

everyone HEALTH

Autumn 2019

Fantastic Family Fun

The Everyone Health Family Fun event was a fantastic and fun engagement session which was held at Browns Field Youth and Community Centre, Cambridge in September. We had 18 families come along for a free taster of our Family Healthy Lifestyle Programme.

The event had two special Superhero guests in attendance. Both Spiderman and Elsa, from Frozen, made guest appearances—much to the children's delight. However, the superheroes were only part of the fun packed 2 hours which also included arts and crafts and games. Plus, our Practitioners delivered a taste-tastic cooking session where they inspired the children to have fun with food. With the support of the Everyone Health team the children created happy faced, healthy pizzas and fruit kebabs to enjoy. Even the fussier eaters got involved and tried some new vegetables—how amazing is that!



Colourful Eatwell Guide created by one of our star attendees.



The taster was aimed at children aged 7-11, their siblings and their parents/carers to enjoy. It gave them a taste of what our Healthy Family Lifestyle programmes are like when you join up and take part.

As we are a county wide service we are holding another Family Fun event in **Chatteris on the 5th December, 16:00-18:00 at the King Edward Community Centre—No need to book** . This event will have a Christmas theme to get everyone in the festive spirit and children will get the chance to meet Father Christmas.

HO HO HO!



Family Healthy Lifestyle Groups

The Everyone Health Family Healthy Lifestyle groups are designed to help families living in Cambridgeshire become a healthy weight and to lead an active healthy lifestyle.

The groups are FREE for children aged 7-11 who have a BMI on or above the 91st centile and their families. Programmes are 12 weeks long, with each weekly session lasting around 1 hour and 15 minutes. Groups are made up of a small number of children of similar ages. During the sessions there is the chance for the whole family to participate in fun active games in a welcoming and friendly environment.

Upcoming programme information

Winter Term

Programme Location	Venue	Start Date	Time
Chatteris	The King Edward Centre	6th January 2020	16:00-17:15
Huntingdon	Huntingdon Youth Centre	7th January 2020	16:15-17:30
Colville	Colville Primary School	8th January 2020	16:15 -17:30
Ely	Ely Lighthouse	8th January 2020	16:15 -17:30



Two families from one of our recent programmes with their certificates, goody bags and Frisbee's after completing our FREE 12 week Healthy Families Programme in April. They enjoyed it so much they wanted to come back in September!

Plus, mums from both families decided to attend our Adult Weight Management programme too!



How to join the programmes:

- ♥ Professionals can refer families. Please see the attached Everyone Health referral form.
- ♥ Families can self-refer by telephone or email – they do not need to calculate the child's BMI or centile.
- ♥ Tel: 0333 005 0093 or text 'YES CAM' to 07833 090768
- ♥ Email: changeointcambs@everyonehealth.co.uk



everyone
HEALTH



What is an NHS Health Check?

The NHS Health Check is a health check-up for adults in England aged 40-74. It's designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia. As we get older, we have a higher risk of developing one of these conditions. An NHS Health Check helps find ways to lower this risk.

How do I get an NHS Health Check?

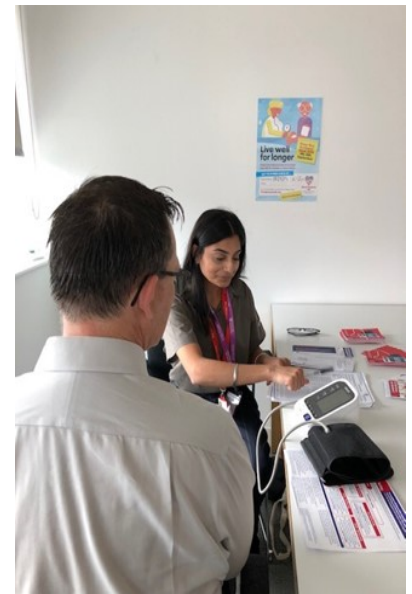
If you're in the 40-74 age group without a pre-existing condition, you should have an NHS Health Check every 5 years. You can contact Everyone Health to make an appointment for your FREE NHS Health Check in one of our local Cambridgeshire community clinics.

What happens at an NHS Health Check?

An NHS Health Check will take about 20-30 minutes. You will meet with a trained professional who will check your blood pressure and cholesterol. They will record your height, weight, age, sex and ethnicity. You'll also be asked some simple questions about your family history and choices which may put your health at risk.

What happens after the NHS Health Check?

Once you've had your NHS Health Check, your results will be discussed with you by an Everyone Health colleague. You'll be given personalised advice to help you lower your risk of a stroke, kidney disease, heart disease, diabetes or dementia, and maintain or improve your health.



Everyone Health's Health Check Practitioner, Jas, checking blood pressure at Cambridge Assessment.

How do you access this service?

People can be referred using our referral form (please select Health Trainer Services, NHS Health Check).

People can also self refer via:

- ♥ Telephone: 0333 005 0093
- ♥ Email: eh.changepointcambs@nhs.net
- ♥ Website: www.everyonehealth.co.uk/cambs

Know your numbers! is Blood Pressure UK's flagship awareness campaign. It encourages adults across the UK to know their blood pressure numbers and take the necessary action to reach and maintain a healthy blood pressure. During the week of 9th-15th September Everyone Health provided blood pressure stations across the County in a variety of venues. The team smashed their target of delivering 200 blood pressure checks by delivering a grand total of **344** in just one week!

Who are we?.....

Everyone Health is commissioned by Cambridgeshire County Council to provide a range of health and active lifestyle services for people in Cambridgeshire.

We provide **FREE** services for Cambridgeshire residents who are looking to make changes to their lifestyle.

These services include:

- **Adult Weight Loss Groups**
- **Health Trainer Service**
- **NHS Health Checks**
- **CAMQUIT, Stop Smoking Service**
- **Falls Prevention Service**
- **Family Healthy Lifestyle Groups**
- **Specialist Mental Health Trainer**
- **Alcohol Reduction Programme**

EVERYONE

**WANTS TO
BE HEALTHY**



Telephone:

0333 005 0093

Email:

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Website:

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