

# Havering Adult Weight Management Services

## Commissioned Weight Management Services

*Check full eligibility criteria & suitability for programme*

### Tier 1: NHS Weight Loss Pan app

- All residents with overweight/obesity

### Tier 2: Healthier Havering

- General population with overweight/obesity



### Tier 3: Not currently commissioned

**Tier 4:** Not currently commissioned within BHR, referred across London, if needed.

## 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
- **Low Calorie Diet 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



UNIVERSAL SERVICES

## Local Sports & Leisure Facilities

YMCA Club – Romford YMCA, Rush Green Road, Romford, RM7 0PH  
 David Lloyd – Squirrels Health Lane, Gidea Park, RM11 2DY EA, Central Park Leisure Complex – Gooshays Drive, Harold Hill, Romford RM3 9LB EA, Hornchurch Leisure Complex – Hornchurch Road, Hornchurch, RM11 1JU EA, Sapphire Ice and Leisure – 24 Western Road, Romford, RM1 3JT EA, Abbs Cross - Abbs Cross Lane, Hornchurch, RM12 4YB  
 Better Gym, Romford – 1st Floor, 41 Market Pl, Romford RM1 3AB  
 PureGym Romford – Unit 14, The Brewery, Waterloo Rd, Romford RM1 1AU  
 Nuffield Health, Romford – The Brewery, Romford, RM1 1AU  
 Hacton Lane Outdoor Gym  
 Queens Hopsital Outdoor Gym  
 Lodge Form Outdoor Gym

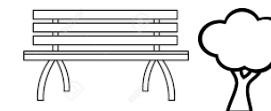
## Online Resources & Apps

- 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 – Sports Development Team
- Havering Nordic Walkers
- Recommend me London
- <https://www.tgogc.com/find-a-gym>



## Discounted Gym Memberships

1. Through Better Health Campaign with free online library of health resources
2. Through Exercise Referral Scheme



Service Details

Service	Target Population	Overview	Intervention Length	Eligibility criteria	Exclusion criteria	Referral Process	Referral Route
<p><b>NHS Digital weight management</b></p> <p><a href="https://www.england.nhs.uk/wp-content/uploads/2021/06/The-NHS-Digital-Weight-Management-Programme-General-Practice-Toolkit.pdf">https://www.england.nhs.uk/wp-content/uploads/2021/06/The-NHS-Digital-Weight-Management-Programme-General-Practice-Toolkit.pdf</a></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"> <li>• Level 1: Digital support only</li> <li>• Level 2: Digital support + human coaching</li> <li>• Level 3: Digital support + enhanced human coaching</li> </ul> <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"> <li>• Over the age of 18</li> <li>• Has a BMI of 30+ (adjusted to <math>\geq 27.5</math> for people from Black, Asian and ethnic minority backgrounds)</li> <li>• Has a diagnosis of diabetes (Type 1 or Type 2) or hypertension or both.</li> </ul>	<ul style="list-style-type: none"> <li>• Currently pregnant</li> <li>• Diagnosed eating disorder</li> <li>• Significant unmanaged comorbidity</li> <li>• Bariatric surgery within the past 2 years</li> <li>• Moderate/severe frailty (as recorded on frailty register)</li> <li>• For patients aged <math>&gt;80</math>, further supporting information requested from GP to ensure suitability</li> </ul>	Trained health care professional via GP surgery	Referrals via ERS
<p><b>NHS Low calorie diet programme (pilot)</b></p> <p><a href="https://xylahealthandwellbeing.com/nhs-low-calorie-diet/north-east-london-marketing-engagement-pack/">https://xylahealthandwellbeing.com/nhs-low-calorie-diet/north-east-london-marketing-engagement-pack/</a></p>	Type 2 diabetes with overweight/obesity	<p>•A 12 month face to face programme (currently delivered online) to support weight loss, remission of type 2 diabetes and maintenance of a long term healthy lifestyle. The programme has three phases including 12 weeks low-calorie total diet replacement with shakes and soups, followed by food reintroduction and maintenance phases. The service includes</p> <ul style="list-style-type: none"> <li>• An initial one-to-one assessment</li> <li>• 20 sessions with your Health &amp; Wellbeing diabetes practitioner</li> <li>• 26 online support modules</li> <li>• Final one-to-one assessment</li> </ul> <p>Xyla Health &amp; Wellbeing, the LCD provider in NEL is accepting referrals until end of June 2022.</p>	1 year	<p>Criteria is based on <a href="#">DIRECT Trial</a>.</p> <ul style="list-style-type: none"> <li>• Age 18-65</li> <li>• Type 2 diabetes diagnosed within the last 6 years</li> <li>• BMI <math>\geq 27\text{kg/m}^2</math> (<math>\geq 25\text{kg/m}^2</math> in patients with black, Asian and minority ethnic background)</li> <li>• HbA1c within the last 12 months, with values as follows: <ul style="list-style-type: none"> <li>- if on oral agents, HbA1c 43-87 mmol/mol</li> <li>- if diet-controlled, HbA1c 48-87 mmol/mol</li> <li>- in all cases, HbA1c must be 87mmol/mol or lower</li> </ul> </li> <li>• Attended diabetes monitoring reviews when last offered, including retinal screening</li> <li>• Commit to continue attending annual reviews, even if remission is achieved</li> </ul>	<ul style="list-style-type: none"> <li>• Current insulin treatment</li> <li>• Pregnant or planning to become pregnant within the next 6 months or currently breastfeeding</li> <li>• Has at least one of the following significant co-morbidities; active cancer, heart attack or stroke in last 6 months, severe heart failure (defined as New York Heart Association grade 3 or 4), severe renal impairment (most recent eGFR less than 30mls/min/1.73m<sup>2</sup>) or active liver disease (not including NAFLD) or active substance use disorder, active eating disorder, Porphyria, known proliferative retinopathy that has not been treated</li> <li>• Has weight loss of greater than 5% body weight in the past 6 months, or is currently on a weight management programme</li> <li>• Currently enrolled on a weight management programme</li> <li>• Has undergone, or is awaiting, bariatric surgery (unless willing to come off waiting list)</li> <li>• Health professional assessment that the person is unable to understand or meet the demands of the NHS LCD Programme and/or monitoring requirements (due to physical or psychological conditions or co-morbidities)</li> </ul>	Trained health care professional via GP surgery	Complete the referral form which is embedded into your clinical system and send it to: <a href="mailto:scwcsu.nellcd@nhs.net">scwcsu.nellcd@nhs.net</a>
<p><b>NHS Diabetes Prevention Programme</b></p> <p><a href="https://xylahealthandwellbeing.com/our-services/diabetes-prevention/">https://xylahealthandwellbeing.com/our-services/diabetes-prevention/</a></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 structured education on healthy eating, weight management and lifestyle, including physical exercise component.</p> <p>Patient information available in 16 languages</p>	9 months	<ul style="list-style-type: none"> <li>• Aged 18 or over</li> <li>• Registered with an NEL GP</li> <li>• Able to take part in light/moderate physical activity</li> <li>• HbA1c 42-47 mmol/mol (6.0-6.4%) or fasting plasma glucose 5.5-6.9 mmols/l within the last 24 months</li> <li>• Women with a past diagnosis of gestational diabetes mellitus (GDM) and a normoglycaemic blood reading within the last 12 months</li> </ul>	<ul style="list-style-type: none"> <li>• Currently pregnant</li> </ul>	<p>Trained health care professional via GP surgery</p> <p>OR</p> <p>Patient self-referral (requires calculation of Diabetes UK risk score)</p>	<p>Complete the referral form which is embedded into your clinical system and send it to: <a href="mailto:scwcsu.nel-ndpp@nhs.net">scwcsu.nel-ndpp@nhs.net</a></p> <p>Self-referral: 0333 577 3010 or <a href="https://preventing-diabetes.co.uk/self-referral/">https://preventing-diabetes.co.uk/self-referral/</a></p>

## Service Details

Service	Target Population	Overview	Intervention Length	Eligibility criteria	Exclusion criteria	Who can refer	Referral Route
<b>Live Healthier Havering</b>  <a href="https://www.everyoneactive.com/news/live-healthier-havering/">https://www.everyoneactive.com/news/live-healthier-havering/</a>	All Havering residents with overweight/obesity	<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>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.</p>	12 weeks with up to one year follow up	<ul style="list-style-type: none"> <li>Aged eighteen years or over</li> <li>Havering resident</li> <li>Adults with a BMI equal to or greater than 25 kg/m<sup>2</sup> (adjusted to 23 kg/m<sup>2</sup> in people of Black African, African-Caribbean and Asian origin), up to BMI of 40 kg/m<sup>2</sup></li> <li>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/m<sup>2</sup> (adjusted to 27.5kg/m<sup>2</sup> in people of Black African, African-Caribbean and Asian origin), up to BMI of 40 kg/m<sup>2</sup></li> <li>We ask that individuals in the post-natal period (0- 2 years after birth) speak to their GP regarding the programme and the referral form is completed by the GP</li> </ul>	<ul style="list-style-type: none"> <li>BMI over 40 kg/m<sup>2</sup></li> <li>Any unstable medical condition</li> <li>Previous Myocardial Infarction (MI)</li> <li>Severe/moderate frailty as recorded on a frailty register</li> <li>An individual who is pregnant</li> <li>Has a diagnosed eating disorder</li> <li>Has ongoing alcohol and drug misuse that would significantly impair ability to engage with a period of structured weight management programme</li> <li>Has a significant unmanaged co-morbidity</li> <li>Has had bariatric surgery in the last two years</li> <li>Uncontrolled hypothyroidism</li> <li>Untreated Cushing's syndrome</li> <li>Unstable major psychiatric illness</li> <li>Active retinal haemorrhage</li> <li>Those who have previously attended the scheme</li> <li>Individuals who are currently on the NHS 12-week Digital Delivery Weight Management Service</li> <li>Individuals who are currently on the National Diabetes Prevention Programme (NDPP)</li> </ul>	<p>Trained health care professional via GP surgery</p> <p>Patient self-referral</p>	<p>Referrals via ERS</p> <p>Patients can also self-refer using the link:  <a href="https://www.everyoneactive.com/news/live-healthier-havering/">https://www.everyoneactive.com/news/live-healthier-havering/</a></p> <p>havingweightmanagement@everyoneactive.com</p> <p>01708 463181</p>
<b>Exercise on Referral</b>  <a href="https://www.havering.gov.uk/info/20041/sports_and_fitness/271/exercise_referral_scheme">https://www.havering.gov.uk/info/20041/sports_and_fitness/271/exercise_referral_scheme</a>	Individual with physical or mental health conditions	<p>The Exercise on Referral (EOR) Scheme provides 12 weeks of discounted gym membership to Havering residents aged 16 yrs+ who suffer 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 at a pay as you go cost of £3.6 0 per session.</p>	12 weeks	<p>Residents 18+ with at least one of the following:</p> <ul style="list-style-type: none"> <li>cancer</li> <li>chronic obstructive pulmonary disease (a group of lung diseases)</li> <li>diabetes type I or II controlled</li> <li>hypercholesterolemia (high cholesterol)</li> <li>hypertension</li> <li>mild to moderate depression, osteoporosis, rheumatoid arthritis, stress or anxiety</li> </ul>	<ul style="list-style-type: none"> <li>Same as above</li> </ul>	Trained health care professional via GP surgery	Referrals via ERS
<b>NHS Weight Loss Plan app</b>  <a href="https://www.nhs.uk/lose-weight-better-health">Lose weight - Better Health - NHS</a> <a href="https://www.nhs.uk/">(www.nhs.uk)</a>	General population with overweight/obesity	<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>	12 weeks	<ul style="list-style-type: none"> <li>Over the age of 18</li> <li>Has a BMI of 25+ (adjusted to ≥23.5 for people from Black, Asian and ethnic minority backgrounds)</li> </ul>		Freely available on the App Store and Google Play.	

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