**A WEIGHT OFF YOUR MIND**

**A PLEDGE**



**I will support the implementation of A Weight off Your Mind by…..……**

**Sharing/Promoting…**

* discussing with our staff teams and clients – promoting A Weight off Your Mind to help with the cultural shifts, bringing up to date information on the resources
* sharing it with mental health networks
* sharing with teams to spread awareness of A Weight off Your Mind sharing information with active secondary prevention
* introduce the concept to any relevant clients we have. Push out promotional activities through social media
* sharing information about it.
* to share information on activity/groups in Hartlepool
* introducing it to undergraduate students of public health. Pre-registered nursing in adult mental health and learning disabilities and community pharmacy practice
* raising awareness amongst the clinical teams I work with
* finding out whether our mental health service for older people at Gateshead health is included

**Engagement/Influencing others….**

* ensuring our physical activity service engages service users more by offering a healthy eating course that can go side by side with the physical activity
* ensuring that when I work I will link A Weight off Your Mind programme with key drivers
* embedding principles within my organisation when looking at strategic planning

including delivery

* encouraging GP practices to undertake annual health checks for people with learning disabilities
* exploring as a team what we do currently and how to develop treatment/support regarding obesity
* taking the suggested tips on board and implementing change. Researching closely how our product and service offer details with “A Weight off Your Mind” prioritising locality services within our regions
* building relationships with acute hospitals
* connecting the work with our own in bariatric surgery psychology services and work on preventative help for the future further and to develop further
* collaborate with local authorities to check what they are doing around the same issues

**Working with service users……**

* “making every contact count”, not shying away from discussing the impact of weight and carry resources with me to offer people
* giving service users opportunities to learn about healthy choices and to try new foods and activities
* listening to service user voices and implementing their views and thoughts into service provision wherever possible
* offering informed choice, lifestyle coaching and listening to peoples aspirations offering guidance
* engaging any patients and openly talking about weight and the importance of this
* ensuring all patients have had an annual physical health check
* engaging with peer support workers within Northumberland Tyne and Wear and ensuring service user feedback and engagement is central
* request a live forum on body image on digital service Kooth.com (online support for young people)
* introducing activities to engage people to live life to the full
* supporting the digital aspect. We have a platform that will help you implement the plan. The platform can connect all key stakeholders
* encouraging all who come into ReCoCo to find out more if they wish to begin to eat better and exercise more

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**I will follow the principles of co-production by………**

**Direct action……**

* holding monthly meetings with our peer support workers and service users to do more service design
* always asking for service users input/contribution from early planning phase of any project I lead
* using local focus groups to produce actions plans alongside service user representation on steering groups
* shadowing members of staff in acute hospitals
* looking more closely at partnership arrangements with which we as service providers are engaging and jointly reviewing towards outcome focussed goals benefiting all stakeholder groups
* working closely with GP at link meetings
* using the framework with the trust
* making sure everyone who has participated in the process gives feedback and any actions carried through to a conclusion
* understanding from a trust perspective what the expectations are to re-evaluate and to develop this service

**Working with service users….**

* encouraging those with lived experience to become involved in facilitating courses or updating procedures
* encouraging carers to join our local carers centre who promote wellbeing, outings and exercise
* ensuring that these principles are key to all the work we undertake
* being a role model
* ensuring that I listen to service users and carers when delivering therapy and feed these back
* listening to feedback from patients
* listening to what our clients say and want to achieve. Building groups and activities and their wants and hopes
* liaising with support groups, agencies etc. Include lifestyle goals within care plans
* working with Fulfilling Lives Experts by Experience to engage with beneficiaries at services to build an independent platform for co-production
* engaging with peer support workers within Northumberland Tyne and Wear and ensuring service user feedback and engagement is central
* listen and speak with specific groups to improve services – Then Act!
* continuing to work with our group members to innovate and further develop
* being a person with a very caring nature and helping in any way I can with charities at Age UK Sunderland, SSAFA (the armed forces charity)
* including those with a lived experience in all in curriculum design and delivery
* signposting people to resources