

# **Alcohol Brief Interventions and Support – Your Health Oldham**

## **What is it?**

Your Health Oldham (ABL Health) is a comprehensive, cross-risk factor Health Improvement and Weight Management Service supporting residents and workers in Oldham or those registered with an Oldham GP. The service integrates support for multiple lifestyle factors—helping people move more, manage their weight, stop smoking, and reduce alcohol consumption—all within a single, coordinated programme.

Recognising the interconnected nature of these health challenges, Your Health Oldham embeds alcohol reduction messages and support across all lifestyle services. This means that regardless of whether someone joins the service for weight management, smoking cessation, or physical activity, they will receive tailored information and resources to reduce the risks related to excessive alcohol use.

At the start of any lifestyle intervention, clients complete the AUDIT-C questionnaire during their ‘My Story’ appointment, a holistic and strengths-based assessment that also explores clients’ assets, support networks, and personal goals. The AUDIT-C score guides the level of alcohol support provided:

Clients scoring 15 or below receive brief advice and goal-setting around alcohol reduction alongside their other lifestyle interventions, all coordinated through a key worker who ensures clients only share their story once, avoiding duplication across services.

Clients scoring 16 or above are referred to Turning Point for specialist alcohol recovery support, while still maintaining access to Your Health Oldham services. A practitioner from Turning Point is based on site for easy drop-in support, facilitating a seamless transition back to lifestyle interventions once alcohol dependency issues are addressed.

This integrated, multi-risk factor approach ensures holistic, person-centred care that addresses tobacco use, weight management, and alcohol consumption together, supporting lasting behaviour change and improved health outcomes.

## **How did it happen?**

Your Health Oldham engaged early with Turning Point and set up a Memorandum of Understanding at the start of their contract. The process was co-produced with Turning Point before Your Health Oldham’s contract went live, and has been reviewed over time

to ensure the process remains fit-for-purpose in ensuring clients receive the necessary support.

### **How did you involve the community?**

From the outset, Your Health Oldham proactively engaged with Turning Point, co-producing a Memorandum of Understanding before the contract began to ensure a strong foundation for collaboration. This agreement has been regularly reviewed to keep the process effective and responsive to clients' needs.

Turning Point has a long-standing presence in Oldham, bringing deep community awareness, experience, and engagement insights to their work supporting residents with alcohol dependency. Their established connections and understanding of the local community play a crucial role in mobilising resources and raising awareness, enhancing the reach and impact of the partnership in delivering vital support.

### **What were the challenges and how were they overcome?**

The partnership between Your Health Oldham and delivery partner Turning Point was co-designed and embedded within Your Health Oldham's core contract to enable seamless, cross-sector working. To strengthen this collaboration, a member of Your Health Oldham staff was seconded to Turning Point to deliver stop smoking clinics directly from their site.

Initially, attendance at these clinics was low, prompting both organisations to explore joint outreach opportunities at local events to raise awareness and promote the comprehensive support available. This collaborative approach has enhanced community engagement and broadened access to services.

Currently, Your Health Oldham and Turning Point are jointly reviewing and refining referral pathways and the drop-in clinic model to maximise the effectiveness of their partnership. This close working relationship ensures clients receive coordinated, holistic care without duplication, improving outcomes across tobacco cessation, alcohol recovery, and wider health improvement services.

### **What have you learnt?**

The arrangement Your Health Oldham has with delivery partner Turning Point, to deliver targeted alcohol reduction sessions in collaboration, has proven to be an effective way of identifying what additional support clients may need for safe alcohol consumption. In 2024 alone, over 2000 AUDIT-C questionnaires were completed with clients accessing Your Health Oldham's services.

### **Further information**

ABL Health – [Reduce Alcohol](#)

Your Health Oldham – [Alcohol Advice](#)

Turning Point – [Drugs and Alcohol Support](#)