



# Consultation: What do you think about our plans for the health and wellbeing service?



The Council ask people for their views before important changes are made.

When the Council ask people for their views it is called a **consultation**.



We want to make sure that we listen to people and know what they need.

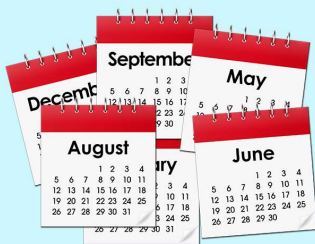
So we use your views to help shape and design our services.



You may want to ask for support to take part in the consultation.

You could ask:

- A support worker or carer
- A friend or someone in your family
- Your social worker or care manager.



The consultation will close on **10 March 2023**

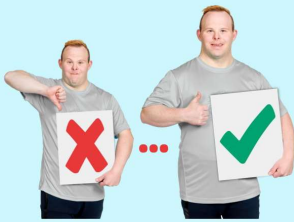
This means that you need to send us your thoughts and views by this date if you want to take part.

# Introduction



One You East Sussex is a health and wellbeing service for people living in East Sussex.

We support people with their health, including eating well and being more active.



We are thinking about changing how the service supports people.



The aim would be to use the money that we have to help as many people as possible to improve their health.

## How does One You East Sussex work at the moment?



Everyone living in East Sussex who is 16 or over can use the service.

People can choose to be supported online, over the phone or face-to-face.



Everybody can have a health assessment which checks how we can support them.

# Why do we want to make changes?



We checked whether our services are working well and found that One You could be better.



We get money from the government to make sure that our residents have the chance to be as healthy as possible.



We think we can use the money in a better way that will support people to be more healthy.



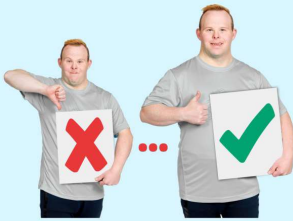
We can support people to be more healthy by helping them to change their behaviour.



Some people are more likely to be less healthy than others.

Such as people who live in poor areas and people who have a disability.

We want to work hard to support these people.



If we aim to help the people who are the most likely to have poor health we can make the biggest improvements to people's health.



We think that making changes to the service will allow us to save money.

This money can be used to keep making the service better.

## What changes do we want to make?



Everyone who wants to use the service will still get a health assessment and be able to use online resources that will support them to make changes to their health.



People who are the most likely to have poor health will get higher levels of support.

This might include face-to-face support from a health coach or being part of a support group.

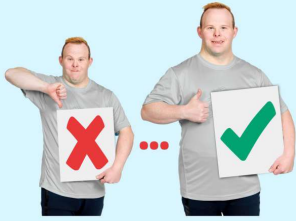


We would always try to offer people the sort of service that they think would suit them the best.



Residents who are using the service at the moment would still get the same support as they do now.

# What do you think about these plans to make changes?



We think these plans will help us to make the most improvements to the health of the people who live in East Sussex.



You might agree with us, or you might have different views.

This consultation survey is a chance for you to tell us what you think.



We will use everybody's answers to the questions to help us work out how we might change things for the better.



I am answering the questions as

Tick one box



Someone who has used One You East Sussex



Someone who lives in East Sussex



Other



If you said other, please tell us who you are answering these questions as



**Do you agree or disagree with the changes that we want to make?**

**Tick one box**



Agree a lot



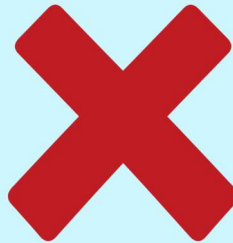
Agree



Do not agree  
or disagree



Disagree



Disagree a lot



Please use this box to tell us why you agree or disagree with the changes that we want to make



## How do you think the changes would affect you?

Write your answer in this box

Leave the box empty if you do not think that the changes would affect you.







## How should we spend any money that we save by making the changes?

**Tick one box for your first choice**



Making sure that we can support the increasing numbers of people who need support



Making changes to the support programmes depending on individual needs



Building better links with services in education, housing and employment



Paying for increases in the cost of the service and support programmes



Other



If you said other, please tell us more here



## How should we spend any money that we save by making the changes?

**Tick one box for your second choice**



Making sure that we can support the increasing numbers of people who need support



Making changes to the support programmes depending on individual needs



Building better links with services in education, housing and employment



Paying for increases in the cost of the service and support programmes



Other



If you said other, please tell us more here



## Which support programmes are the most important to you?

Tick one box for your first choice



Eating well



Being more active



Looking after my weight



Drinking less alcohol



Mental health



NHS health check in the community



## Which support programmes are the most important to you?

Tick one box for your second choice



Eating well



Being more active



Looking after my weight



Drinking less alcohol



Mental health



NHS health check in the community



## Which support programmes are the most important to your community?

Tick one box for your first choice



Eating well



Being more active



Looking after my weight



Drinking less alcohol



Mental health



NHS health check in the community



## Which support programmes are the most important to your community?



Tick one box for your second choice



Eating well



Being more active



Looking after my weight



Drinking less alcohol



Mental health



NHS health check in the community



**You can use this box to tell us why you made these choices**



**You can use this box to tell us any other views or thoughts you have about our plans.**



Thank you for completing the survey.  
You can send your survey back to us in the envelope that we have included.