



**We hope this newsletter finds everyone safe and well during these times of uncertainty.**

The Everyone Health team are still working as usual—all be it remotely from home. Therefore, we are still accepting NEW referrals into our service and continue to support our current service users during these tough times through phone or video calls.

Usually our newsletters are full of the events we've been part of in the previous months. Whilst we are working slightly differently during the coronavirus pandemic, we wanted to share with you how we are continuing to support the people who access our service and some of the amazing resources that have been shared to us from our partners.

### **How our service have been adapted**

#### **Adult Weight Management**

##### Option 1

- ♥ 1:1 telephone support every 2 weeks from Physical Activity Specialist and a weekly online group nutrition session through StarLeaf

##### Option 2

- ♥ 1:1 call every week with a Nutritionist and Physical Activity Specialist to discuss individual needs.

#### **CamQuit**

- ♥ 1:1 telephone or video call support

#### **Health Trainer**

- ♥ 1:1 telephone or video call support

#### **Mental Health Trainer**

- ♥ 1:1 telephone or video call support

#### **Alcohol Reduction Service**

- ♥ 1:1 telephone or video call support

#### **Falls Prevention**

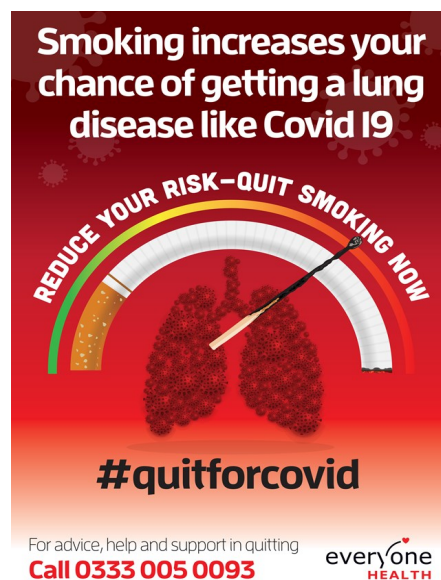
- ♥ 1:1 telephone or video call support
- ♥ Initial falls assessment over the phone and exercise programs posted out to people



### TOP TIP

Vitamin D plays an important role in our immunity and is an essential nutrient for healthy bones, teeth and muscles. Our bodies produce it when strong enough sunlight hits our skin. This is why we get most of our vitamin D from sunlight exposure during spring and summer months. Since we're staying at home during these confusing times, it's important to keep our bones, teeth and immune system in top performance during lockdown so consider some of these ways to boost your Vitamin D levels:

- Spending time in your garden
- A daily walk
- Take a 10mcg supplement if isolating or not able to go outside
- Increasing oily fish, egg yolk, meat and some fortified breakfast cereals in your diet.



#### **Feedback from Lucy, a Camquit service user.**

*"I found the support over the phone very helpful, it was nice to know that Anna was there, it was like a safety net. I was motivated to stop smoking but having the regular sessions helped me to keep my motivation going. Knowing that I could call Anna if I was struggling made me feel safe. There was no difference between face to face or over the phone support. I would definitely recommend CAMQUIT to my friends."*

# FOCUS



## Our Mental Health Trainer Claire sharing a Case study of a person's journey

*This person joined the Mental Health Trainer Service not long after suffering a break down and problems with anxiety. During this they had to leave their job and couldn't leave the house. The person's main aim wasn't to lose weight as they were happy with the way they looked, they just wanted help to eat a little healthier, get more active and have a reason to leave the house.*

*They had a dog to walk, which was something we could aim towards. Firstly we looked for exercises to do at home, such as yoga, until they felt confident enough to go outside.*

*By the end of our sessions they were walking the dog for 2 long walks a day on their own. Some examples of the dietary changes they achieved are having fruit or veg nearly every day, swapping from frying to grilling, high fat/sugar snacks cut down to 2 biscuits every other day rather than half a packet a day and they swapped to wholemeal varieties of bread.*

*From the start of our appointments to the end I saw a huge change in this person — they were so much more confident and happy with how their life was progressing. They had also attended some wellbeing courses alongside our appointments and has also enquired into voluntary work and are now waiting for a start date.*



## Falls Prevention Service

People are still making great progress with their strength and balance exercises during isolation – phone call appointments and webcams sessions are keeping Cambridgeshire's overs 65s active."



Jane Feaviour-Clarke - Health Trainer

## **Feedback for virtual support from our Health Trainer Service.**

*"I really appreciate that you are doing telephone appointments. It helps me keep on track with my mini goals knowing that I can talk to someone about it."*

## Testimonial from Myron, a Weight Management group member.

*"I would highly recommend Your Shape 12 week nutrition programme. The course is run by committed and professional nutritionists who have been really helpful and informative. I have enjoyed meeting other participants online to learn and share good practice. Although I am only part way through the course I am already benefiting from the tuition. I have improved my eating habits using more evidence based information and also combine this with an exercise regime. I feel great because I have managed to lose some weight for the first time in years and this course has provided me with the motivation and materials to succeed. Thank you."*

*"It is nice to talk to you as you are the only person I speak to during the week."*

**Anonymous, Mental Health Trainer Service User**

# EVERYONE IS IN THIS TOGETHER

Join in with **Everyone Health's** Free exercise classes with a different timetable each week. All classes are shown online following this link <https://en-gb.facebook.com/Every1Health/> or check them out on our YouTube channel [https://www.youtube.com/channel/UCZNboVyonXXXx0\\_HkZJVbfg/videos](https://www.youtube.com/channel/UCZNboVyonXXXx0_HkZJVbfg/videos).

## Information about what support is out there for everyone during these strange times.

Sign up free for updated resources for the **Every Mind Matters** Campaign <https://coronavirusresources.phe.gov.uk/now-more-than-ever-every-mind-matters/> and create your own mind plan <https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/>.



### Care Network's Ringaround support circles

Ringaround circles are groups of around 5 people who give each other a morning call offering contact and encouragement with the aim to reduce isolation. Ideally the groups are in a similar locality with similar levels of mobility/access to activities. They can give those who may feel isolated and have little to do a sense of purpose, especially during lockdown. Everyone gets two 10 minute chats at the start of the day.

For more information, contact Open Arms at [open-arms@care-network.org.uk](mailto:open-arms@care-network.org.uk) or call 0330 094 5750.

## LIVE CLASSES TIMETABLE

**11<sup>TH</sup> - 16<sup>TH</sup> MAY**

**MONDAY**

- o 14:00 – 14:30: Cardiac Rehab
- o 15:00 – 15:30: Aerobic & Resistance

**TUESDAY**

- o 10:30 – 11:00: Aerobic & Resistance
- o 14:00 – 14:30: Dance/Zumba \*New\*

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**WEDNESDAY**

- o 10:30 – 11:00: Aerobic & Resistance
- o 11:30 – 12:00: Coffee & Catch up \*New\*
- o 14:00 – 14:30: Cancer Rehab

**THURSDAY**

- o 10:30 – 11:00: Aerobic & Resistance
- o 15:00 – 15:30: Fun, Games & Exercise

**FRIDAY**

- o 09:30 – 10:00: Beginners Yoga (suitable for children) \*New\*
- o 10:30 – 11:00: Aerobic & Resistance
- o 14:00 – 14:30: Aerobic & Resistance

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**Oak Activities** are delivering three 'live' online strength and balance classes daily every weekday for the next 10 weeks, aimed at helping those with limited mobility to stay active and healthy whilst staying at home. [https://www.facebook.com/oakactivitieskeepactive/?\\_tn=kc-R&eid=ARCPW26oM1BdPzqELMj9Jzrogmivta4xP4pN4rPOPTJfKngF3L032qrUo6hySq8MRNSPWxyXXT-YhF&hc\\_ref=ARRLCbYvHidQvW0UaX3psLMXOaAu4MnZLmWHilfr-](https://www.facebook.com/oakactivitieskeepactive/?_tn=kc-R&eid=ARCPW26oM1BdPzqELMj9Jzrogmivta4xP4pN4rPOPTJfKngF3L032qrUo6hySq8MRNSPWxyXXT-YhF&hc_ref=ARRLCbYvHidQvW0UaX3psLMXOaAu4MnZLmWHilfr-)



## LIFELINE

Cambridgeshire Mental Health Helpline

Freephone  
0808 808 2121

2.00pm - 11.00pm 365 days a year

We're here to listen

## Wellbeing Support

During these uncertain times, our Wellbeing Support team, are available to talk to, if you are experiencing negative impacts on your wellbeing. We can arrange for a volunteer to make regular calls if required.

Contact the Team on :  
0330 094 5750

Monday-Friday 9-5pm  
Saturday 10-4pm

Here to Help



People who have been advised to shield can ask volunteers for short-term help by calling 0808 196 3646 between 8am - 8pm. Please pass this number on to your patients who could benefit from this support. Additionally, you can still make referrals through the [NHS Volunteer Responders referrers' portal](#) or by calling 0808 196 3382.

# everyone HEALTH



## Who are we?

Everyone Health is funded by Cambridgeshire County Council to provide a wide variety of Health and Wellbeing services **FREE** for the Cambridgeshire community.

These services include:-

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

**Telephone:** 0333 005 0093

**Email:** EH.ChangePointCambs@nhs.net

**Website:** [www.everyonehealth.co.uk/cambs](http://www.everyonehealth.co.uk/cambs)

**Twitter:** @eh\_cambs

**Facebook:** /EHCambridgeshire

**Local District COVID-19 Community Hub contact details. Please visit online before emailing or calling.**

### Purpose:

Local district/city hubs have been established to support, coordinate and connect the local and voluntary activity that is happening – working closely with the Countywide Hub they will also respond to individual request for help and offers of assistance that fall outside the scope of the Shielded Group.

*To help manage demand, it is requested that where possible contact with the Hubs is made via the online portals*

 Peterborough	 Huntingdonshire	 Fenland	 East Cambridgeshire	 Cambridge City	 South Cambridgeshire
<p>Online information: <a href="http://www.peterborough.gov.uk/coronavirus">www.peterborough.gov.uk/coronavirus</a> Monday-Friday 09:00-17:00 <a href="mailto:covid-19@peterborough.gov.uk">covid-19@peterborough.gov.uk</a> 01733 747474</p> <p>Lead: Wendi Ogle-Welbourn</p>	<p>Online information: <a href="http://www.wearehuntingdonshire.org/">www.wearehuntingdonshire.org/</a> Monday-Thursday 08:45-17:00 and 08:45-16:30 on Fridays <a href="mailto:Crm_communitydevelopment@Huntingdonshire.gov.uk">Crm_communitydevelopment@Huntingdonshire.gov.uk</a> 01480 388388</p> <p>Lead: Oliver Morley</p>	<p>Online information: <a href="http://www.fenland.gov.uk/coronavirus">www.fenland.gov.uk/coronavirus</a> Monday-Friday 09:00-16:00 and Saturday 09:00-12:00 <a href="mailto:Covid19@fenland.gov.uk">Covid19@fenland.gov.uk</a> 01354 654321</p> <p>Lead: Dan Horn</p>	<p>Online information: <a href="http://www.eastcambs.gov.uk/content/coronavirus-community-support">www.eastcambs.gov.uk/content/coronavirus-community-support</a> Monday-Thursday 08:45-17:00 and 08:45-16:30 on Fridays <a href="mailto:covid19@eastcambs.gov.uk">covid19@eastcambs.gov.uk</a> 01353 665555</p> <p>Lead: Angela Parmenter</p>	<p>Online information: <a href="http://www.cambridge.gov.uk/updates/2020/03/18/coronavirus-changes-to-our-services">www.cambridge.gov.uk/updates/2020/03/18/coronavirus-changes-to-our-services</a> Monday-Friday, 09:00-17:15 <a href="mailto:community.resilience@cambridge.gov.uk">community.resilience@cambridge.gov.uk</a> 01223 457000</p> <p>Lead: Debbie Kaye</p>	<p>Online information: <a href="http://www.scambs.gov.uk/coronavirus/">www.scambs.gov.uk/coronavirus/</a> Monday to Friday 08:00-17:30 <a href="mailto:Duty.communities@scambs.gov.uk">Duty.communities@scambs.gov.uk</a> 03450 455 218</p> <p>Lead: Gareth Bell</p>