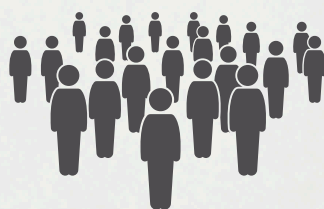


ONE YOU PLYMOUTH

The Wellbeing Team had a busy few months from April to June 2024. Here's a snapshot of activity...

381

people attended community events



23

Mental Health First Aiders accredited

“ A great thought-provoking course with very considerate trainers. ”



43

people engaged in the Wellness and Weight Loss programme

One You Plymouth have partnered up with Plymouth Argyle Community Trust to deliver a new weight management programme



140

community and workplace health checks completed

“ I had no idea I had high blood pressure. I have none of the symptoms. I was told to contact my GP straight away. I've been put on medication to bring my blood pressure down. I'm really glad I had the check. ”



198

people quit smoking



143

took up Swap to Stop offer



182

took up 'no strings attached' vape offer



41

New Wellbeing Champions joined us

bringing our network to a total of 616



One You Plymouth are working with other organisations in Plymouth to create a community of practice for community walks. Our first network meeting was September.

98

People have completed 4MH: Emotional Resilience Training



City College Plymouth

achieved their Bronze Award in the Wellbeing at Work Awards

