

Get Help
To Get
ACTIVE

OneLife Suffolk

Get Help To Get Active Service

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Suffolk



Service Description:

- OneLife Suffolk's **Get Help To Get Active** programme supports those with long-term health conditions to gradually increase their levels of physical activity in a safe and effective way. We offer two levels of support:
- The **Level 2 Get Help** service is a 12-week programme consisting of weekly supervised exercise sessions.
- The **Level 3 Get Active** service provides patients with access to weekly community-based activities led by volunteer Activators (trained sports coaches) for over 6 weeks.

Patient Benefits:

- 12 weeks worth of intensive support with an additional 12 months worth of maintenance support
- A psychologically based programme to encourage long-term change and healthy habits
- Being active can dramatically improve physical and mental health, increase confidence, reduce pain and improve mobility



Eligibility Criteria:

- The patient must be doing **less than 30 minutes of moderate physical activity a week**.
 - (Examples include brisk walking, gardening, or housework.)
- The patient is **living with a long-term health condition**. This means any physical or mental disability/impairment that has a 'substantial' and 'long-term' negative effect on your ability to do normal daily activities.
 - This may include but is not exclusive to; cardiovascular disease, type 2 diabetes, cancer, fibromyalgia, atrial fibrillation, depression, anxiety, or low mood.
- Be a resident of Suffolk

How to refer:

You or your patient can visit:
www.onelifesuffolk.co.uk
or call: **01473 718193**

Scan QR code to learn more





Client Pathway



Referral received via:

- Self-referral (Online/Telephone)
- GP
- Health Professionals
- Social Care
- OneLife Outreach

Assessment triage completed by OLS Client Services Team

Access Criteria met

Client assessed using IPAQ & SWEMWBS. Client booked into Level 2 or Level 3 for appointment - either face-to-face or online

Level 1
Clients directed to community-based activities and other online resources

NO

YES

Level 2: Lower Risk
Client referred into community-based activities, led by volunteer Activators.

Level 3: Higher Risk
Client will attend a rolling 12-week exercise and behaviour change group in a leisure setting.

Client enters maintenance phase with 3, 6 and 12-month follow-ups. Client can access drop-in's, monthly physical activity opportunities and Practitioner support for 12 months.

YES

Referrers can expect feedback, if requested

Client completes programme

If the client does not complete the programme, reassess motivation and concerns. Where appropriate client re-access services.

NO

Clients who do not increase their physical activity levels at any point, can re-access the services.

Key:
IPAQ = International Physical Activity Questionnaire
SWEMWBS = Short Warwick Edinbrough Mental Wellbeing Scale / OLS = OneLife Suffolk