



## The Healthier You: NHS Diabetes Prevention Programme is provided by Living Well Taking Control in Bristol, North Somerset & South Gloucestershire

We are very pleased to announce that our group-based face-to-face programme will be delivering in your area from 1st August 2022. These sessions will take place in your Local Community, local to your home address or General Practice.



### Service offers available

Face to Face – Group-based face to face program. Hosted at a local community venue near to your home or general practice address. A dedicated Locality Coach will support you throughout the entire course.

Digital – One to one health coaching provided through a free app on a smart phone or tablet.

All service offers are interactive and enjoyable, helping participants prevent the likelihood of developing Type 2 Diabetes.

You won't be alone, joining a programme to support people who are also at risk of developing diabetes is a great opportunity to gain support from others who are in a similar position.

Places on the programme are limited and we encourage you to accept your invitation as soon as your Coach contacts you



### About the programme

This programme aims to help you reduce your risk of progressing to Type 2 Diabetes and complications associated with Type 2 Diabetes; it will improve your knowledge, ability and confidence to make better lifestyle choices, helping you towards:

- A healthier diet
- Better exercise
- Emotional wellbeing and ways to manage stress
- Weight management



COVID-19 Measures

We strongly advise that you continue to wear a face mask when attending group sessions to ensure that Covid 19 is minimised at all stages of service delivery. Should you feel unwell or have COVID-19 symptoms you should not attend a face-to-face session and contact your Locality Coach.

For more information about Healthier You, please visit our website  
[www.lwtcsupport.co.uk](http://www.lwtcsupport.co.uk)

For more information about how to reduce your risk of developing type 2 diabetes, please visit [www.diabetes.org.uk/preventing-type-2-diabetes](http://www.diabetes.org.uk/preventing-type-2-diabetes)



# Do you have Type 2 Diabetes?

Our **Living with Diabetes** day is designed for anyone who has been diagnosed with type 2 diabetes within the last 18 months.

The session is facilitated by trained educators, including a dietitian and diabetes specialist nurse.

#### Topics include:

- What is diabetes and how it could affect you
- What kind of care you should expect and how to ask for it
- How to manage your diabetes
- Living life with type 2 diabetes
- Local support and information
- Dispelling myths and an opportunity to ask questions



"The course enabled me to understand my condition and how best to manage it, rethink what I eat and be more active."

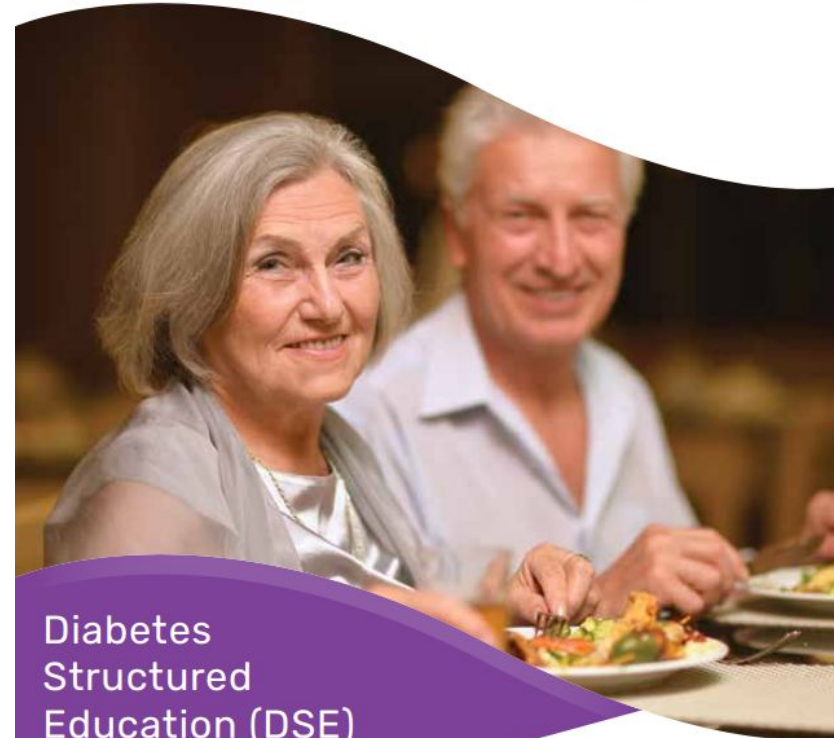
"I like that, there were lots of times built in for discussion and questions. Covered lots of useful information."

Contact the service using

**0300 124 5908**

or [sirona.dans@nhs.net](mailto:sirona.dans@nhs.net)

Service provided by



## Diabetes Structured Education (DSE)

**Courses and sessions for people with type 2 diabetes**

Service provided by







We are  
safe and  
healthy

**NHS**

# NHS DIGITAL WEIGHT MANAGEMENT PROGRAMME



## Why obesity matters

Obesity is a serious health concern that increases the risk of many other health conditions, including Type 2 Diabetes, cardiovascular disease, joint problems, mental health problems, and some cancers.

There is also evidence to suggest that people living with obesity are at higher risk of the more severe outcomes associated with COVID-19.

### Welcome to the NHS Digital Weight Management Programme

Your GP Practice has put you forward for the new NHS Digital Weight Management Programme.

The programme offers free, online access to weight management services for those who have a BMI greater than 30 and who also have diabetes or high blood pressure, or both. The BMI threshold will be lower at 27.5 for people from Black, Asian and ethnic minority backgrounds, as we know people from these ethnic backgrounds are at an increased risk of conditions such as Type 2 diabetes at a lower BMI.

The NHS Digital Weight Management Programme is an accessible and convenient way to help you develop healthier eating habits, be more active and lose weight.

You will only be able to access this programme if you have a smartphone or computer with internet access.





### Register for the programme

Which of the following best describes you?

- I have type 2 diabetes
- I'm at risk of type 2 diabetes
- I care for / support a person with type 2 diabetes
- I am a friend or family member of someone living with type 2 diabetes
- I have type 1 diabetes
- I am a healthcare professional / I work in the diabetes field
- None of the above

Continue

### What is Healthy Living for people with type 2 diabetes?

Healthy Living is a free, online NHS programme that supports people to live well with type 2 diabetes.

It includes information and advice about:

- type 2 diabetes
- eating well
- becoming more active
- how to look after your body and mind
- other NHS services and support
- living with diabetes, including driving, working and travelling

You can use the Healthy Living programme whenever suits you, and for as long as you need - there is no limit to access so you can learn at your own pace. It can also be used alongside any other diabetes programmes or education you may be taking part in.

#### Register now

Sign up now by completing the registration form.

# NHS Online programme



# The NHS Type 2 Diabetes Path to Remission Programme\*



A **FREE** new one year programme to support you to:

Worth approx. **£1,200\*\***

- Lose weight - approx. 2 stone / 14kg on average in 3 months
- Stop or reduce your diabetes medications on Day 1 of the programme
- Feel fitter, healthier and happier
- Potentially put your diabetes into remission.

## Type 2 diabetes remission

This means your blood sugar levels are no longer in the range for diabetes and you don't need to take any diabetes medications! Some people call this reversing but we prefer the term remission because your diabetes can come back so you still need regular reviews.

**Research tells us that you're more likely to achieve remission if you:**

- Have been recently diagnosed
- Take fewer or no diabetes medications
- Lose more weight and keep it off

## Am I eligible?

You need to be:

- Registered with a GP practice in Bristol, North Somerset or South Gloucestershire
- Aged 18-65
- Diagnosed with Type 2 diabetes within the last 6 years
- Above a healthy weight
- Able to commit to a 12-month programme
- Willing to be coached individually either at 22 in-person appointments or using an app
- Comfortable with just soups and shakes for the first 12 weeks.

**You also need to meet various other eligibility criteria, including:**

Not on insulin, not pregnant / planning pregnancy in the next 12 months, and not had bariatric surgery.

If you're eligible and interested ask your GP practice for more details.



## What is the programme?

The NHS Type 2 Diabetes Path to Remission has three-phases over one year – all at no cost to you:

1. You'll follow a low calorie diet for 12 weeks – your choice of soups and shakes totalling 800-900 calories per day
2. You'll gradually replace these products with healthy, tasty meals over 6 weeks
3. You'll receive ongoing support for the next 8 months to help you maintain your weight loss.

Our trained Coaches will support you with easy-to-use tools and techniques to lose weight and keep it off. Each of the 21 in-person or app-based 'sessions' focuses on a new topic about nutrition, physical activity or lifestyle change.



You'll be given the meal replacement products and a range of high-quality resources including Workbooks, a Lifestyle logbook, recipes, a pedometer and a year's access to the EXi physical activity app premium version for - **ALL FREE**. If you choose the digital service you'll also get access to our app.

## How will it help me?

Participants have told us how they've lost weight and reduced their diabetes and blood pressure medications. Some have even put their Type 2 diabetes into remission.



Many participants have become fitter, healthier and happier, seeing improvements in their mental and physical health and a range of other conditions.

“Overall, my quality of life has improved so much” Waqas, 36

“I'm caring more for myself and feel more energetic. It's changed my life” Joanna, 60

“If I was feeling low or demotivated, I came out of the meetings feeling positive” Michelle, 49

“At last, I've been offered something to help me” Justin, 46



Visit [momentanewcastle.com/case-studies](https://momentanewcastle.com/case-studies) for participant videos and for more detailed stories.

## What next?

The NHS has funded only 500 places on the NHS Type 2 Diabetes Path to Remission Programme in the area. If you're interested don't delay as places are limited. You can find out more here:

[momentanewcastle.com/t2dr-bnssg](https://momentanewcastle.com/t2dr-bnssg)

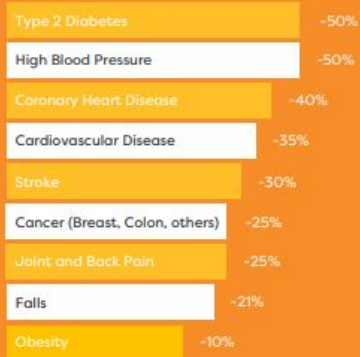


## Being active is important for your Diabetes

### What good things could being more active do for you?



Reduce your risk by being more active. All adults keeping physically active reduces your chance of:



How can being active improve my general fitness?



### Follow these Top Tips to keep you active:

- The benefits outweigh the risks
- Remember to start slow, progress gradually and make it enjoyable.
- Build up your confidence
- The benefits to those who are inactive are huge - you need to do less activity to get the same benefits as someone who is more active!
- Check your feet and always wear appropriate footwear
- Listen to your body
- If you are on sulphonylurea or insulin avoid physical activity within 2 hours of a meal as that is the period you are most at risk from hypos (although the risk is very low in Type 2 Diabetes)
- If you are on insulin/sulphonylurea check your blood sugar level the first time you do a new exercise, so you know how your body reacts
- Take part in physical activity with friends or in a group for support and motivation
- Wear your alert bracelet and/or tell someone where you are going

### Build activity into everyday life:





North Somerset

Lose Weight

Stop Smoking

Get Active

Eat Well

Drink Less

Healthy Families

Mental Health and Wellbeing

More ▾



Self Assessment

Practitioners Area

## Being Active with a Long Term Health Condition

If you're living with a long-term health condition, the benefits of physical activity far outweigh the risks.

Everybody's situation is different, moving more when you can is important. We want to support you to find ways to be active that work for you and your health condition



Overview

Information

Hints and Tips

Self Help Tools

News



## Our **Healthy Lifestyles Advisors** are here to support you to:

-  Get Active
-  Eat Well
-  Lose Weight
-  Stop Smoking

Our friendly team will work together with you for 12 weeks to find ways you can reach your healthy lifestyles goals.



Support is free and focussed on your individual needs. We will listen to any concerns you might have and won't judge you, we are here to help! This can be 1-1, in a group, face-to-face, over the phone or a video call.

If you live in North Somerset and would like support to improve your health by changing your habits and behaviours for the long term complete our Health MOT at [www.betterhealthns.co.uk](http://www.betterhealthns.co.uk) to check if you are eligible.

If you are eligible for our support, and choose to register, we'll get in touch and start working together to achieve your healthy lifestyle goals.

**Call:** 01934 427 661

**Email:** [healthylifestyles@n-somerset.gov.uk](mailto:healthylifestyles@n-somerset.gov.uk)

 BetterHealth\_NS  BetterHealthNS





# GP Referral Exercise Scheme – Scotch Horn Leisure Centre

Active Adults

Being Active with a Long Term Health Condition

Get Active

Moving More



**Scotch Horn Leisure Centre in Nailsea offer various exercise on referral schemes.**

## Benefits of the schemes

The aim of the sessions is to encourage anyone with a \*medical condition to become more physically active and have an increased sense of wellbeing. Other benefits of the schemes include:

- Improved health and mobility
- An exercise program tailored to meet individual needs
- A chance to meet new people
- A safe environment with friendly staff
- In some cases, a reduction in the need for medication

## Sessions

### Steps to Health Gym Sessions

Supervised gym sessions with a qualified Steps to Health instructor to help guide you through your fitness journey

Steps to Health sessions run on the following days/times:

Tuesday: 11am to 11.55am or 12pm to 12.55pm

Wednesday: 10am to 10.55am

Thursday: 12pm to 12.55pm



### Healthy Lifestyles Advisors: Lose Weight

The North Somerset Healthy Lifestyles Advisors can support you to Lose Weight with 1-1 and group support available over a...

[Find out more](#)



### Health, Exercise, Nutrition (HEN) Postnatal Group

HEN Postnatal is a free healthy lifestyles course for North Somerset residents who have given birth in the last year. ...

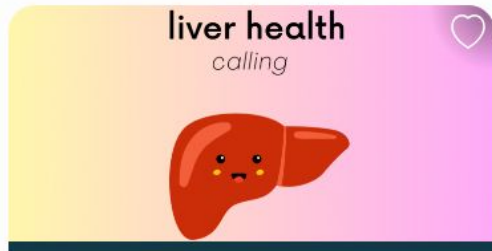
[Find out more](#)



### Fit Robins

Fit Robins is a 12 week wellness and weight management programme for men living in North Somerset, delivered by the...

[Find out more](#)



### New offer of Liver Health support in the community

A new offer of Liver Health support in The Bournville is being launched, created by North Somerset Council's Public Health...



### Choose 2 Lose

Where: Hutton Moor Leisure Centre (Weston-super-Mare) and Scotch Horn Leisure Centre (Nailsea) Offers 12 weeks of group support to improve...



### Slimming World Support

North Somerset residents aged 16 and over with a body mass index (BMI) equal to 30 or more (28 or...



# Live Longer Better

Checked: 21-12-2023 by **3 Vicky Ryan** Next Review: 19-12-2025

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## Overview

The [Live Longer Better Digital programme](#) is a digital self-management programme empowering participants to take charge of their health and wellbeing.

It is available to patients across BNSSG aged **60+** with two or more long term health conditions.

### What is the Live Longer Better programme?

A FREE online programme with 10 parts that will discuss what happens to us as we get older and give practical guidance and tools to help people achieve their potential. These include:

- follow along routines for strength, stamina, balance and suppleness;
- training to keep your brain sharp;
- building a mood-boosting plan; and
- social connection, purpose and supporting others.

Participants will complete the programme in a small group of people who also have multiple health conditions; all supported by a health coach. It's designed to be completed over 10 weeks and is flexible, so participants can complete it at a time, place and pace of their own choosing.

For all queries please contact the Live Longer better team at: [info@livelongerbetter.uk](mailto:info@livelongerbetter.uk)

## Access

### Requirements

To access the programme participants will need a computer, tablet device or phone that is able to stream video via the internet. If they do not have this or do not feel confident to use it, they can provide the email address of a friend or family member in the next step so they can support you in accessing the programme.

### Self-referral

[Simply complete the form online.](#) Participants will then be sent an email with an invitation to join the programme.



# NAILSEA ACTIVE

Public group · 2.9K members



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# Nailsea Health Walks



Walks are on Mondays at 11am

8, 15, 22 and 29 January  
at Millennium Field, behind Scotch Horn Sports Centre,  
BS48 1BZ

5, 12, 19 and 26 February  
at The Grove Sports and Social Club, BS48 4NQ

4, 11, 18 and 25 March  
at Millennium Field, behind Scotch Horn Sports Centre,  
BS48 1BZ

Different durations/distances are offered to cater for all  
abilities (30-90 minutes)

**Aimed at individuals who want to start and stay active**

**Assistance dogs only**

**If you need support to walk, please bring someone with you**

**Please wear suitable clothing and footwear**

**No need to book, just come along!**

**Contact Diane and Gordon Bennett: 01275 810 067**

**Physical Activity Team: 01275 882 730**

[GetActive@n-somerset.gov.uk](mailto:GetActive@n-somerset.gov.uk)

[www.betterhealthns.co.uk/get-active/walking/](http://www.betterhealthns.co.uk/get-active/walking/)



Health Walks

