



# LiveWellDorset

We're here for your health and  
wellbeing

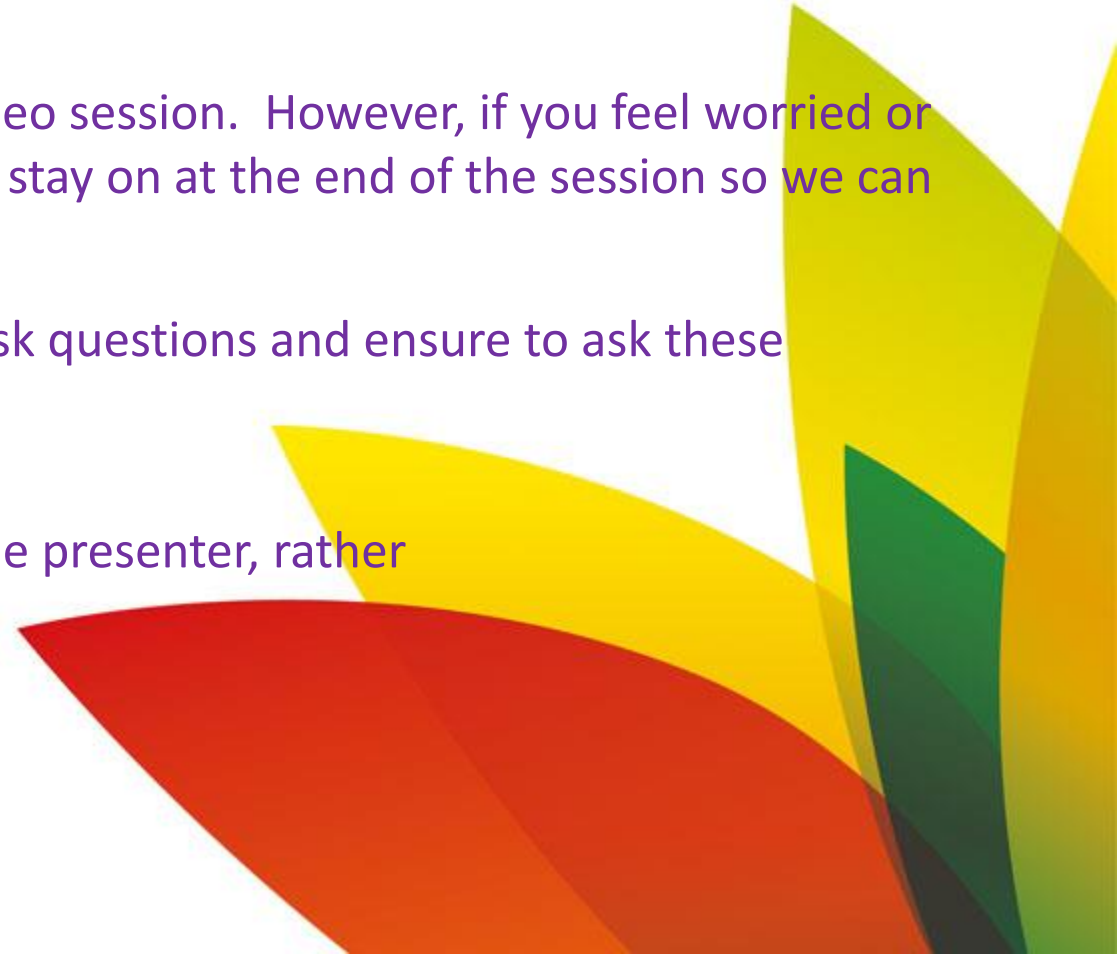
# Who are LiveWell Dorset?



LiveWell Dorset

# Session guidance...

- Mute your microphone if you have background noise which could be distracting and when the facilitator is playing videos
- Please turn off all other applications which you have open, this will allow Zoom to work to its full capacity and minimise distractions
- Refrain from discussing confidential items on this internet video session. However, if you feel worried or distressed by any of the discussions or topics the trainers will stay on at the end of the session so we can arrange to take a discussion offline with you.
- There is no such thing as a silly question. Wait your turn to ask questions and ensure to ask these through the channels indicated by the presenter
- Please use the chat function to share and ask questions to the presenter, rather than for personal conversations
- These slides are the Property of LiveWell Dorset.  
We ask that they are not distributed or reproduced





# What does LiveWell Dorset offer?

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**Coaching**



**Training**



**Engagement & Events**



**Signposting/  
Information hub**

# What does LiveWell Dorset offer?

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**Coaching**



# The LiveWell Coaching Offer



**x6**

**20 minute sessions**



**Dorset residents, aged over 18**



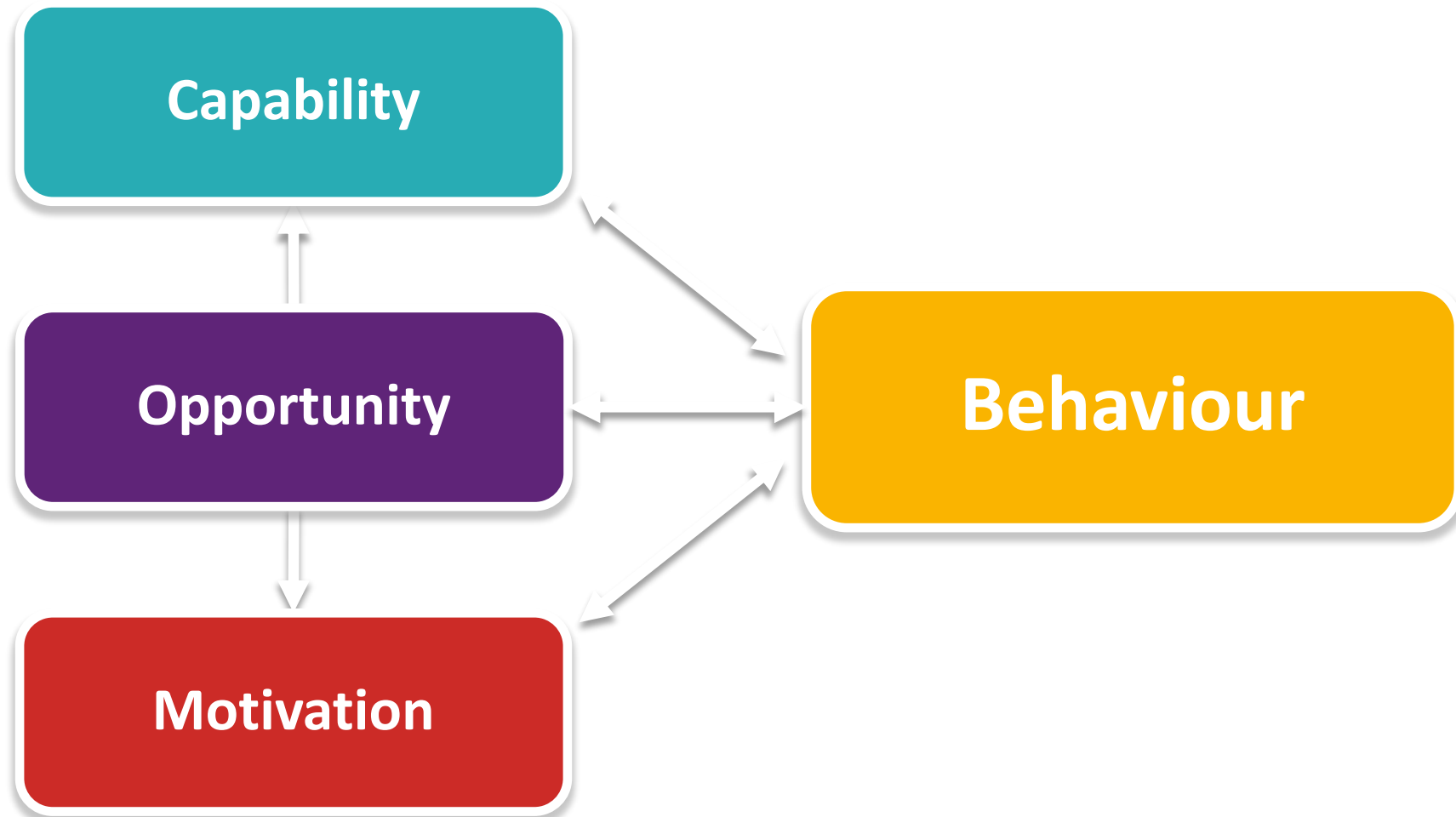
**Fully funded by Public Health**



**8am to 8pm**

# COM-B Model

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# Smoking Cessation Pathway



## 12 Week Stop Smoking Offer

- Clients are triaged to a local pharmacy and Stop Smoke practitioner.
- Clients receive 12 weeks of NRT
- 6 support sessions with a Stop Smoking practitioner
- Optional offer of LiveWell Dorset coaching

## The LiveWell NRT Offer

- 8 – 10 weeks of NRT (gum/patches) sent through the post.
- 6 LiveWell coaching sessions
- Carbon monoxide readings to track lung health

## The LiveWell E-Cigarette Offer

- 6 weeks worth of product through an initial starter kit.
- Varying strengths supplied based on client's need
- 6 LiveWell coaching sessions
- Carbon monoxide readings to track lung health

# Weight Management Pathway



## Weight Management Kickstart Offer

- Clients receive 12 weeks of WW or Slimming World sessions
- Clients are referred by LiveWell based on eligibility criteria
- 6 free LiveWell coaching sessions
- Kickstart referral can only be accessed once.

## Behaviour Change/ Coaching Offer

- 6 free LiveWell coaching sessions
- Clients are signposted to participate in approved weight management plans e.g NHS Weight Loss plan
- Clients are introduced to LiveWell Activity Finder
- Active Dorset collaboration

# Activity Pathway



## LiveWell Activity offer

- 6 free LiveWell coaching sessions
- Active4Health (Dorset Council) referred by health professional
- Clients are introduced to LiveWell Activity Finder
- Active Dorset collaboration

# Alcohol Pathway



## High Risk

- Initial Audit-C assessment
- Clients with alcohol dependency are referred to Drug & Alcohol services

## Medium/Low Risk

- 6 free LiveWell coaching sessions
- Clients are signposted to participate in approved alcohol reduction programmes.
- Clients are introduced to LiveWell Activity Finder

# What does LiveWell Dorset offer?

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**Coaching**



**Training**



## Training

- RSPH accredited
- Fully funded by Public Health for public sector
- Bookable through Eventbrite



**Sustained culture change**

# What does LiveWell Dorset offer?

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**Coaching**



**Training**



**Engagement &  
Events**



- Fully integrated within Dorset's Outpatient Assessment Centres
- Working in collaboration with a variety of public services
- Integrated into GP surgeries
- Community engagement



**Engagement  
& Events**



# What does LiveWell Dorset offer?

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**Coaching**



**Training**



**Engagement & Events**



**Signposting/  
Information hub**

# Signposting and Information

**steps2wellbeing**  
Southampton & Dorset

 **mind** | Dorset  
for better mental health



**help&care**



**Active Dorset**

# Open Conversation Opportunity

An open conversation takes place opportunistically between at least two people:

It involves an individual being encouraged to consider their lifestyle and health...



...with a view to identifying small but important changes.



# Open Conversation Opportunity

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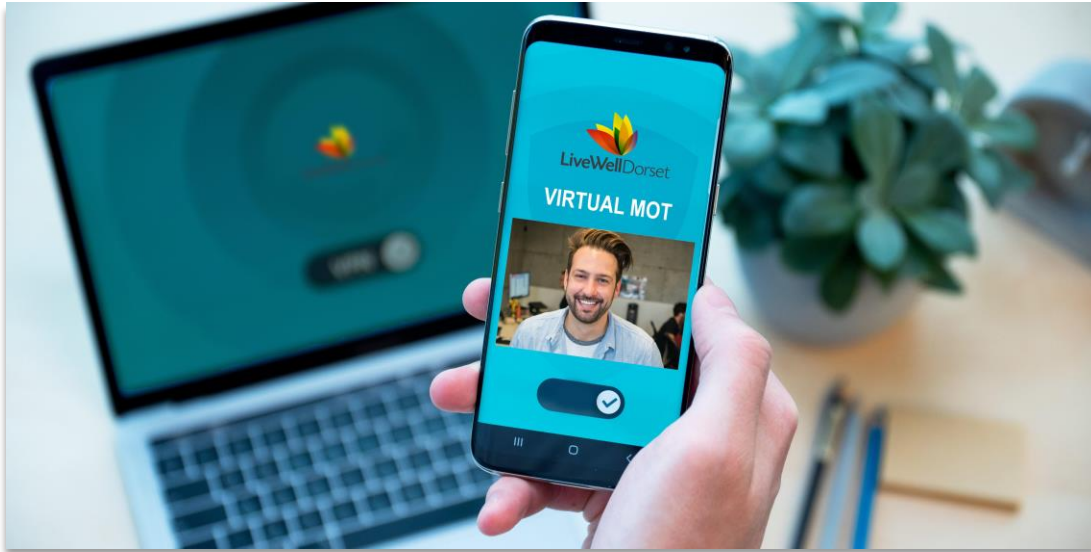
What % of the public would trust signposting and advice following a healthy conversation if it came from a healthcare professional?

Almost 9 in 10

86%



# Virtual & F2F Health MOT



- A 20-minute confidential 1:1 health session designed to assess lifestyle choices
- Open to any Dorset resident over the age of 18.
- Fully funded by Public Health

# The LiveWell journey

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# Are you Living Well?

Digital demonstration of online tool



- LiveWell Activity Finder
- Are you Living Well?
- Habit Hacker



# How to register a patient

**CONTACT MY PATIENT**

**REGISTER MY PATIENT**

<https://www.livewelldorset.co.uk/>



# Any Questions?

[hello@livewelldorset.co.uk](mailto:hello@livewelldorset.co.uk)



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