

Havering Adult Weight Management Services

Commissioned Weight Management Services

Check full eligibility criteria & suitability for programme

Tier 1: NHS Weight Loss Plan app

- All residents with overweight/obesity

Tier 2: Live Healthier Havering

- Universal offer for adults with overweight/obesity
- Specialist tailored offer for adults with a learning disability

Tier 3: Specialist Weight Management

- Referral to Homerton available in extreme circumstances

Tier 4: Bariatric Service



Diabetes Prevention/Programmes for Patient with Type 2 Diabetes

Check full eligibility criteria & suitability for programme

• Diabetes Prevention Programme

- Pre-diabetes or previous gestational diabetes

• NHS Type 2 Path to Remission Programme

- Diet/tablet-controlled type 2 diabetes diagnosed within past 6 years

• NHS Digital Weight Management

- Type 2 diabetes with overweight/ obesity and/or hypertension for programme



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Local Sports & Leisure Facilities

Indoor Leisure Centres and gyms:

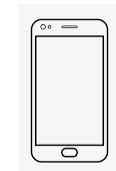
Harrow Lodge Leisure Centre – Hornchurch
Abbs Cross Leisure Centre – Hornchurch
Sapphire Ice and Leisure – Romford
Better Gym, Romford – Romford
PureGym – Romford
Nuffield Health – Romford
YMCA Club – Romford
Rainham Leisure Centre – Rainham
Central Park Leisure Centre – Harold Hill
David Lloyd Leisure Centre – Gidea Park

Outdoor gyms:

Hacton Lane Outdoor Gym
Queens Hospital Outdoor Gym
Lodge Farm Outdoor Gym

Online Resources & Apps

- NHS 12 Week Weight Loss Plan
- NHS Live Well
- Couch to 5K
- Active 10
- Her Spirit
- This girl can
- Green outdoor gym



Other Fitness Opportunities

- Park Runs: Raphael Park, Harrow Lodge Park
- Walking for Health Havering
- Havering Nordic Walkers
- Recommend meLondon
- <https://www.tgogc.com/find-a-gym>
- Sport England library of free physical activity resources: [Join the Movement | Sport England](#)

Discounted Gym Memberships

1. Exercise Referral Scheme, information
 2. Through Better Health Campaign with free online library of health resources
- <https://www.everyoneactive.com/content-hub/health/gp-referral/>



Service Details

Service	Target Population	Overview	Intervention Length	Eligibility criteria	Exclusion criteria	Referral Process	Referral Route
<p>NHS Digital weight management</p> <p>https://www.england.nhs.uk/wp-content/uploads/2021/06/The-NHS-Digital-Weight-Management-Programme-General-Practice-Toolkit.pdf</p>	Type 2 diabetes with overweight/ obesity and/or hypertension	<p>A 12-week online behavioural and lifestyle programme. People can access it via a smartphone or computer with internet access. This programme offers digital weight management support via a 12 week intervention at 3 intensity levels:</p> <ul style="list-style-type: none"> Level 1: Digital support only Level 2: Digital support + human coaching Level 3: Digital support + enhanced human coaching <p>The 'Referral Hub' triages patients to one of three levels of intervention based on demographic features associated with greater likelihood of non-completion of a weight management programme (based on evidence from the NHS Diabetes Prevention Programme). Service users will have a choice of provider for a 12-week digital weight management service.</p>	12 weeks	<ul style="list-style-type: none"> Over the age of 18 Has a BMI of 30+ (adjusted to ≥ 27.5 for people from Black, Asian and ethnic minority backgrounds) Has a diagnosis of diabetes (Type 1 or Type 2) or hypertension or both. 	<ul style="list-style-type: none"> Currently pregnant Diagnosed eating disorder Significant unmanaged comorbidity Bariatric surgery within the past 2 years Moderate/severe frailty (as recorded on frailty register) For patients aged >80, further supporting information requested from GP to ensure suitability 	Trained health care professional via GP surgery	Referrals via ERS
<p>NHS Type 2 Path to Remission</p> <p>https://oviva.com/uk/en/for-primary-care-t2dr/</p>	Type 2 diabetes with overweight/obesity	<p>A 12 month treatment programme with the aim of achieving diabetes remission. The programme is lifestyle-led health management, rather than a medication first approach. It supports patients with significant weight loss (15kg), improvement in HbA1c and reduction in medication needs. Patients are offered a choice of digital or F2F care and their Oviva clinician supports them in 1:1 sessions through:</p> <ul style="list-style-type: none"> Oviva Change - 12 weeks of total diet replacement, 800-900 calories a day. Followed by 6 weeks of food reintroduction, tailored to the patient. Oviva Sustain - 34 weeks of establishing new healthy habits <p>Patients are guided to use our unique digital tools and Oviva learn content to support their journey and can continue to access these once they have completed the programme.</p>	12 months	<p>Criteria is based on DiRECT Trial.</p> <ul style="list-style-type: none"> Min age of 18 and max age of 65 years old Min BMI of 27kg/m² (25kg/m² in people of ethnic minority origin). BMI obtained from self-measured weight is acceptable for referral. If this cannot be obtained, a clinic-measured value within the last 12 months may be used, provided there is no concern that weight may have reduced, such that the individual would not be eligible for the programme at present. Diagnosed with within the last 6 years HbA1c eligibility, most recent value, which must be within 12 months: <ul style="list-style-type: none"> If on diabetes medication, HbA1c 43-87 mmol/mol If not on diabetes medication, HbA1c 48-87 mmol/mol If there is any concern that HbA1c may have changed since last measured, such that repeat testing may indicate that the individual would not be eligible for the programme at present, HbA1c should be rechecked before referral is considered. Must have attended for monitoring and diabetes review when last offered, including retinal screening, and commit to continue attending annual reviews, even if remission is achieved. This does not exclude newly diagnosed patients. 	<p>Current insulin use</p> <ul style="list-style-type: none"> Pregnant or planning to become pregnant within the next 6 months Current breastfeeding Significant physical comorbidities: active cancer, heart attack or stroke in last 6 months, severe heart failure defined as equivalent to the New York heart Association grade 3 or 4 (NYHA), recent eGFR <30 ml/min/1.73m², active liver disease (non-alcoholic fatty liver disease (NAFLD) is not an exclusion), a history of hepatoma or <6 months of onset of acute hepatitis Active substance use disorder Active eating disorder (including binge eating disorder) Porphyria Known proliferative retinopathy that has not been treated Had bariatric surgery (those on the waiting list not excluded) Patient has been discharged from the programme previously within the last 12 months Health professional assessment that the person is unable to understand or meet the demands of the treatment programme and/or monitoring requirements 	Trained health care professional via GP surgery	Complete the referral form which is embedded into your clinical system and send it to: ovivauk.t2dr@nhs.net .
<p>NHS Diabetes Prevention Programme</p> <p>https://healthieryou.org.uk/</p>	Pre-diabetes	<p>The Healthier You: NHS Diabetes Prevention Programme is a 9-month tailored, personalised programme offering support to reduce risk of type 2 diabetes through holistic wellbeing support underpinned by behaviour change with education around the five pillars of health: nutrition, mindset, movement, sleep & alcohol.</p> <p>Patients can choose from 3 programmes:</p> <ul style="list-style-type: none"> In person group programme. Digital programme delivered by Second Nature. Tailored remote courses for specific cohorts of patients. 	9 months	<ul style="list-style-type: none"> Be aged 18 or over. Has 'non-diabetic hyperglycaemia' (NDH) identified by blood test within the last 12 months. Non-Diabetic Hyperglycaemia (NDH) HbA1c of 42-47.9mmol/mol (6.0%-6.4%), Fasting Plasma Glucose (FPG) of 5.5-6.9mmol/l If the patient has a history of Gestational Diabetes Mellitus (GDM) then HbA1c can be below 42 or FPG below 5.5 	<ul style="list-style-type: none"> Pregnant Has blood results suggesting type 2 diabetes. Bariatric Surgery within the last 2 years. Active Eating Disorder. 	Trained health care professional via GP surgery	Complete the referral form which is embedded into your clinical system and send it to: healthier.you@nhs.net Self-referral: 0333 047 9999 or https://healthieryou.org.uk/register/ NHS Number

Service Details

Service	Target Population	Overview	Intervention Length	Eligibility criteria	Exclusion criteria	Who can refer	Referral Route
<p>Live Healthier Havering</p> <p>https://www.everyoneactive.com/centre/harrow-lodge-leisure-centre/live-healthier-havering/</p> <p>https://www.everyoneactive.com/centre/harrow-lodge-leisure-centre/live-healthier-havering-learning-disability/</p>	<p>All Havering residents with overweight/obesity</p> <p>Specialist programmes for adults with a mild to moderate learning disability</p> <p>Priority given to participants who live in a deprived Havering postcode</p>	<p>Live Healthier Havering provides free practical support and guidance to empower individuals to make small, realistic changes to their diet and health to enable people to live healthy lives.</p> <p>The programme consists of group-based sessions for up to 15 people at a time which are open to all ages (18yrs+), genders and abilities with programmes running across Havering. All programmes are led by qualified weight management and exercise specialists so you will receive expert and up-to-date support free of charge.</p> <p>We require you to be motivated to making lifestyle changes and commit to attending a weekly 2 hour session consisting of a 1 hour class room based session and a 45 minute low impact physical activity session for 12 weeks and maintenance period of follow ups periodically for up to a year.</p> <p>Self-referral or referral by health professional.</p>	<p>12 weeks with up to one year follow up</p>	<ul style="list-style-type: none"> • Aged eighteen years or over • Havering resident • Adults with a BMI equal to or greater than 25 kg/m² (adjusted to 23 kg/m² in people of Black African, African-Caribbean and Asian origin), up to BMI of 44.9 kg/m² • Please note that where places on the scheme are limited priority will be given to adults with a BMI equal to or greater than 30 kg/m² (adjusted to 27.5kg/m² in people of Black African, African-Caribbean and Asian origin), up to BMI of 44.9 kg/m² • We ask that individuals in the post-natal period (0- 3 months) speak to their 	<ul style="list-style-type: none"> • BMI over 44.9 kg/m² • Any unstable medical condition • Previous Myocardial Infarction (MI) • Severe/moderate frailty as recorded on a frailty register • An individual who is pregnant • Has a diagnosed eating disorder • Has ongoing alcohol and drug misuse that would significantly impair ability to engage with a period of structured weight management programme • Has a significant unmanaged co-morbidity • Has had bariatric surgery in the last two years • Uncontrolled hypothyroidism • Untreated Cushing's syndrome • Unstable major psychiatric illness • Active retinal haemorrhage • Those who have previously attended the scheme • Individuals who are currently on the NHS 12-week Digital Delivery Weight Management Service • Individuals who are currently on the National Diabetes Prevention Programme (NDPP) 	<p>Trained health care professional via GP surgery</p> <p>Patient self-referral</p>	<p>Patients can also self-refer using the link: https://www.everyoneactive.com/centre/harrow-lodge-leisure-centre/live-healthier-havering/</p> <p>https://www.everyoneactive.com/centre/harrow-lodge-leisure-centre/live-healthier-havering-learning-disability/</p> <p>havingweightmanagement@everyoneactive.com</p> <p>01708 463181</p>
<p>Exercise on Referral</p> <p>https://www.everyoneactive.com/centre/harrow-lodge-leisure-centre/live-healthier-havering-learning-disability/</p> <p>https://secure.referral.net/referrals/EveryoneActiveReferrals/Refer</p>	<p>Havering residents with physical or mental health conditions</p>	<p>The Exercise on Referral (EOR) Scheme provides 12 weeks of discounted gym membership to Havering residents aged 16 yrs+ who experience with physical or mental health conditions which would benefit from increased physical activity. Referrals are required from healthcare professionals such as GPs, Practice Nurses, Hospital Consultant, Physiotherapists and Social Prescribers</p> <p>Participants are required to attend at least 2 sessions weekly – this programme is not free of charge and prices start from £26.24 per month</p>	<p>12 weeks</p>	<p>Residents 16+ with at least one of the following: Asthma, Cancer, Cardiovascular disease, COPD, Covid-19 rehabilitation, Dementia Depression, Diabetes Type 1, Diabetes Type 2, Fibromyalgia or chronic pain, Hyperlipidemia, Hypertension, ME, Metabolic syndrome, MS, Muscle and Joint, Pain, Obesity, Osteoarthritis, Osteoporosis, Parkinson's Disease, Peripheral Arterial, Disease, Stress/Anxiety, Stroke</p>	<ul style="list-style-type: none"> • Acute heart failure • Claudication • COPD/Emphysema (with ventilatory limitation) • Hypertension: Systolic 180 and above – Diastolic 110 and above • Individuals at high risk of falls • Palliative care • Phase III and IV cardiac rehabilitation • Pregnancy • Unstable Psychiatric illness/cognitive impairment/dementia • Recent stroke (within 3 months) • Severe OA or RA • Unstable angina or uncontrolled cardiac disease • BP drop > 20 mmHg demonstrated during ETT • Resting tachycardia > 100 bpm • Uncontrolled atrial or ventricular arrhythmias • Unstable diabetes • Febrile illness (temperature over 38 degrees) • (Absolute contraindications taken from BACR 2006 Phase IV Exercise Instructor Training Manual and ACSM (2006) Guidelines for Exercise Testing and Prescription). 	<p>GPs, Practice Nurses, Hospital Consultant, Physiotherapists, Social Prescribers</p>	<p>Referrals via ERS</p> <p>https://secure.referral.net/referrals/EveryoneActiveReferrals/Refer</p>
<p>NHS Weight Loss Plan app</p> <p>Lose weight - Better Health - NHS (www.nhs.uk)</p>	<p>General population with overweight/obesity</p>	<p>free 12-week diet and exercise plan.</p> <p>The plan, which has been downloaded more than 7 million times, is designed to help you lose weight safely – and keep it off.</p>	<p>12 weeks</p>	<ul style="list-style-type: none"> • Over the age of 18 • Has a BMI of 25+ (adjusted to ≥23.5 for people from Black, Asian and ethnic minority backgrounds) 		<p>Freely available on the App Store and Google Play.</p>	