



Hello...

OneSmallStep (OSS) is a free wellness service funded by Devon County Council to help people improve their health and wellbeing.

OSS offers specialist support, to help people maintain a healthy weight, move more, cut down on alcohol and quit smoking.

OSS provides telephone coaching and online support and our staff attend events across the county.

If you have a patient who would like to make a healthy change to their lifestyle, please give them one of our contact cards.

We provide all GP surgeries with free cards to give to patients so they can call us direct on **01392 908 139**.

If you would like more contact cards, please let us know and we will send them to you.

Making Every Contact Count

Making Every Contact Count (MECC) is an approach that makes the most of the day to day conversations that organisations and individuals already have with people to support them in making positive changes to their physical and mental health and wellbeing. A MECC approach can also be used to engage people in conversations about change on wider issues that have an impact on health and wellbeing, such as reducing social isolation, managing debt, or in tackling housing issues.

MECC training could be useful for anyone who currently has, or may have conversations with others, about making changes to improve health and wellbeing. The training focusses on developing and embedding core skills and confidence to recognise opportunities and have brief healthy conversations –using evidence-based methods, as well as being healthy in content i.e. about lifestyle changes.

If you would like your staff to receive this free training, contact our Training Lead, Kristina Hargreaves on

Kristina.Hargreaves@onesmallstep.org.uk

OSS website

Our website has undergone a major refresh and this quarter we received the highest amount of traffic recorded in the financial year.

We embedded the NHS One You 'How Are You' tool onto our website as a permanent fixture. Visitors can receive bitesize tips direct from the NHS to get healthier and feel better.

We have partnered with a local Tai Chi exercise group in Bideford and promoted the free class timetable on the website activity page. We also have a number of home exercise videos available, and information on other local classes and support groups.

Health Checks

If any of your patients have had a Health Check and would like support to make lifestyle changes, please pass on the OSS contact card.

Please ask these patients to mention they have a Health Check when contacting the OSS service.

Health Harms

OSS supported the Health Harms campaign at the beginning of the year, to help continue the conversation started to 'encourage smokers to quit in the New Year' and illustrate the harm caused by smoking.

Through informative messaging, an event roadshow partnered with specialist stop smoking service Solutions 4 Health and the roll out of our newly designed campaign resources, we aimed to educate and inform the public on free support available to help people quit smoking.



The OSS smoking van featured at a number of pop-up events as part of the OSS S4H Health Harms roadshow

Big Devon March

The Big Devon March was a month-long challenge run by Active Devon across the county, to see which workplace could achieve the most steps. The campaign encouraged every workplace in Devon to join in. Participants were instructed to log their daily steps, for a chance to win prizes and to climb the leader boards.

Mel Smith was featured on Radio Exe promoting the campaign and the benefits of walking, and to highlight the great benefits the campaign can have on employees across the workplace, the team walked the 4.4 mile coastal path route from Budleigh Salterton to raise money for the Devon Wildlife Trust.



Devon Girls Can

Devon Girls Can is a local campaign run by Active Devon. It derives from the This Girl Can campaign, and is "a celebration of active women who are doing their thing no matter how well they do it."

The OSS team were out and about at local events supporting this fantastic campaign. We were invited to attend the campaign launch alongside Active Devon, where we met a number of other lifestyle services who actively promote better health and wellbeing in Devon.

The OSS team took part in a morning's spin class at Newton Abbot Leisure Centre as part of the campaign, making use of the great facilities available to the public in Newton Abbot. Spinning instructor Jo said: Spinning is a great way to increase heart rate, and is a social and interactive way of exercising tailored to all levels. The Leisure Centre aims to provide classes for everyone, to enjoy the centre for what it is."

Mel Smith, Network and Relationship Manager for OSS took part in the Couch to 5K running initiative in line with Devon Girls Can, which was promoted across social media.



Members of the OSS team took part in a morning spin class as part of the Devon Girls Can campaign

Naturally Healthy May

We really made the most of the lighter evenings and warmer temperatures in May by supporting Active Devon's local campaign Naturally Healthy Month. All month we encouraged people across Devon to share photos of their favourite local spots for fresh air and activity.

Congratulations to our Wellness Coach Melissa who completed one of her long-term dream running goals in May. Melissa ran a total of 117 miles from Wembury to Lynmouth on the Devon Coast to Coast trail; an absolutely gorgeous route but slightly challenging nevertheless, particularly navigating across Dartmoor and Exmoor.



Summer planning

Planning for the summer months is well underway and we are looking forward to another busy summer.

OSS will continue to have a strong focus throughout 2019 by promoting healthy eating and regular exercise. During summer we will support Public Health England's Active10 and Couch to 5k, encouraging local residents across Devon to join in share their stories.

To receive information about this and our upcoming campaigns subscribe to our mailing list by emailing Charlotte Vince, Senior Marketing Specialist at charlotte.vince@optum.com

Referral process

Adults in Devon can self-register with OneSmall- Step by contacting us via: Phone: 0800 298 2654 (free phone) Website: www.onesmallstep.org.uk

Where Behaviour Change models are applied it is widely recognised that self-registration has a more successful outcome.

We can provide you with wallet-sized information cards containing full contact details.

Please hand these cards to anyone you feel would benefit from the service and ask them to give us a call.

OSS is open between 8am and 8pm Monday to Friday (excluding Public Holidays).

Free help to tackle impact of Type 2 diabetes in Devon

People in Devon are being offered free help to combat the threat of diabetes as new figures reveal more than 700 people had a limb amputated because of the disease.

Anyone in Devon who is worried they could be at risk of Type 2 diabetes is being encouraged to use an online checking tool developed by charity Diabetes UK.

Hospital data shows there were 704 diabetes-related lower-limb amputations in the three years between April 2015 and March 2018 in Devon.

And there are around 79,000 people in the county at risk of developing Type 2 diabetes.

As well as using the online tool, people who think they may be at risk of Type 2 diabetes can get a free NHS health check, covering Type 2 diabetes, cardiovascular disease and other conditions (available for those aged 40 to 74), or ask their GP or practice nurse to check if they are at risk, and potentially be referred to a local prevention programme.

Devon has previously won national funding to provide evidence-based programmes that help people reduce their chances of developing Type 2 diabetes – and hundreds of people are already benefitting.

Doctors can refer eligible at-risk patients for a free place on a specialised prevention programme provided by Living Well Taking Control, a consortium led by Devon-based charity Westbank.

You can download, embed or share a nationally produced video on the National Diabetes Prevention Programme here: <https://youtu.be/CewZkbq1pq8>

For more on Westbank, visit www.westbank.org.uk/diabetes-support

Diabetes Fact Box:

DEVON

- About 68,000 people in Devon live with diabetes, around 90% of whom have Type 2 diabetes
- There are approximately 800 emergency hospital admissions a year in Devon for patients with diabetic foot disease, which is approx. 10,000 bed days.
- Around 60% of cases of Type 2 diabetes can be delayed or prevented by making lifestyle changes
- So far in Devon, nearly 2,000 people have been referred to the county's prevention programme.

NATIONAL

- Every two minutes someone finds out that they have Type 2 diabetes.
- 26,378 people had lower-limb amputations linked to diabetes between 2014 and 2017, a 19.4% rise from 2010 to 2013
- There are 3.7 million people diagnosed with diabetes in the UK. This figure has more than doubled in the last 20 years.
- It is estimated that if current trends persist one in 10 people will develop Type 2 diabetes by 2035.

Contact us



onesmallstep.org.uk



0800 298 2654



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