



LOOKING TO IMPROVE YOUR HEALTH?

WE CAN HELP YOU



**EAT
WELL**



**MOVE
MORE**



**LOSE
WEIGHT**



**BE
SMOKEFREE**



**DRINK
LESS**

TEL: 020 3434 2500

ONE YOU KENSINGTON
AND CHELSEA

We offer a range of **FREE**, community services for Kensington and Chelsea residents, supporting them to make meaningful changes to their health. Our trained advisors are on hand to support your journey to a new you.

LOOKING TO GO SMOKEFREE?

We can help you by offering six weeks of free stop smoking support and twelve weeks of medication to help you go smokefree. You'll be up to four times more likely to quit for good with our service.



LOOKING TO FEEL BETTER?

Get 1-to-1 advice from our team of Health Coaches to support you to make changes to your health and wellbeing. Learn to understand your habits and behaviours, with unwavering support every step of the way. Choose from a range of topics, from eating well on a budget, to stress and relaxation!

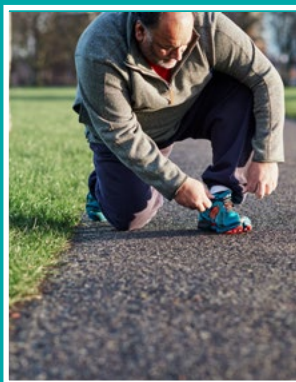
LOOKING TO LOSE WEIGHT?

12 weeks of free group sessions alongside 1-to-1 support from a health coach to kick start your weight loss journey. We will help you understand the key lifestyle changes required to positively impact your weight. Sessions can be done face-to-face or remotely to suit your needs.



LOOKING TO MOVE MORE?

Our activity sessions are open to all abilities and run by our team of trained advisors who will tailor sessions to your ability. We offer guided walks, swimming, and equipment free exercises you can use at home, so why not try something new today?



LOOKING TO DRINK LESS?

Drinking in excess of national recommendations can be detrimental to your health and wellbeing. If you want to drink more mindfully, or lower your consumption; our advisors can support you to make these changes and bring your consumption to a safer level.

WHO IS ELIGIBLE?

Any Royal Borough of Kensington and Chelsea residents who are over the age of 18 and on discussion with our team are identified as benefiting from support to lead a healthier lifestyle.

Please note that the exception to this is our Stop Smoking programme which can support people from the age of 12 upwards.

HOW DO I SIGN UP?

You can access our free service by contacting us on [020 3434 2500](tel:02034342500), going to our website, or asking your GP for more information.

One of our team will then be in touch to arrange your healthy lifestyle assessment, your first step on the road to a new you.

ACCESS OUR **FREE** SERVICES TODAY

www.oneyou-rbkc-westminster.org.uk

hello@oneyoukensingtonandchelsea.org.uk

Tel. 020 3434 2500

  @oneyourbkc

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AND CHELSEA