We're just emailing to follow up from East Sussex County Council's introduction email on 15th August 2017. We'd like to thank you for bearing with us over the last few weeks whilst we've been establishing the new One You East Sussex healthy lifestyle service.

Over the coming days, weeks and months you'll be receiving more correspondence from us on how we can work together to promote and deliver a healthier East Sussex. You should have already received an invite for our launch events which will be held in both Eastbourne and Hastings on the 17th October 2017. We'll also be providing an engagement event in the Lewes, High Wields and Havens area in the coming months. We look forward to providing more information on the service, training and partnership opportunities in the near future.

In the meantime here's a quick introduction to your new One You East Sussex service:

ONE YOU EAST SUSSEX

THE COUNTY'S NEW INTEGRATED HEALTHY LIFESTYLE SERVICE

ONE YOU EAST SUSSEX replaces previous stop smoking, adult weight management and health trainer services. Healthy lifestyle advice for East Sussex residents is now "all under one roof."

All clients referred to the service will receive a holistic health assessment, followed by a bespoke programme of help and support that can include advice on:

- LOSING WEIGHT
- STOPPING SMOKING
- GETTING ACTIVE
- EATING A HEALTHY DIET

We will also provide training to pharmacies, including support for staff delivering stop smoking advice and NHS health checks. Your main point of contact for these queries will be Tanya Sutton, our Quality Co-Ordinator (Tanya.Sutton@oneyoueastsussex.org.uk).

HOW TO REFER YOUR CLIENTS

You can refer clients by telephone, web or email. Clients can also self-refer. We will be providing pharmacies with resources and referral materials in due course.

WEBSITE WWW.ONEYOUEASTSUSSEX.ORG.UK

TEL 01323 404600

EMAIL FOR REFERRALS ONEYOU.EASTSUSSEX@NHS.NET

EMAIL FOR ENQUIRIES HELLO@ONEYOUEASTSUSSEX.ORG.UK

ONE YOU EAST SUSSEX IS COMMISSIONED BY EAST SUSSEX COUNTY COUNCIL AND PROVIDED BY THRIVE TRIBE (SEE WWW.THRIVETRIBE.ORG.UK), IN PARTNERSHIP WITH SUSSEX COMMUNITY DEVELOPMENT ASSOCIATION (FOR DELIVERY OF HEALTH CHECKS) AND EAST SUSSEX HEALTHCARE NHS TRUST (FOR THE SMOKING IN PREGNANCY PROGRAMME).