



Your Health Oldham

Oldham Health Improvement and
Weight Management Service

NHS
Oldham
Clinical Commissioning Group


Oldham
Council


abl
a better life

Our History



ABL was founded in 2009 by people who believed they could and should change the world!

Our founders had first-hand experience of public services that had failed the people who needed them most and believed that a different, more flexible approach was needed.

“By putting people at the heart of our services, stepping into their shoes and trying to view life from their perspective then we could start to create a new approach to healthcare and find a way to support and empower people to live healthier, happier for longer”

Denise Leslie CEO

Vision and Values

Healthier, Happier for Longer - we make lives better

Vision: To eradicate health inequalities.

We do this by supporting people to become active participants in their health



People powered



Bold



Effective



Thoughtful



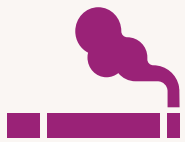
Our Team

- GPs
- Psychologists
- Dietitians
- Nutritionists
- Lifestyle Coaches
- Physical Activity Specialists
- Smoking Cessation Advisors
- Triage Officers

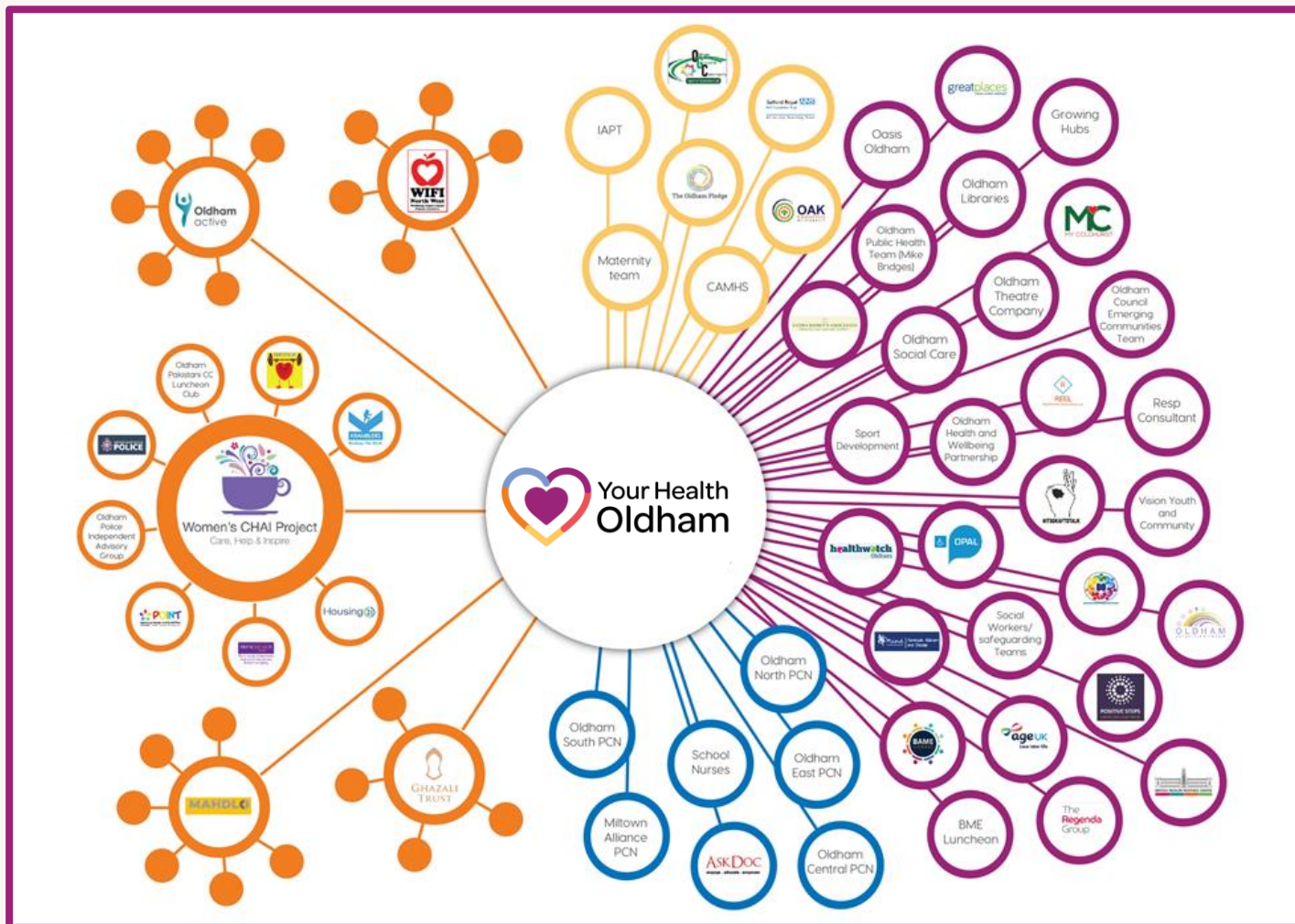


Overview and Vision

A health and wellbeing service that combines prevention, building community capacity, and reducing health inequalities.



Our Partners



Healthy Lifestyle and Tobacco
Control Policy Development

Co-Location / Co-Delivery

Collaboration and integration –
i.e. CURE pathways

Alcohol Brief Advice

Weight Management
incl. Healthy Eating
(Family and Adults)

Champions of own health
• Communities becoming experts
through co-production

Innovative Partner Delivery

Mental Wellbeing
Support

Shared Outcomes

Local solutions designed around the
needs of specific groups - i.e. Muslim
women only sessions

**My Story
Asset/Strength Based
Assessment**



**Mapping and utilising local community
assets** – i.e. using local walking groups as
exercise delivery partners

Community/Online Forums

Community Health
MOT

Physical Activity

Smoke -Free Environments and Agendas

Blended Digital Approach

Stop Smoking

Healthy Settings:
Parks / Faith Settings / Workplaces / Schools /
Hospitals / Leisure Centres

Targeted Delivery E.g. Communities
of Interest, Vulnerable Groups

Pathway Integration – e.g. primary care,
secondary care, community partners

Volunteers

Full community training programme:
MECC / Health Literacy / Connect 5 /
Raising the Issue.

Example Family Journey

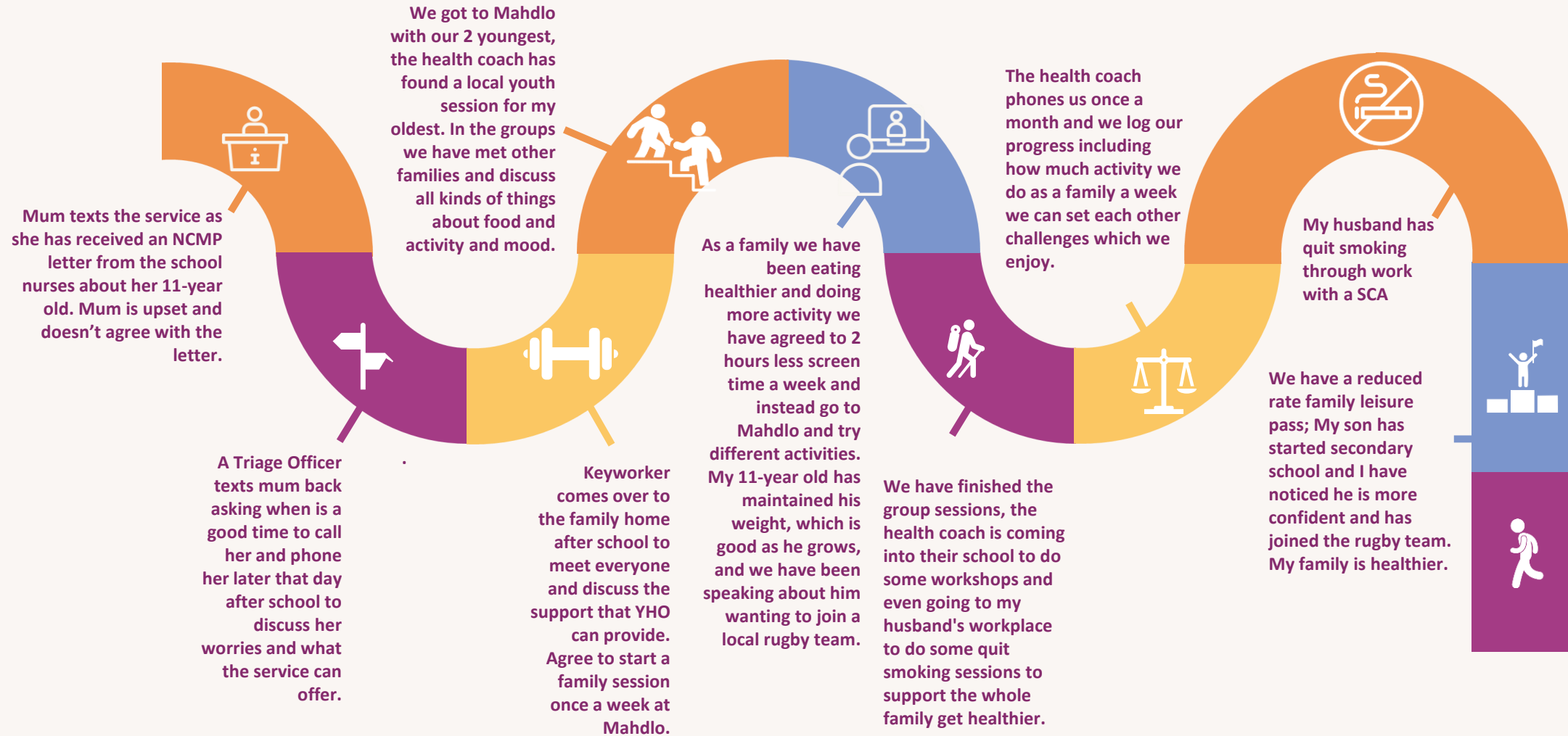
- Women, 41 lives with husband and 3 children, 7, 11 and 13 years
- All children are in school and do various after school clubs
- Mum and dad both work long hours
- Dad smokes at work, both parents drink at home

Personalised Family Action Plan





- Family Support
- Mum's Support
- Dad's Support


Example Family Journey




My Family have been supported to...

 Improve and take control of their health  Become **financially stable**

 Live a **longer healthier** life  Live independently for longer


Actively connect with community assets, including activity providers and community groups 

Be a **champion of their own health** and supporter of others 

Value mental health as just as important as physical health 


Be **aspirational** 

Improve their **health literacy**

Self manage and self care 


Reduce their risky behaviors

Have better **wellbeing**

Be **proud** of where they live 


The wider system has...


 Improved **healthy life expectancy**


 Reduced prescribing costs


Experienced **economic growth**

Reduced absence rates

Improved population health and **self care** management 

 Reduced pressure on **GP appointments & social care**


Economic gains through **better use of resources** and less duplication of services 

Reduced 


- emergency admissions
- alcohol related deaths
- Long term conditions i.e. CVD, COPD, Diabetes

My community has...

 Improved **physical activity** rates

 Reduced **obesity** rates

Less preventable **cancers**

 Reduced **drug and alcohol** use

Thriving communities that promote, support and enable good physical and mental health



Reduced **smoking rates**

Reduced exposure to passive smoke


 **Sustainable community** led initiatives 

 Reduced **social isolation**

Co-produced service provision as standard

More people in **productive employment** 

 Improved **mental wellbeing**

Reduction in health inequalities 



Questions

