

ABL (A Better Life) – Your Health Your Way Nottinghamshire’s Integrated Wellbeing Service

Your Health, Your Way commenced on 1st April 2020 and will support Nottinghamshire residents to get active, lose weight and quit smoking. The service will also provide support for falls prevention and family weight management.

Elements of Your Health Your Way

Alcohol - (for those aged 18+, AUDIT-C 15 or below) – ABL deliver a range of 1-1 and group sessions that support people to reduce their alcohol intake and drink within the recommended guidelines. The supportive, non-judgemental sessions aim to raise awareness of the adverse health consequences associated with alcohol consumption.

Digital Support - ABL have a full digital offer to compliment the face to face support. This will include an interactive app and online portal through which clients can track their progress and access a range of features including live streamed sessions, video content, healthy recipe ideas and signposting links to local services.

Physical Activity - (for those aged 18+ who complete less than 60-minutes moderate physical activity per week) – ABL provide a range of community-based sessions, supporting people to break down barriers to exercise and set achievable, realistic activity goals. ABL will also support local initiatives to encourage clients to increase their activity outside of our sessions.

Weight Management - (Adults BMI 30+, Children aged 4+/BMI on 91st Centile) - ABL has extensive experience in delivering successful evidence-based weight management services for adults, families and young people. The service supports individuals including pregnant women and families to achieve and maintain a healthy weight and all sessions are designed to be fun and inclusive for all.

Smoking Cessation - (for current smokers aged 12+) Group and 1:1 interventions that are flexible and responsive to individual needs, combined with quick access to pharmacotherapy. Self-help techniques are utilised across all interventions, enabling a maintained quit and resilience to relapse.

Falls Prevention – ABL’s experienced staff deliver and co-ordinate a range of falls prevention sessions, supporting anyone over the age of 55 who has mobility or stability challenges. Encourage clients to increase their activity outside of our sessions.

How to refer

The service is accessible to all Nottinghamshire residents via self or third-party referral. There is a single online referral form for easy referral for clients and health professionals. Electronic referrals can be made via the F12 function on SystemOne. Self-referral can be completed via the app, website (www.yourhealthnotts.co.uk) or by calling the administration team on 0115 772 2515. Referrals can also be made direct from hospitals or via nhs.net email. All referrals processed within 1 working day.