



Kent Community Health **NHS**
NHS Foundation Trust



Ashford

Tracey Tomkinson



On your marks....

Who?

Ashford Task and Finish Groups (Smoking and Healthy Weight) - need identified

What?

Ashford Health Shop – Project Proposal
December 2016

When?

Launch – late January early February 2017



Get set.....



Go....



What's on offer?

Direct Referral:

- Healthy Weight Services
 - Fresh Start Group
 - Exercise Referral
 - Ready Steady Go
- Stop Smoking Service
- NHS Health Checks



What's on offer?

- NHS Health Trainers
- Health Walks
- Expert Patients Programme

On the spot:

- Health MOTs
- CO Reading
- Blood Pressure
- Weigh to Go



Signposting

- Turning Point
- Sexual Health Services
- Live Well Kent (Shaw Trust/Porchlight)
- Dieticians
- Ashford Voluntary Services
- Kent Fire and Rescue Services (Home Safety Advice and Services)
- PALS



In brief

One You offers support and guidance to help individuals improve their health and wellbeing



Who's interested....?

10th February – 21st April (50 days)

Total number recorded as accessing shop:

580

Total in depth conversations:

405 (79%)



In what....?

10 Feb – 16 March 2017 (25 days)

Access = 362

In depth = 218 (60%)

Total = 344*

Healthy Weight – 142 (41%)

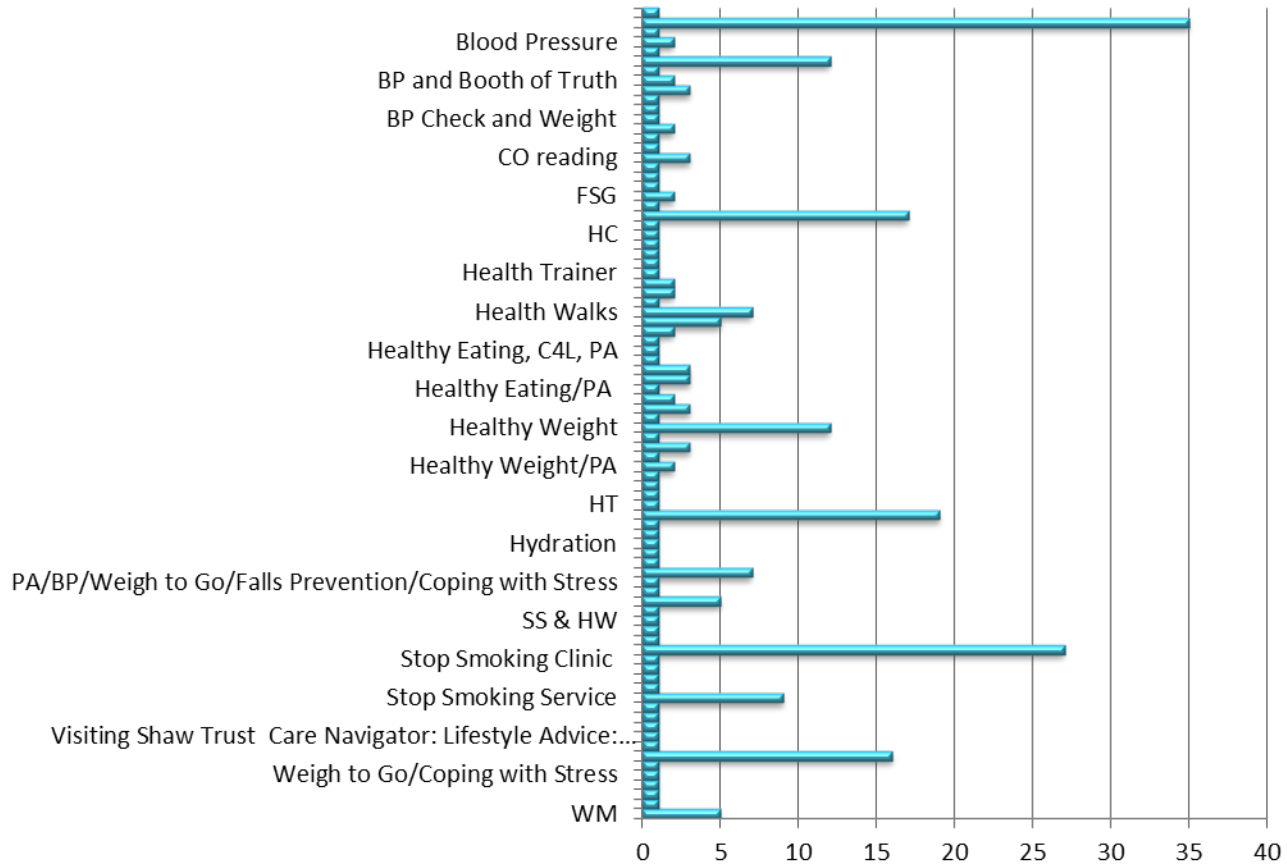
Stop Smoking – 43 (13%)

Health Checks – 33 (10%)

MOTs – 32 (9%)



Lifestyle Topics discussed



10 Feb – 31 March



Starting point....

- Health Inequalities: 9 Identified Wards

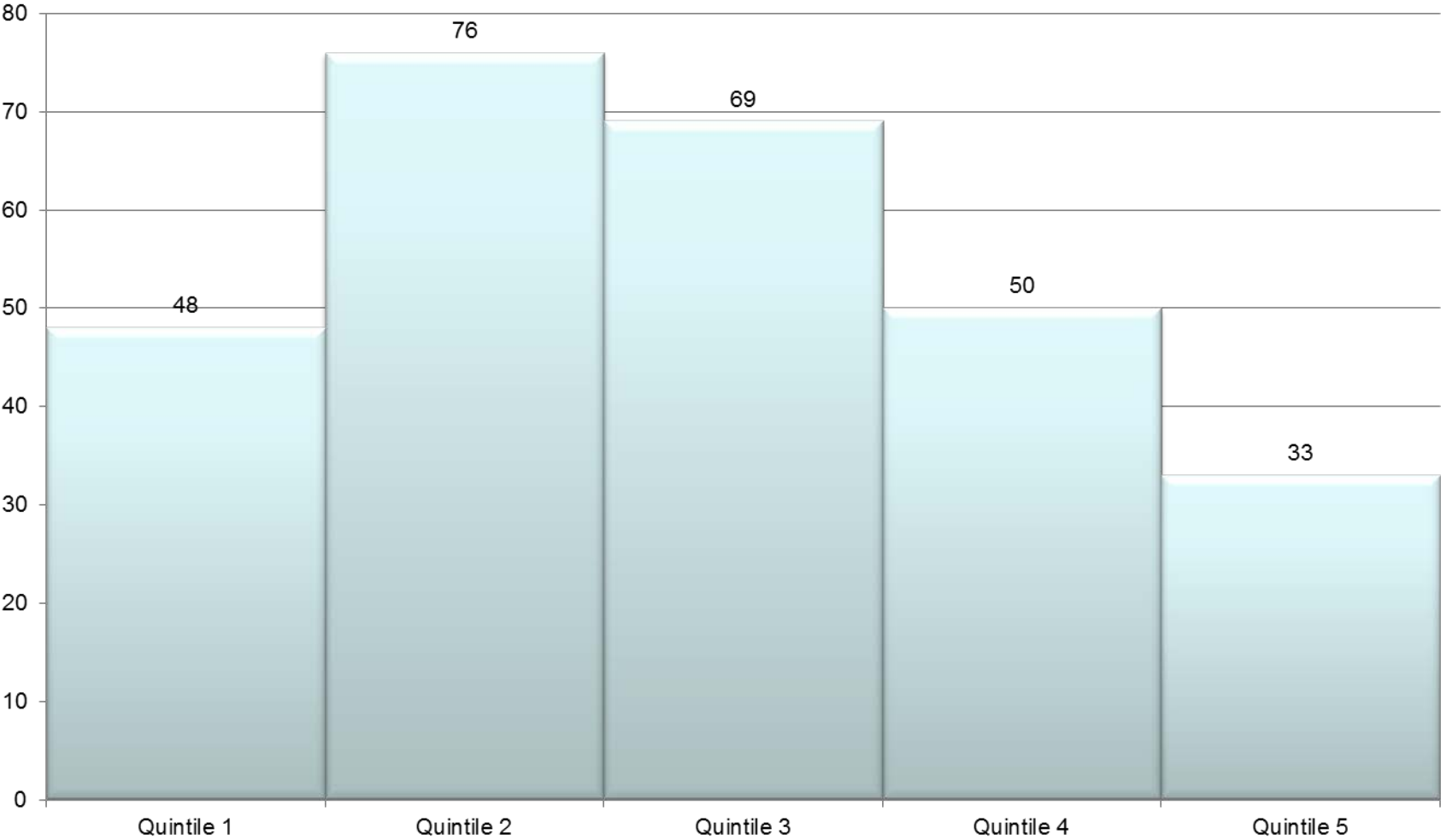
29% of total accessing from most deprived wards (one or more intervention/advice guidance)

44% - Stop Smoking (Quit – tbc)

24% - Healthy Weight



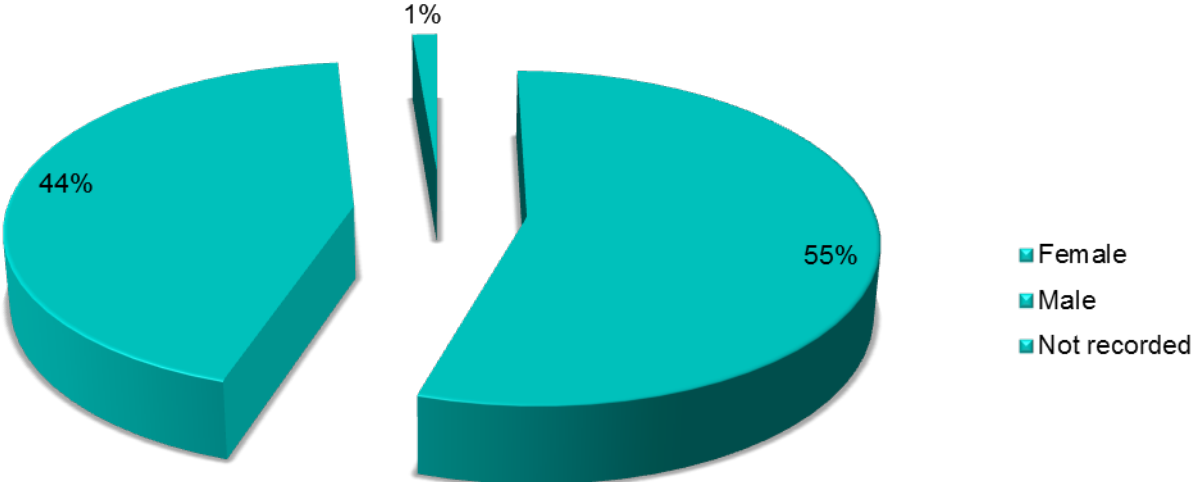
Quintiles



10 Feb – 31 March



Gender



10 Feb – 31 March



The journey so far....

#KCHFTFallsWeek Thumbs up to our colleagues going the extra mile to raise awareness and keep people on their feet this week #TeamKCHFT

Kent FallsPrevention @Fall...
#fallsprevention Falls Awareness Week at the One You shop in Park Mall Ashford @NHSKentCHFT



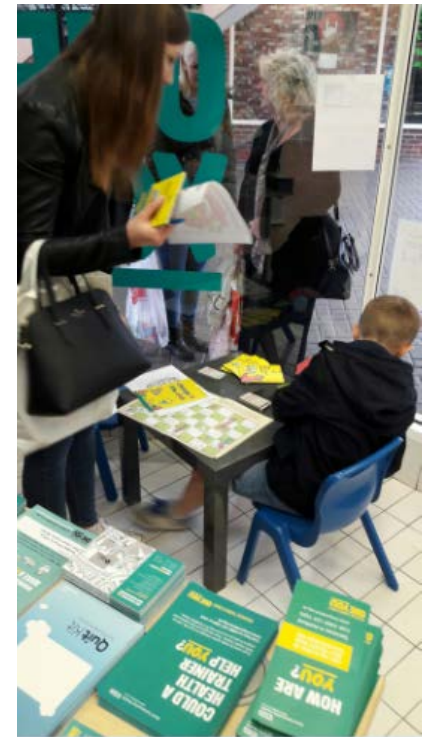
NHS KCHFT KentCommunity... · 17/03/2017
@AshfordCouncil gets his blood pressure checked at the @OneYouPHE shop @KCCpressdesk



Easter at



Ashford



It's not over yet

(The Hurdles)

Further promotion is required to engage local people through:

- Employers
- Local businesses
- Local groups
- CCGs (GPs)
- Schools (leaflet home)

Raise awareness of NHS Health Checks and Health MOTs



So, when you're ready....

Visit us at One You, Park Mall Shopping Centre,
Ashford

www.oneyoukent.org.uk

BECAUSE THERE'S ONLY **ONE YOU**

