

Who are LiveWell Dorset?

Commissioned by Public Health Dorset since 2015, our service offers a single point of access hub providing **free information and support** to all adults living in Poole, Bournemouth and Dorset who are seeking to improve their own health and wellbeing.

How? The support provided is person-centred so may simply be provision of information through brief intervention or it could be a longer period of engagement with the service, accessing our Wellness Coaches who are experts in initiating behaviour change through regular one-to-one coaching sessions with their clients. We routinely follow up with all clients who have engaged with the service over 3, 6 and 12 months to ensure the behaviour changes initiated are sustained.

Why? The service enables the Dorset community to access support in understanding and embarking on a journey to better health through non-clinical lifestyle and behaviour changes.

In a nutshell? LiveWell Dorset is designed to support the community to make sustainable lifestyle and behaviour change leading to better physical health and improved wellbeing.

Helping you to live healthier



LiveWell Dorset

Want to make changes to your lifestyle but don't know where to start?

LiveWell Dorset is a free service for people living in Bournemouth, Poole and Dorset to access health and wellbeing information, advice, support and signpost into stopping smoking, increasing physical activity, weight management and alcohol reduction.



Contact or connect with us to find out more.

Freephone 0800 8401628
Local Number 01305 233105

Visit www.livewell-dorset.co.uk
Email hello@livewell-dorset.co.uk

Facebook LiveWell Dorset
Twitter @LWDorset

How are you today?
Complete a free happiness and wellbeing assessment at www.livewell-dorset.co.uk/wermwbs



How can we help?

Smoking: Does the client need help to cut down or stop smoking?



Our Wellbeing Advisors and Coaches will work with the client to help them to reduce the number of cigarettes they smoke and start thinking about setting a date for quitting. We can provide information on the nearest pharmacies and GP Practices available to the client, who run 12 week programmes of treatment and support.



Weight Management: Is reaching a healthy weight important?

We will assess their BMI and discuss which programme of support might work best for them to lose weight. We can help the client to access a range of slimming clubs as well as offer 1 to 1 support from our Wellness Coaches.



Alcohol: Is the client drinking too much?

We can provide the client with an assessment to determine if their level of alcohol consumption may be harmful and then recommend a way forward specific to their needs and lifestyle. An AUDIT-C assessment will be conducted to ensure clients with high dependency are referred to a specialist alcohol service.



Start moving more: Is the client inactive?

Most people would benefit from being more physically active but it is hard to know where to start or what to do. We can help! We can assess their physical activity levels and support clients to access local opportunities to get more active.

1:1 Coaching : Is there a general wellbeing issue?

We understand not everyone is clear as to what lifestyle changes would improve their wellbeing. One of our Wellness Coach will work with these clients to guide them through the '5 Ways to Wellbeing' and ensure they have information and support to begin identifying their path to better health and wellbeing.

Signposting to LiveWell Dorset: A Simple Guide

Anyone can self-register into LiveWell Dorset by contacting us:

Phone: 01305 233105 (local rate)
Phone: 0800 8401628 (freephone)
Website: www.livewelldorset.co.uk

- The wallet sized Information Cards contain full contact details. Please hand these cards to any individual you feel would benefit from the service.
- These cards are available to be picked up at a wide range of venues including GP surgeries, libraries, statutory and non-statutory organisations, clubs and other community venues.
- Where Behavioural Change models are applied it is widely recognised that self-registration have more successful outcomes.
- We are open between the hours of 9am and 6.30pm Monday to Friday excluding Public Holidays.

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 **Facebook** LiveWell Dorset
Twitter @LWDorset



Can LWD help in my community?

Yes - LiveWell Dorset recognise the importance of collaboration with other local health and wellbeing providers both in the statutory and voluntary sectors and therefore enlist an Engagement Team. The team strive to systematically connect with community services, health providers and voluntary groups to ensure understanding of the LiveWell Dorset service and the ease with which the general public can access the service without a complicated referral process, particularly promoting the service to 'hard to reach' groups where historic health outcomes are poorest.

Can LWD help my organisation?

Yes - The team also provide evidence-based training for non-profit organisations and local charities, helping them to support their communities to best identify and address health risks in individuals amongst their own community before they become long-term conditions.

Be recognised for signposting:

When signposting members of the public to LiveWell Dorset please be aware when they call into the service they will be asked 'How Did You Hear About Us?'. Please therefore ensure you make them aware of this so they can mention you as the signposting agent. We can then record whether this is GP, Community Group, NHS Healthcheck etc. which is essential for outcome reporting.