



Creating healthier, happier, independent lives.

At times, some of us may struggle to keep as physically and socially active as we'd like. We've all got our reasons – too many things to do, not enough time, haven't got the energy or willpower, too cold or hot, not sure how to, no-one to do it with and so on. So, how about taking part in an exclusive program that gives you the chance to remain physically active and socially connected at your pace.

While most wellbeing programs are rigid, prescriptive and impersonal, adopting a one-size-fits-all approach, our **Wellbeing 360** program has been put together in consultation with residents, to make sure that it meets exact needs, abilities and lifestyles. It offers a fresh approach to wellbeing in later life. It's motivational and easy to do but most of all, it's fun.

"I would recommend this to everyone!"



Healthy body, active mind, fuller life.

Our **Wellbeing 360** service is an inclusive and holistic program that will encourage you to live a supported healthy, active and connected lifestyle in a way which best suits you. You might prefer some assistance. And that's fine. Or you might be confident enough to get on with it under your own steam. That's fine too. The choice is yours.

Our approach is simple, flexible and personalised. The program promotes and enhances quality of life by identifying your needs and creating a plan around you; offering you the knowledge, tools and opportunities to promote physical, mental and social wellbeing; and giving you the opportunity to catch up with old friends and make new ones.



"Additional years of healthy living – priceless"



Active anytime, anywhere.

At the start of the program, which is delivered as part of your service charge, you'll be offered an initial health assessment that provides testing and guidance beyond what would be offered by a GP practice. This includes blood pressure, BMI, cholesterol and glucose testing, and strength, cardio and balance tests – results which will be used to calculate your biological age.

Using these outcomes, your advisor will work with you to put together a realistic action plan that suits you, taking into account your ability and aspirations. This might include anything from gentle stretching and seated exercises to relaxation and meditation techniques, dietary advice and weight loss programs to participation in sports.

What might have once been a barrier to being physically active or socially interactive will soon disappear. You'll feel fitter with increased energy levels, have increased mobility, balance and confidence, and experience better sleep and less stress. The benefits are endless, and remember, the choice is yours.



"It's improved my exercise by 100%"





"Additional years of healthy living – priceless."

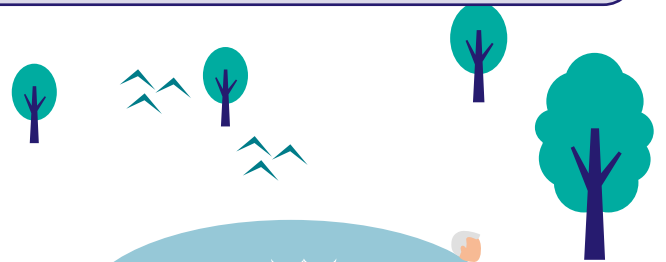


Your Wellbeing 360 Journey



2. Personalised planning

Your advisor will talk to you about your abilities, lifestyles and goals, and create a personalised plan that best suits you.



4. The choice is yours

Your advisor will guide you through your chosen activities and show you how you can join the online group activities and access the library of information and videos.



6. With you every step of the way

Although your advisor will be by your side, albeit virtually, throughout, they'll carry out 6-monthly reviews to monitor your progress and make any adjustments to your program.





1. Let's get started

Meet your personal wellbeing advisor, who will introduce you to the Wellbeing 360 service.

3. Smart health check

If you choose to, your Wellbeing 360 advisor will assess your health thoroughly including blood pressure, BMI, cholesterol and glucose testing, and strength, cardio and balance tests.

5. Ready, steady, go

Once you feel confident, it's time to start your personal program and join in with some of the online group meetings and activities.

7. Let's look at the improvements

Twelve months later, your advisor will meet with you and carry out the same set of tests to compare results and discuss outcomes.

Bringing it all together.

The program is delivered and overseen by a dedicated and professional Wellbeing Advisor, who, if you want, will actively develop your individual program and guide you through your chosen activities, either through video calls or webinars.

Here's a summary of what **Wellbeing 360** includes:

-  Connect with other like-minded residents
-  Participate in group webinars and classes
-  Comprehensive health check and personalised wellbeing program
-  Live and recorded yoga and stretching classes
-  Online group meetings and group challenges
-  Advice on nutrition and diet
-  Coaching and support at a time to suit you
-  Goal-setting and regular reviews to make sure you're on track
-  Information sheets on mindfulness and relaxation
-  Online library of healthcare and wellbeing videos and information
-  Help with access to digital platforms and use of healthcare apps
-  Access to wellbeing and healthcare product/service discounts.





"Your team has been absolutely brilliant! It's given us a purpose. Instead of just sitting around, we've had lots to do. I've given up salt on food, and sugary snacks, and been walking more and doing the balance exercises and other exercises every day. I haven't slept well for years but over the last month or so, I've been sleeping much better."



Demonstrable Results



Improved fitness



Increased energy levels



Improved mental wellbeing



Biological Age reductions



Improved sleep



Value Proposition for our Customers

Features

- ✓ Delivered to home, no need for transport
- ✓ Comprehensive health check
- ✓ Tailored to them and their community
- ✓ 1-1 service
- ✓ Available anytime to suit them
- ✓ Flexible
- ✓ Friendly/supportive/approachable
- ✓ Independent of estate services

VFM

- ✓ Health check beyond GP offered – private value £200+
- ✓ Access to healthcare discounts through hero platform
- ✓ Reduced need for gym membership

Benefits beyond

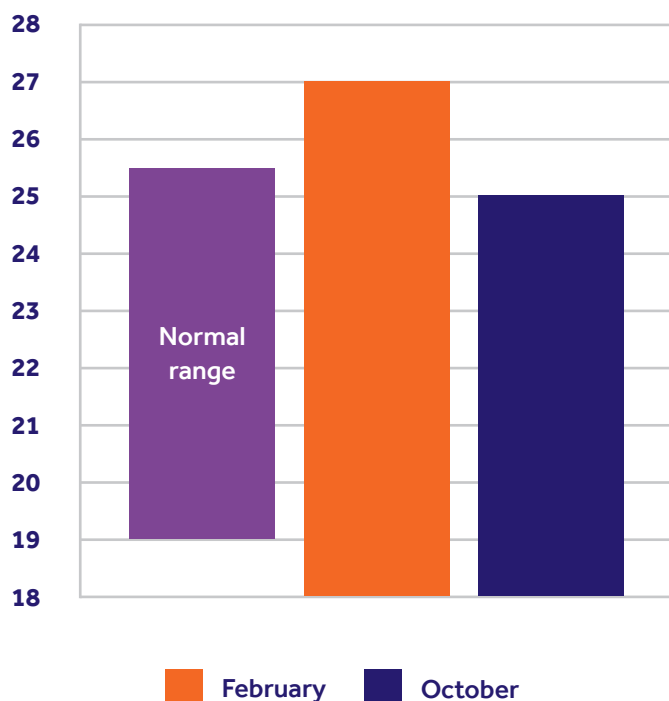
- ✓ BIO Age
- ✓ Digital engagement



Performance Statistics – Health Outcomes

October 2020

BMI

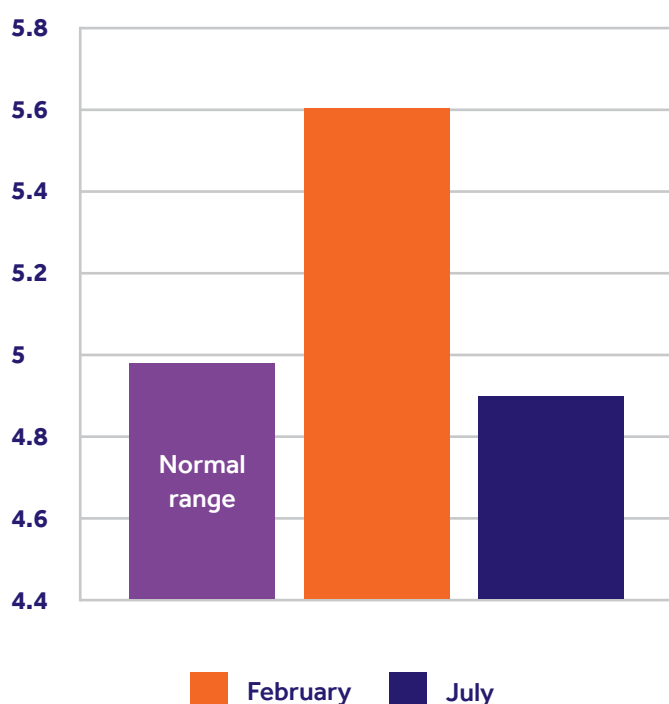


Blood Pressure

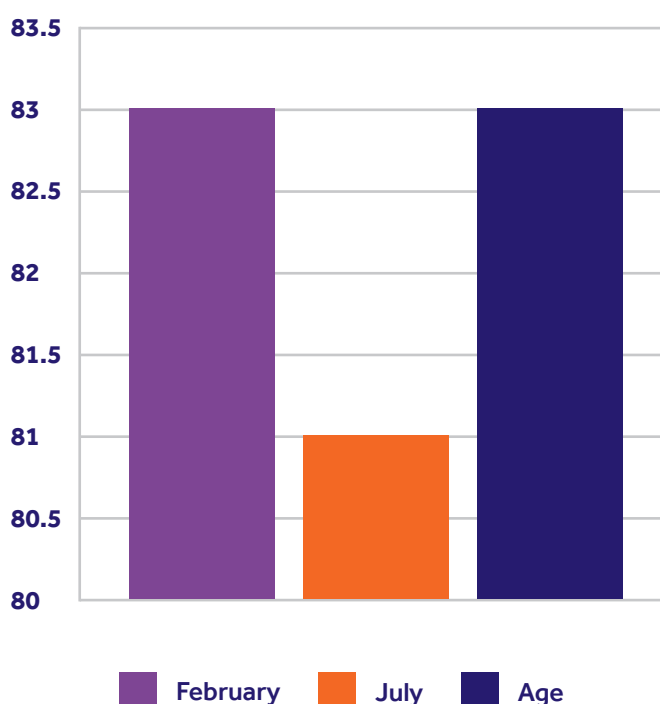
Reduced average blood pressure from **pre-high** to **normal range**



Cholesterol Levels



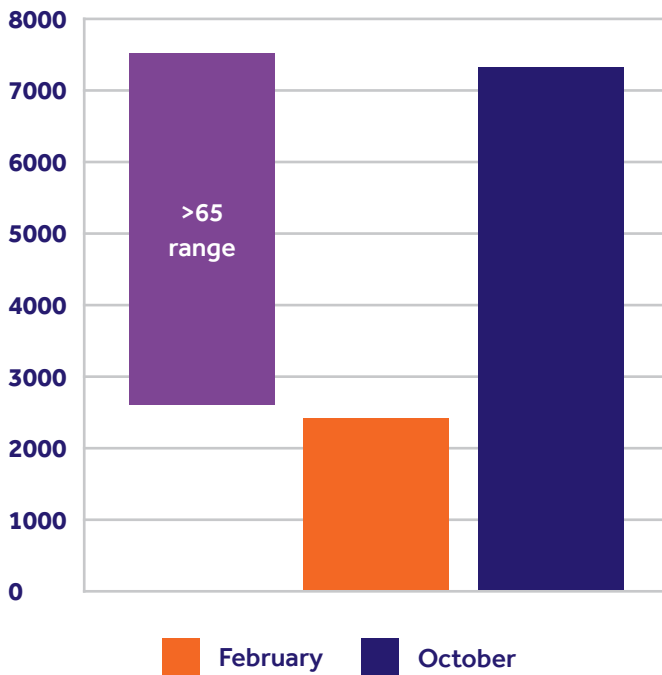
BIO Age - 2 years



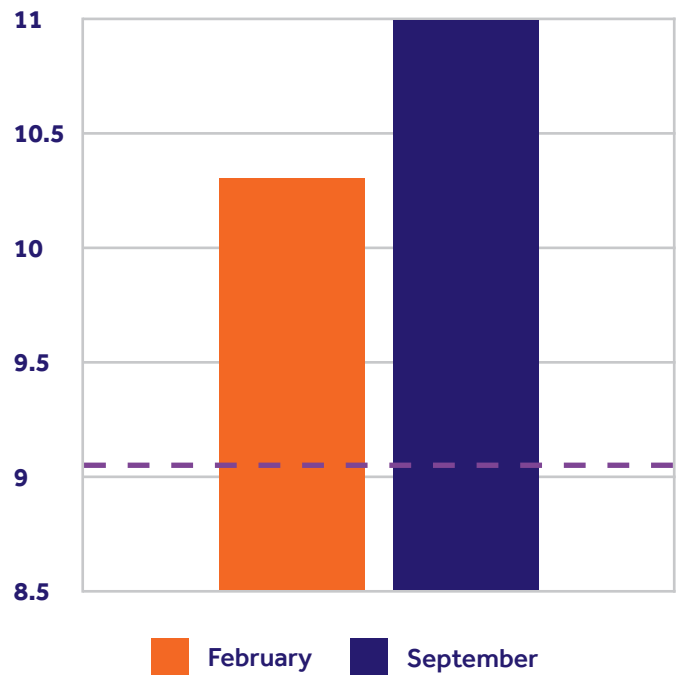
Performance Statistics – Fitness Outcomes

October 2020

Average Steps per Day

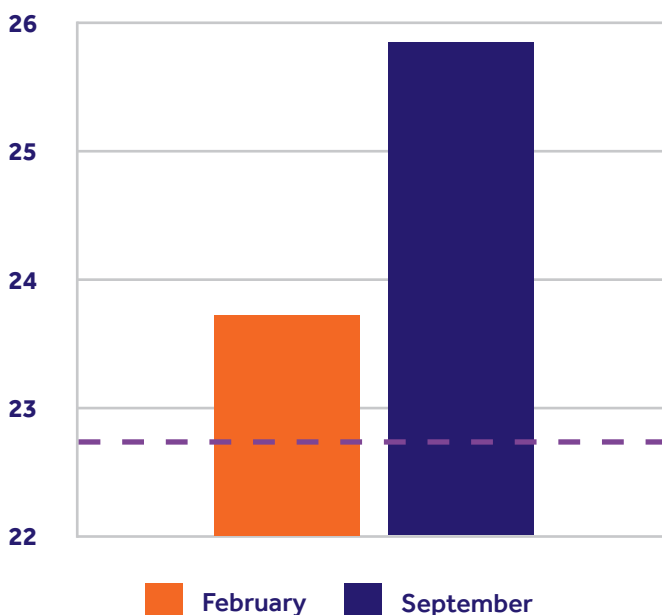


Sit to Stand (Average >65 = 9)



225% Improvement

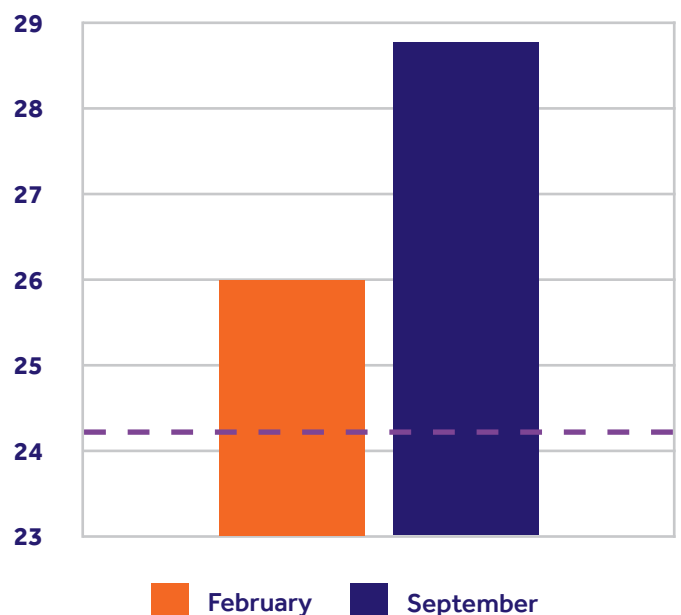
Strength (Hand Grip & Sit to Stand) (Ave > 65 = 23))



9% Improvement

9% Improvement

Balance (Average >65 = 24 seconds)



11% Improvement







hero

To find out more please contact:

Julie Gibson, Wellbeing Advisor

T: **07903 570910**

E: **julie.gibson@anchor.org.uk**



Anchor Hanover Group is a charitable housing association with registered society No 7843. Registered Provider No. LH4095. Registered office: Anchor Hanover Group, Suites A & B, The Heal's Building, 22-24 Torrington Place, London, WC1E 7HJ.