

One Life Suffolk

Cutlers Hill Surgery is working in partnership with OneLife Suffolk*, to encourage our patients to access their **FREE** services. If you live in **Suffolk** and would like support and help to improve your health then please click the images below for more information.

**Get Help
To Get
ACTIVE**

The service provides 12 months of support, helping you move more in a way that suits you. Our team of expert advisers provide assistance and information on activities which are available and ways to incorporate physical activity into your daily life. By completing just **15 minutes of exercise each day you increase your life expectancy by 3 years**. This service is open to inactive people who have Cardiovascular disease, Type 2 Diabetes and/or Cancer (or have done in the last 5 years).

For anyone with a body mass index of 30+. Up to 12 months of support through our psychologically informed group sessions. Our experienced trainers are there to empower individuals to lose and sustain 5% of their body weight during the programme. **A 5-10% reduction in body weight can significantly reduce health risks.**



**Families
and
Young People**

A year-long programme of fun, interactive 10-week intensive group sessions. The groups are for children and young people aged 4-18 years who are looking to improve their health and wellbeing, alongside their parents or carers through our family centred approach.

A 12-week support programme delivered by our trained advisors to help you to quit smoking. Support is tailored to each individual and allows the option of nicotine replacement therapies which can be given at appointments. **You are 4 times more likely to succeed in giving up smoking using treatments alongside support.**



Volunteer led, inclusive health walks that are for anyone wanting to become active and meet new people. **Walking 2 miles a day, 4 times a week, can help reduce weight by 1lb every month!** Find a walk nearby that suits you.

For more information call **01473 718193**

or email info@onelifesuffolk.co.uk

You can also follow OneLife on social media: [facebook.com/onelifesuffolk](https://www.facebook.com/onelifesuffolk) or [@OneLifeSuffolk](https://www.instagram.com/OneLifeSuffolk)

** OneLife Suffolk is the integrated healthy lifestyle service for Suffolk, funded by Suffolk County Council. Helping local people live healthier lives.*