



HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME

PROGRAMME OVERVIEW

Service provided by



1) REFERRAL PATHWAY

A) Inbound: Participant responds to GP letter and calls Reed Wellbeing

B) Outbound: GP referral sent into Reed Wellbeing

2) REGISTRATION CALL

Who	Format	Time	Activities	Outcomes	Notes
Health and Wellbeing Advisers in Programme Support Team	Phone	15 mins	<ul style="list-style-type: none"> Explain the programme Obtain participant details Confirm eligibility Readiness to Change Assessment 	<ol style="list-style-type: none"> 1. Book Individual Assessment for later or conduct immediately 2. Refer to digital service if the individual refuses to participate 3. Signpost elsewhere if programme not right and discharge to GP by email 	<ul style="list-style-type: none"> First contact should be within 5 -10 days of GP referral We will make at least 3 attempts to contact

3) INDIVIDUAL ASSESSMENT (Either at the same point as above, or at a separate agreed point in time)

Who	Format	Time	Activities	Outcomes	Notes
Health and Wellbeing Advisers in Programme Support Team	Phone	15 – 20 mins (30 mins if included with the Registration Call)	<ul style="list-style-type: none"> Explain the programme Answer any questions Confirm expectations of programme to encourage retention Give very brief advice on smoking cessation and diabetes prevention 	<ol style="list-style-type: none"> 1. Book onto choice of programme 2. Refer to digital service if the individual refuses to participate 	<ol style="list-style-type: none"> 1. Book Individual Assessment for later or conduct immediately 2. Refer to digital service if the individual refuses to participate 3. Signpost elsewhere if programme not right and discharge to GP by email

4) FACE-TO-FACE PROGRAMME

Who	Format	Time	Activities	Outcomes
Reed Wellbeing Coaches	Face-to-face in community venues Groups of 20 max	13 x 1.5 hour sessions: Sessions 1-4: fortnightly Sessions 5-13: monthly	<ul style="list-style-type: none"> No real change to currently delivery except: 13 sessions instead of 18 Texts and phone calls between sessions to maintain motivation 	<ol style="list-style-type: none"> 1. Phone calls and letters to patient if participant does not turn up to session 3 times. 2. If the patient declines or 100% cannot commit to the programme, then we can potentially offer the Digital Programme.

OR: 4) DIGITAL PROGRAMME

Who	Format	Time
OurPath	<ul style="list-style-type: none"> 9 month online programme – minimum fortnightly contact Peer-to-peer support via the online community Physical activity and weight tracking technology posted to the patient Access to articles and recipes 	Must have access to internet/smart device and the ability to use them

Your Reed Contacts and Numbers

Health & Wellbeing Manager

Name:

Phone Number:

Email address:

Programme Support Services Team

Phone Number: 0800 092 1191

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