

Practice Manager

13 June 2017

Launch of the YorWellbeing service

Dear Practice Manager

You may remember that we wrote to you in April detailing our exciting new service and the fact that GP surgeries can refer patients to our free health check service.

We are really excited to inform you that we have now launched our online health check tool with the aim of helping our residents live happier and healthier lives.

Our new website is live and will give all residents the opportunity to find out their health risks by taking a simple online quiz at www.yorwellbeing.org.uk. Those who are found to be at increased risk of preventable health conditions will be invited to a health check with our team.

Many GP services have been referring patients to us and we would like to thank you for your support as we roll out the service. YorWellbeing incorporates the previous range of Public Health Services that were delivered and commissioned by City of York Council including, health checks, the sport and active leisure service, smoking cessation service and the HEAL programme.

The YorWellbeing service isn't just about health checks though. Working with communities across York we will:

- provide advice and support on lifestyle factors such as healthy eating, exercise, alcohol and smoking
- encourage positive lifestyle and behaviour changes
- improve the health and wellbeing of York residents
- work to reduce health inequalities across the city.

The new service

Our wellbeing officers are trained in a wide range of lifestyle interventions enabling them to deliver each element of the wellbeing offer. Additionally, a proportion of each wellbeing officer's role is given over to community capacity building; this involves understanding and strengthening the existing groups and services in York relating to health and wellbeing. It is hoped that as the service develops, the wellbeing service will be uniquely placed to contribute to the wider health infrastructure in York.

We have enclosed leaflets, postcards and posters with information on the service and we would be grateful if you could display them. We have also included an FAQs page with advice on the support the service offers.

If you have any questions about the service please contact either myself or the YorWellbeing team on yorwellbeing@york.gov.uk or 01904 553377. There is also lots of information available on our website, www.yorwellbeing.org.uk.

Thank you for your support.

Best wishes,

Paul Ramskill

Public Health Improvement Manager