

Signposting patients to online (digital) Diabetes and weight management services in Wiltshire, Hampshire and Dorset

Diabetes UK

<https://www.diabetes.org.uk/guide-to-diabetes/enjoy-food/eating-with-diabetes>

The Diabetes UK website has lots of information about diet and weight management:

- How to enjoy food and eat healthily for people with type 1, type 2 diabetes and gestational diabetes
- Carbohydrate awareness and carbohydrate counting
- Weight management
- Low carbohydrate diets
- Mediterranean diet
- Diabetes and fasting
- Sugar and sweeteners
- Free 7 day meal plans and recipes for downloading including low carbohydrate diet, Mediterranean diet, low calorie meal plans, vegan and vegetarian meal plans, cooking for one, for a family of four and eating on a budget.

Eating Well with Diabetes guide

Diabetes UK have also recently republished their 'Eating Well with Diabetes' guide which is free of charge to order, or can be downloaded free of charge to a computer or electronic device:

<https://shop.diabetes.org.uk/collections/eating-well-with-diabetes/products/eating-well-with-diabetes>

The aim of the Eating well with Diabetes guide is to help people understand what a healthy, balanced diet and make the right choices for their diabetes. It's got helpful information about shopping, cooking and eating at home, as well as tips on eating out.

Learning Zone

There are lots of good resources on the internet that can support patients with their diabetes. Our preferred one is the Learning Zone on the Diabetes UK website which is suitable for people with type 1 and type 2 diabetes:

<https://learningzone.diabetes.org.uk>

British Dietetic Association (BDA) Food Facts sheets

The BDA Food Fact Sheets are written by dietitians to help people learn the best ways to eat and drink to keep their body fit and healthy. These are a few examples of the many BDA Food Fact sheets available

Type 1 Diabetes: <https://www.bda.uk.com/resource/diabetes-type-1.html>

Type 2 diabetes: <https://www.bda.uk.com/resource/diabetes-type-2.html>

Weight loss: <https://www.bda.uk.com/resource/weight-loss.html>

Carbohydrates: <https://www.bda.uk.com/resource/carbohydrates.html>

Fats: <https://www.bda.uk.com/resource/fat.html>

Heart Health: <https://www.bda.uk.com/resource/heart-health.html>

Glycaemic Index: <https://www.bda.uk.com/resource/glycaemic-index.html>

Carbs and Cals

www.carbsandcals.com

The Carbs and Cals website and resources were developed by Diabetes Specialist Dietitians in the UK and include free videos and PDF information sheets for viewing or downloading.

For:

- Carbohydrate awareness: how much carbohydrate is needed and carbohydrate counting
- Low calorie diets
- Low carbohydrate diets
- Book purchase
- Download subscription apps for carb and calorie counting

Other useful weight management and healthy eating resources

Body Mass Index (BMI) calculator <https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/>

NHS Weight Loss Plan <https://www.nhs.uk/better-health/lose-weight/>

British Heart Foundation Healthy eating and taking control of your weight

<https://www.bhf.org.uk/information-support/support/healthy-living/healthy-eating>

<https://www.bhf.org.uk/information-support/support/taking-control-of-your-weight>

The Healthy Portion Plate <https://shop.diabetes.org.uk/products/the-healthy-portion-plate>

Wiltshire

Wiltshire Health & Care Diabetes Specialist Dietitians

The Wiltshire Health and Care Community Dietetics service for adults and children in the community and community hospitals. It supports people make dietary changes to prevent and treat nutrition -related diseases such as diabetes.

Diabetes specialist dietitians work in the community and in the south of the county at Salisbury District Hospital providing dietetic advice to patients under the care of the adult diabetes service (antenatal diabetes, young adult, type 1 diabetes and insulin pump clinics). They support adults with type 1, type 2 and other types of diabetes to manage their diabetes, to achieve a healthy diet and lifestyle and to improve their blood glucose levels, blood pressure and lipid levels. They also help support people with diabetes and other co- related health conditions such as Coeliac disease, pancreatic exocrine insufficiency, dyslipidaemia, obesity and chronic kidney disease to manage their conditions.

The diabetes specialist dietitians also play a very active role in delivering the diabetes education programmes for people with type 1 and type 2 diabetes, and training other health and care staff, along with the community diabetes specialist nurses.

How to refer patients to the Diabetes Specialist Dietitians:

To refer a person with diabetes to the community dietetic service please complete dietetic referral form on Ardens and send to:

Wiltshire Health & Care Community Dietetics Service,
Chippenham Hospital, Rowden Hill, Chippenham, Wiltshire, SN15 2AJ
Tel. 01249 456512email: whc.wiltshiredietetics@nhs.net

Note: newly diagnosed patients with type 2 diabetes are better referred to the XPERT Diabetes course (see section on Diabetes structured education programmes in Wiltshire).

Diabetes structured education programmes in Wiltshire

Type 2 diabetes structured education:

X-PERT Diabetes course

A 6 week course (6 x 2.5 hour once weekly sessions) delivered virtually or as a group, led by a diabetes specialist dietitian and diabetes specialist nurse / diabetes educator. The course aims to help people with type 2 diabetes improve their knowledge, skills and confidence in diabetes self-management, and reduce their risk of diabetes related complications.

Suitable for:

- Patients requiring in depth diet and weight management advice

- Patients interested in learning how to put their diabetes into remission.
- Exploration of emotional and mental wellbeing

For the virtual XPERT group courses, participants need access to a smartphone, tablet device or computer with internet access.

How to refer a patient to the XPERT Diabetes course

Please complete the diabetes structured education referral form on Ardens and send to: whc.diabeteswellbeing@nhs.net.

NHS 'Healthy Living' digital structured education programme

A free NHS digital structured education programme for people with type 2 diabetes. It provides knowledge and information to help support them to manage their condition. Participants need access to a smartphone, tablet device or computer with internet access. The NHS Healthy Living programme is for:

- People with newly diagnosed with type 2 diabetes
- Non- English language speakers - it is available in 15 different languages.

Referral: Please encourage patients to self-register for the Healthy Living programme at: www.healthyliving.nhs.uk.

Type 1 diabetes structured education:

Wiltshire Freedom for Life course:

A free 4 week group course (4 x 3 hours) led by a trained diabetes specialist dietitian and diabetes specialist nurse . The course aims to help people with type 1 diabetes improve their knowledge, skills and confidence in managing their diabetes, and reduce their risk of diabetes related complications.

The Freedom for Life course is for people with type 1 diabetes on a basal-bolus insulin regime and helps individuals to closely match their insulin to food and lifestyle, and manage their diabetes with fewer restrictions. The course covers:

- What is type 1 diabetes?
- Understanding how their insulins work
- Carbohydrate counting
- Insulin management
- Glucose and ketone monitoring
- Hypoglycaemia, hyperglycaemia and illness management
- Physical activity, driving, employment, alcohol, sexual health
- Preventing and managing diabetes related complications
- Knowing what diabetes health checks and care they should receive.

Referral: To refer a patient to the XPERT Diabetes course please complete the diabetes structured referral form on Ardens and send to:

whc.diabeteswellbeing@nhs.net.

My Type 1 diabetes' e-learning programme

www.mytype1diabetes.nhs.uk

'My Type 1 Diabetes' consists of 7 free e-learning courses for adults with Type 1 diabetes, to help increase their understanding and confidence in self-management, and reduce their risk of diabetes related complications.

The courses cover a range of topics useful for people who are newly diagnosed, as well as those needing a refresher in topics such as:

- Understanding type 1 diabetes
- Carbohydrate counting
- Living with type 1 diabetes
- how the FreeStyle Libre 2 system works.

They also have elearning courses for:

- teenagers and young adults transitioning to adult services
- for people with type 1 diabetes referred for and being considered for starting insulin pump therapy, and
- for those who are already on insulin pump therapy to help them to get optimal benefit out of using their insulin pump therapy.

Referral: Please encourage patients to self-register for the 'My Type 1 Diabetes' e-Learning programmes at: <https://elearning.mytype1diabetes.nhs.uk/>

For more information about any of Wiltshire Health & Care's diabetes structured education courses and to discuss the suitability of referring a person to any of our group education or digital courses , please contact the community diabetes team at Chippenham Hospital on tel. 01249 456483 , email: whc.diabetesnurses@nhs.net.

Weight management programmes

'Healthy Us' weight management programme: a free 12 week adult group weight management programme open to anyone living in the Wiltshire Council area, aged 18 years or over (14+ with a parent or carer) and with a BMI of 28 kg/m² or above. It is appropriate for people with health conditions* such as type 2 diabetes, controlled high blood pressure and depression. Participants can self-refer and bookings are available for both virtual and face to face courses. Individuals have their weight taken each week and are encouraged to work towards a 5% weight loss goal by week 12; with follow up sessions up to 12 months.

For:

- The tools to make small but sustainable changes to lose weight and maintain this weight loss
- Each interactive session is one hour with a variety of topics which will support weight loss.
- Behaviour change

There are a range of options available to access the programme:

- 12-week adult group programme, face to face and virtual
- 12-week **'Move with Bath'** group programme, face to face with physical activity from Bath Rugby (Men only)

Referral: Encourage patients to self register for the 'Healthy Us' programme:

Email: health.coaches@wiltshire.gov.uk

Telephone: 0300 003 4566 (option 1)

For further information and booking details regarding the 'Move with Bath' programme, visit: Move with Bath (www.bathrugby.com).

Healthy Us Group Weight Management Programme for adults with learning disabilities

'Healthy Us Group Weight Management Programme for adults with learning disabilities' is a free weight management and healthy lifestyle programme available to anyone living in Wiltshire (with a Wiltshire postcode), aged 18 years or over, with a body mass index (BMI) of 28 or above and have a learning disability. The programme focuses on teaching individuals about what a healthy, balanced diet is and how to achieve it, the importance of physical activity, sleep, and stress management, as well as the behaviour change techniques to achieve personalised goals and targets. Each session is interactive and covers different topics each week which will support weight loss.

There are a range of options available to access the programme:

- 6 x 1-2-1 sessions, face to face or virtually using Microsoft Teams
- 12-week group programme, face to face only (includes a cookery session by Phunky Foods ©)
- 12-week 'Move with Bath' group programme, face to face with physical activity from Bath Rugby Foundation (includes a cookery session by Phunky Foods ©)

For care providers, day centres and other organisations - bespoke programmes delivered within the residential house/day centre, at least 6 weeks long, to help embed changes within the setting

NOTE: A capacity assessment and decision should be completed by the referral source. We highly encourage support worker presence and engagement during the

programme. For the course to be beneficial for the client, we emphasise that the client is capable of making justified decisions of their own eating behaviours, food and drink choices; retaining information; using/ weighing up information as part of the process of making the decision to change behaviours for a healthier lifestyle.

For more information, and how to refer patients to the 'Healthy Us Group Weight Management Programme for adults with learning disabilities' please contact the Wiltshire Health Improvement Hub:

Email: health.coaches@wiltshire.gov.uk, telephone: 0300 003 4566 (option 1)

Active Health

This is a low cost 12 week physical activity programme at a local leisure centre for adults and young people aged 16 and above (provided participants meet certain criteria*) that a GP or healthcare professional can refer them to.

An Active Health membership is for 12 months from initial consultation and a trained exercise professional will devise a programme that is suitable for the individual to help them to become more active

For:

- Initial one-to-one consultation
- Regular email or telephone contact and reviews at both six and 12 weeks. Throughout the programme, activities are charged at a concessionary rate.
- Includes gym, swimming, walking or exercise groups

After their 12 week review they are encouraged to exercise independently but will still benefit from the concessionary pricing structure.

For more information, and how to refer patients to 'Active Health', please contact the Wiltshire Health Improvement Hub:

Email: health.coaches@wiltshire.gov.uk, tel. 0300 003 4566 - option 1

Facebook: www.facebook.com/WiltshireHealthImprovementHub

NHS Digital weight management programme

The NHS Digital weight management programme provides free digital support for adults with BMI > 30+ (or BMI > 27.5 for people from Asian, African and Afro-Caribbean ethnic minority groups) plus diabetes and/or hypertension, to help manage their weight or improve their health. Behavioural and lifestyle interventions are delivered over 12 consecutive weeks via App or web-based platform. Referral is via GP / community pharmacy through e-referral (e-RS).

<https://www.england.nhs.uk/digital-weight-management/>

The NHS Digital weight management programme is a NHSE commissioned digital weight management programme which supports adults living with obesity who also

have a diagnosis of diabetes, hypertension or both, to manage their weight and improve their health. It is a 12-week online behavioural and lifestyle programme that people can access via a smartphone or computer with internet access. GP surgeries or community pharmacies can refer people with obesity (BMI > 30 kg/m²) and diabetes, hypertension, or both, via the e-referral system.

Unsuitable for referral:

Any person that meets any of the following exclusion criteria is unsuitable for the programme:

- recorded as having moderate or severe frailty
- is pregnant
- has an active eating disorder
- has had bariatric surgery in the last two years
- people for whom a weight management programme is considered to pose greater risk of harm than benefit.

For people aged over 80 years old, the referrer will need to confirm on the referral form that a weight management programme is considered likely to pose greater benefit than harm.

How to refer from general practice:

<https://www.england.nhs.uk/digital-weight-management/information-for-healthcare-professionals/information-for-general-practices/>

Patient leaflets to support the NHS Digital weight management programme are available free to download:

<https://www.england.nhs.uk/publication/the-nhs-digital-weight-management-programme-patient-leaflets/>

WAMS (Weight Assessment and Management Service) and bariatric (weight loss) surgery service

The WAMS (Weight Assessment and Management Service) and Bristol bariatric surgery (BBS) services for Wiltshire patients are provided by the obesity management and bariatric surgery specialist teams at Southmead Hospital in Bristol, which is part of North Bristol NHS Foundation Trust.

WAMS provides non-surgical, multi-disciplinary weight management support and interventions for a 6-12month period. This may be in the form of individual one-to-one appointments with a dietitian and / or psychologist, or through their 8 session Mood and Food group programme. WAMS also supports appropriate individuals to prepare for bariatric (weight loss) surgery.

It is national guidance that an individual receives intensive support from a specialist weight management service, such as WAMS, before they can be considered for a

referral to the bariatric surgery team. There may be some exceptions to this rule for those who have other medical issues that require urgent treatment.

Different eligibility criteria apply depending on which area patients come from. For Wiltshire patients the criteria are:

- BMI 40+ without co-morbidities and has received level 2 interventions (i.e. has completed 12 week NHS digital weight management or 'Healthy Us' weight management programme)
- BMI 35+ with significant co-morbidities (e.g. type 2 diabetes, sleep apnoea, hypertension, heart disease, etc.) and has received level 2 interventions
- BMI 50+

The patient must be in agreement with the referral to WAMS and understands that they must demonstrate a long-term commitment to making diet and lifestyle changes.

Referrals to WAMS: <https://www.nbt.nhs.uk/clinicians/services-referral/bristol-weight-management-bariatric-service-bwmbs-clinicians>

For administration or referral advice please contact:

Zoe Woodward – WAMS Co-ordinator

- Address: Office 2, Gate 38, Brunel building, Southmead Hospital, Westbury-On-Trym, Bristol. BS10 5NB

Telephone: 0117 414 1028, email: t3wms@nbt.nhs.uk

Bristol Bariatric Surgery (BBS) service offers primary and revision bariatric surgery (including laparoscopic gastric band, gastric bypass and sleeve gastrectomy).

Bariatric Surgery can be considered as a possible treatment option for people with obesity when:

- BMI >40 kg/m² or person with BMI 35-40 kg/m² who has other significant disease that could be improved if they lost weight (e.g. type 2 diabetes, hypertension, dyslipidaemia, obstructive sleep apnoea, Benign Intracranial Hypertension etc.).
- All appropriate non-surgical measures have been tried but the person has not achieved or maintained adequate, clinically beneficial weight loss.
- The person has been receiving or will receive intensive management in a Tier 3 service (WAMS).
- The person is generally fit for anaesthesia and surgery.
- The person commits to the need for long term follow up.

Bariatric surgery is the option of choice (instead of lifestyle interventions or drug treatment) for adults with a BMI of > 50 kg/m² when other interventions have not been effective.

Patients with a BMI >35 kg/m² who have recent-onset type 2 diabetes should be offered an expedited assessment for bariatric surgery, as long as they are also receiving, or will receive assessment in a Tier 3 service (WAMS).

Consider an assessment for bariatric surgery for people with BMI 30-35 kg/m² who have recent onset type 2 diabetes as long as they are also receiving or will receive assessment in a Tier 3 service (WAMS).

Consider an assessment for bariatric surgery for people of Asian family origin who have recent onset type 2 diabetes at a lower BMI than other populations as long as they are also receiving or will receive assessment in a Tier 3 service (WAMS).

Referrals to BBS: The bariatric surgery team accept referrals from:

- Primary care via letter detailing BMI and co morbidities.
- Interprovider service

These should be sent to:

Pauline Clifford/Diane Smith, Obesity Services Coordinators

Office 2, Gate 38, Level 3, Brunel building

Southmead Hospital, Westbury-on-Trym, Bristol. BS10 5NB

Telephone: 0117 414 0855 or 0117 414 0854

Hampshire

Diabetes education courses and workshops

The West and North Hampshire Diabetes service provides a range of virtual and face to face diabetes group courses and workshops for people with Type 1 and Type 2 Diabetes.

For people with Type 1 Diabetes:

- Diamond course (a short course for those with newly diagnosed with Type 1 diabetes)
- SHINE course (a longer course to learn about carbohydrate counting and insulin dose adjustment)
- PATCH Together (a short online education session for people who qualify for the FreeStyle Libre 2 system)

For people with Type 2 Diabetes:

- New to Type 2 Diabetes
- WISER Education (for those diagnosed with Type 2 diabetes for more than a year)
- Carbohydrate and Insulin workshop
- Carbohydrate counting workshop (for people with type 2 diabetes on basal bolus insulin treatment)

<https://www.southernhealth.nhs.uk/our-services/a-z-list-of-services/wnhcds>

Hampshire weight management services and resources

Tier 1 - Hampshire Council Public Health

<https://www.hants.gov.uk/socialcareandhealth/publichealth/practitionerresources>

tier 2 - Weightwatchers: The course is free – patients can self-refer and can choose between either 12 sessions of weekly WeightWatchers group meetings and full access to all the online tools (desktop and App tools). Alternatively they can choose to access WW online only.

How to refer: online referral form or call the number below and quote the reference number quoting WWRS095 to access the service for free:

www.weightwatchers.com/uk/hampshire

tel. 0345 602 7068 (Monday – Friday 9am – 6pm or Saturday 9.00 am – 5.00 pm)

Criteria for self referral:

- Aged 18 year or over (16 & 17 year olds with GP consent)
- For South Asians, Black African, Middle – Eastern or Chinese with a BMI of 23- 27kg/m² are identified as overweight

- For South Asians, Black African, Middle – Eastern or Chinese with a BMI of 27.5kg/m² and above are identified as obese.
- Be identified as obese (BMI ≥30)
- Resident in the administrative county of Hampshire (excluding Southampton/Portsmouth residents)

tier 3 - The Weigh Ahead Service:

‘The Weigh Ahead’ Tier 3 Specialist Community Weight Management Service for severe and complex obesity will provide you with an extra option to support patients who are obese, and help your patients and your team manage their obesity. The service has been designed to lead to better outcomes for your patients and to be more cost effective to the NHS in the longer term.

Referral criteria:

- Patients must be aged 16 or over
- Patients must have a BMI ≥ 35 (with co-morbidities)
-

‘The Weigh Ahead’ service offers clinics at 18 sites across Southampton, Hampshire, the Isle of Wight and Dorset.

For further information see Weigh Ahead website or call 023 8076 4964

<https://www.spirehealthcare.com/spire-southampton-hospital/treatments/weight-loss/the-weigh-ahead/>

tier 4 bariatric surgery service- via local bariatric surgery provider (but doesn't state which providers on the Hampshire Public Health website or weight management pathway)

Dorset

Diabetes education courses for people with Type 1 and Type 2 Diabetes

These are provided separately by the hospital Diabetes teams at Bournemouth Poole and Dorchester Hospitals (type 1 diabetes) and by the Dorset Healthcare Community Diabetes and Intermediate Diabetes Dietetic Teams (type 2 diabetes). Patients need to be referred by their GP or practice nurse. For more information see their separate websites:

<https://www.uhd.nhs.uk/services/bdec/diabetes>

<https://www.dchft.nhs.uk/service/diabetes-centre/>

<https://www.dorsethealthcare.nhs.uk/patients-and-visitors/our-services-hospitals/physical-health/dorset-diabetes>

Dorset weight management services and resources

tier 1- see Dorset Public Health website:
<https://www.publichealthdorset.org.uk/>

tier 2 - LiveWell Dorset: the scheme gives patients 12 weeks free support via vouchers to attend either Slimming World or Weight Watchers (patients choose which provider). Also included is attendance at two further sessions to keep patients going at 6 and 12 months after they start.

Patients can register with LiveWell Dorset by [registering online](#) or phoning freephone 0800 840 1628

<https://www.livewelldorset.co.uk/>

tier 3- the Weigh Ahead Service (as for Hampshire)

For further information see Weigh Ahead website or call 023 8076 4964
<https://www.spirehealthcare.com/spire-southampton-hospital/treatments/weight-loss/the-weigh-ahead/>

tier 4 - Bournemouth bariatric surgery team , Royal Bournemouth Hospital

Information compiled by the Wiltshire Care & Health Community Diabetes and Dietetics services and updated on 25/05/23

For more information please contact the Wiltshire Health & Care Community Diabetes and Dietetics Services, Chippenham Hospital, Rowden Hill, Chippenham, Wiltshire, SN15 2AJ

Community Diabetes: Tel. 01249 456483, email: whc.diabetesnurses@nhs.net

Community Dietetics: Tel. 01249 456512, email: whc.wiltshiredietetics@nhs.net