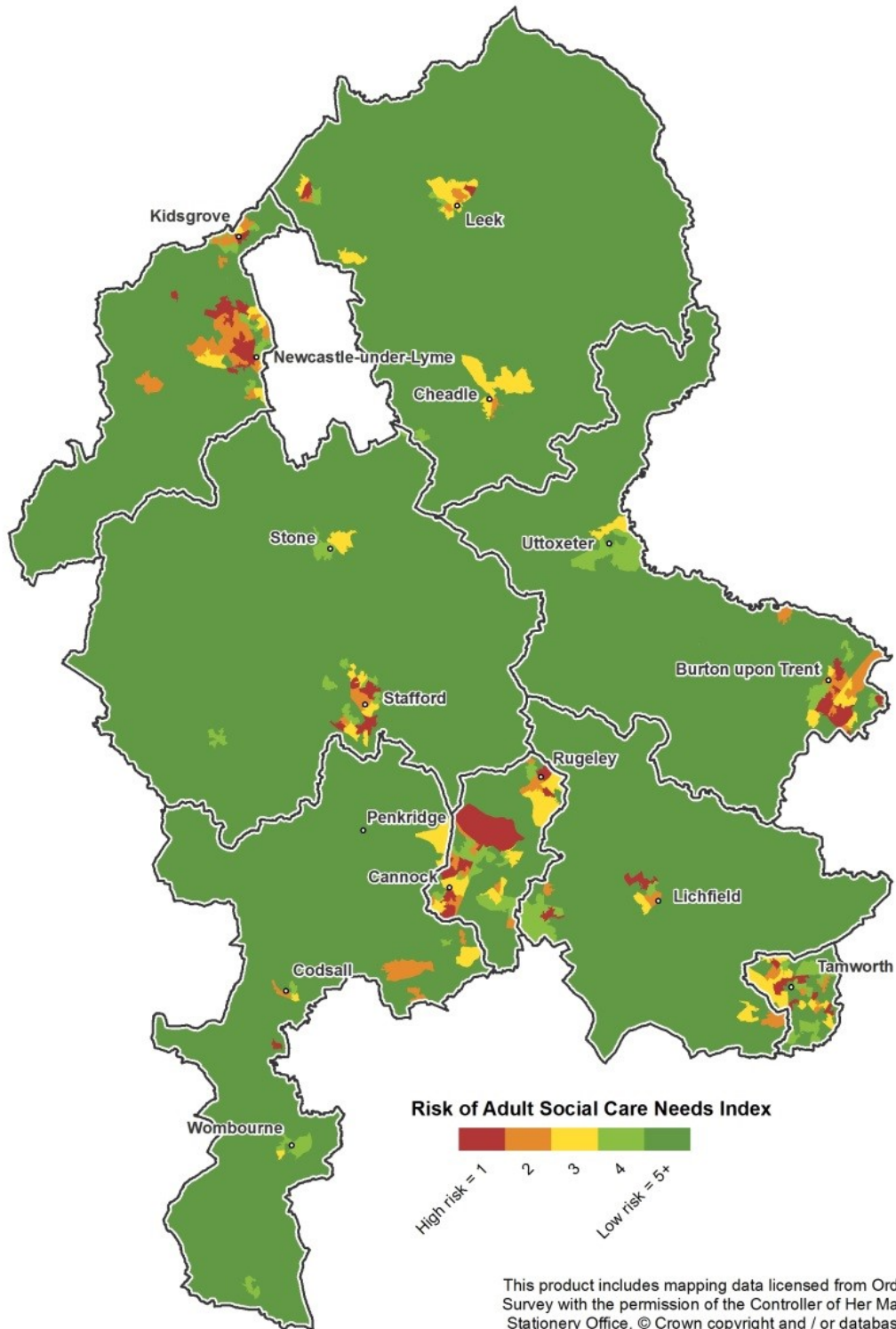


Cllr Julia Jessel  
Cabinet Member for Health and Care



Cllr Johnny McMahon  
Cabinet Support Member for Public Health and Integration

## Appendix 1 - Map showing Risk of Adult Social Care Needs Index



## Risk of Health and Social Care Needs Index: areas at very high risk

LSOA	Ward name	Local authority
E01029346	Brereton and Ravenhill	Cannock Chase
E01029349	Cannock East	Cannock Chase
E01029350	Cannock East	Cannock Chase
E01029354	Cannock North	Cannock Chase
E01029355	Cannock North	Cannock Chase
E01029356	Cannock North	Cannock Chase
E01029359	Cannock South	Cannock Chase
E01029360	Cannock South	Cannock Chase
E01029388	Hednesford North	Cannock Chase
E01029404	Western Springs	Cannock Chase
E01029407	Anglesey	East Staffordshire
E01029409	Anglesey	East Staffordshire
E01029410	Anglesey	East Staffordshire
E01029427	Eton Park	East Staffordshire
E01029437	Horninglow	East Staffordshire
E01029447	Shobnall	East Staffordshire
E01029448	Shobnall	East Staffordshire
E01029453	Stapenhill	East Staffordshire
E01029468	Winshill	East Staffordshire
E01032898	Burton	East Staffordshire
E01029492	Chadsmead	Lichfield
E01029496	Chasetown	Lichfield
E01029499	Curborough	Lichfield
E01029527	Summerfield and All Saints	Lichfield
E01029535	Audley and Bignall End	Newcastle-under-Lyme
E01029538	Bradwell	Newcastle-under-Lyme
E01029547	Chesterton	Newcastle-under-Lyme
E01029548	Chesterton	Newcastle-under-Lyme
E01029553	Cross Heath	Newcastle-under-Lyme
E01029554	Cross Heath	Newcastle-under-Lyme
E01029555	Cross Heath	Newcastle-under-Lyme
E01029560	Holditch	Newcastle-under-Lyme
E01029566	Knutton and Silverdale	Newcastle-under-Lyme
E01029588	Ravenscliffe	Newcastle-under-Lyme
E01029599	Thistleberry	Newcastle-under-Lyme
E01029604	Town	Newcastle-under-Lyme
E01029666	Perton Lakeside	South Staffordshire
E01029691	Common	Stafford
E01029692	Coton	Stafford
E01029715	Highfields and Western Downs	Stafford
E01029725	Coton	Stafford
E01029727	Manor	Stafford
E01029734	Penkside	Stafford
E01029763	Biddulph East	Staffordshire Moorlands
E01029766	Biddulph East	Staffordshire Moorlands
E01029809	Leek North	Staffordshire Moorlands
E01029827	Belgrave	Tamworth
E01029834	Bolehall	Tamworth
E01029835	Castle	Tamworth
E01029845	GIHSCote	Tamworth
E01029849	Mercian	Tamworth
E01029859	Stonydelph	Tamworth