

**Structured Education
and
Weight Management
Programmes
Pre Diabetes &
Type 2 Diabetes**



Barnsley
Healthcare
Federation

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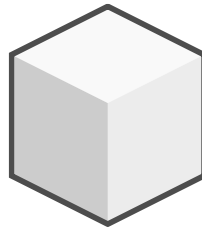
Objectives

- NHS Diabetes Prevention Programme
- NHS Type 2 Diabetes Path To Remission Programme
- NHS Digital Weight Management Programme
- NHS Healthy Living Programme



Guess the Carbs

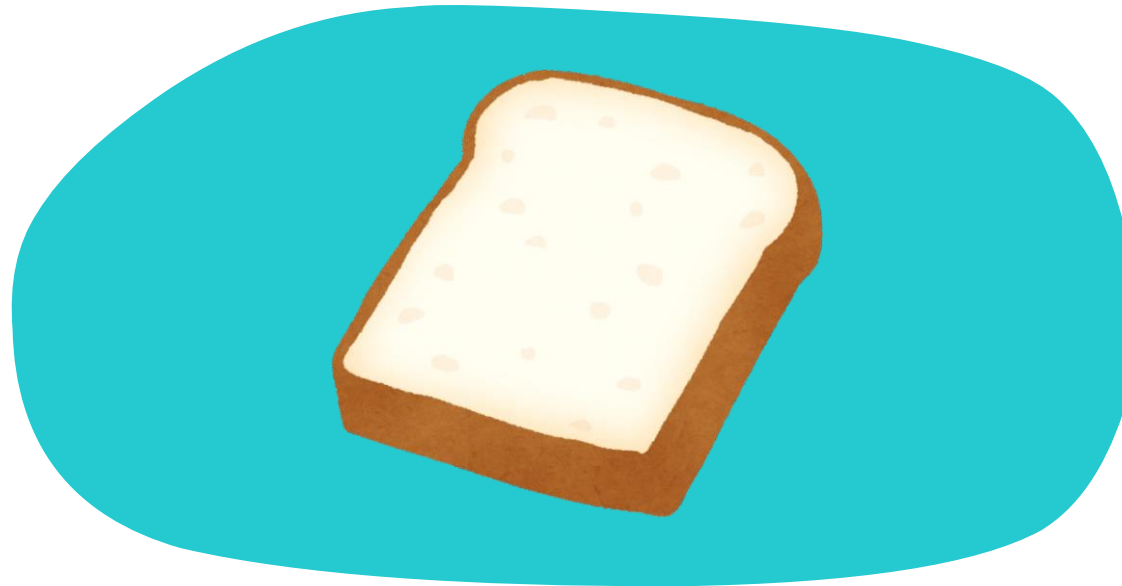
**Guess how many Carbohydrates are in
the different food products.**



1 Sugar cube = 4g (1 teaspoon)



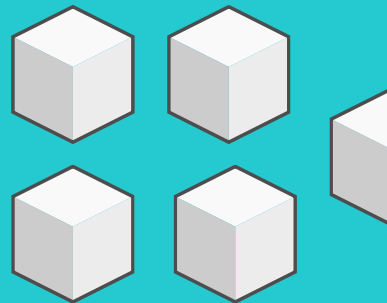
HOW MANY CARBS IN 1 MEDIUM SLICE OF WHITE BREAD





ANSWER

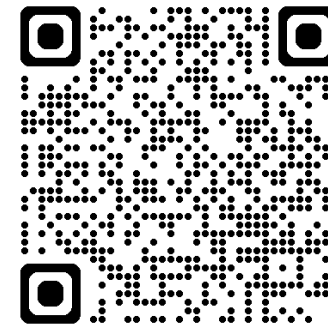
18g



4 ½ Sugar Cubes

NHS Diabetes Prevention Programme

HEALTHIER YOU
NHS DIABETES PREVENTION PROGRAMME



NHS Diabetes Prevention Programme

Eligibility

18+

Adults aged 18+

With no Type 2 diabetes diagnoses and who are not pregnant at time of referral

+



Blood glucose level

In the past 12 months that indicates prediabetes (HbA1c 42 – 47 mmol/mol; FPG 5.5 – 6.9 mmol/l)

3 ways to take part in the programme

Face-to-Face

13 friendly and supportive group-based sessions over nine months with a trained Health Coach.

[Click for more info >](#)

Digital

On your phone or online using our app, plus regular contact from a Health Coach.

[Click for more info >](#)

Remote

In online video sessions with a Health Coach if you need additional support with access.

[Click for more info >](#)

Venues

- Metrodome Leisure Complex
- Mapplewell/Staincross Village Hall
- Priory Campus Lundwood
- Barnsley CVS- S71 1AN
- Cloughfields Community Centre, Hoyland
- Cortonwood Comeback Centre- Brampton
- Wath Upon Dearne Leisure Centre

Remote Option

Four priority groups

Our programme has been developed to support access for four priority groups:



Visually impaired participants

Your sessions will be in maximum groups of eight, with support provided by RNIB.

Sessions will be hosted on **Teams**.



Hearing impaired participants

Your sessions will be in maximum groups of eight, with support provided by Clarion.

Sessions will be hosted on **Teams** with BSL interpreters.



Bangladeshi/Pakistani participants

Your sessions will feature cultural adaptations, provided by Health Coaches who speak community languages.

Sessions will be hosted on **Teams** and available in Urdu, Punjabi, Bengali, Pashto and Gujarati.



Women with previous gestational diabetes

Your sessions will be adapted to incorporate appropriate recipes and exercise.

Sessions will be hosted on **Teams**.

R N I B

Tried and
Tested



Clarion UK

Find out more about prediabetes at
healthieryou.reedwellbeing.com



SCAN ME



NHS approved 40
week support



Trained Health
Coaches



Simple lifestyle
changes

Session Frequency

- Fortnightly sessions
- Monthly sessions

What you will discover in your sessions

How you
eat

How you
exercise

How you
sleep

How you
manage stress

Self-appraisal

What to expect:

Getting started

During your first session, you will meet your Health and Wellbeing Coach and your group, who will remain with you throughout the programme.

Fun and interactive support and advice sessions will help you to start your journey with us.

Sustaining change

You should already be starting to feel healthier!

You will find out how to make your new lifestyle changes become part of your everyday life - now and in the future.

Moving forwards

We finish by preparing you to continue on your healthy journey.

You can return to you GP to have another blood test and look for an improvement in your risk of developing Type 2 diabetes.

Start

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12
- 13

Finish

Understanding prediabetes

Know how to eat well

Make everyday active

Carbs, carbs, carbs...

Fats under the spotlight

Sugars and snacks under the spotlight

Know your triggers

Exploring regular eating

Fitter, healthier, happier

Feeling fuller for longer

Shopping, cooking and eating out

Mind matters

Moving forwards



SCAN ME

Find out more about prediabetes at healthieryou.reedwellbeing.com

To be eligible for the programme, the person must be aged 18+ and:

- Be registered to a South Yorkshire GP Practice (bypostcode)
- Have an HbA1c of 42-47 mmol/mol (6.0-6.4%) or an FPG of 5.5-6.9 mmol/l tested in the last 12 months.
- Not have been diagnosed with Type 2 Diabetes.
- Not be pregnant at the time of referral.
- Be able to participate in NHS Diabetes Prevention Programme.
- **If Participant has a Previous Diagnosis of GDM** – They are eligible with a HbA1c < 42 mmol/mol or FPG < 5.5mmol/l tested within the last 12 months.

Where the patient is 80+ years – Please tick the following box to provide written confirmation that you consider the benefits of the programme outweigh any potential risks associated with weight loss for the individual

Please send information to Reed Wellbeing at:
Email: healthieryou.syandb@nhs.net or we can be contacted by phone **0800 092 1191**

Organisational Data	GP Practice Name:		General medical practice code:	
If not known, please tick No registered GP practice <input type="checkbox"/> Code not applicable <input type="checkbox"/> Code not known <input type="checkbox"/>				
Referrer Name		Date of Referral		
Patient Data	NHS Number:		Title:	
Family Name:		Given Name(s):		
Address:			Post Code:	
Telephone:		Mobile:		Email:
Preferred Method of Contact:	Phone <input type="checkbox"/>	Email <input type="checkbox"/>	Text <input type="checkbox"/>	Any <input type="checkbox"/>
Gender:		Ethnicity:	EMIS ID:	Vision ID:
Height (m.cm)		Weight (kg)		BMI
Blood Test Data	Date:		HbA1c:	FPG:
Additional Data Does the individual meet any of the below criteria?				
Hearing Impairment?	Yes <input type="checkbox"/> No <input type="checkbox"/>	Visual Impairment?	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Details:		Details:		
Previous diagnosis of GDM:	Yes <input type="checkbox"/> No <input type="checkbox"/>	Language needs?	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Details:		First Language (if not English):		
On Learning Disability Register?	Yes <input type="checkbox"/> No <input type="checkbox"/>	On SMI Register?	Yes <input type="checkbox"/> No <input type="checkbox"/>	

By sending this form we confirm that the Participant is aware:

- Their personal and medical information is being shared.
- The programme is delivered by Reed Wellbeing, and data will be shared securely between Reed Wellbeing, NHS England and the Local Authority for the purposes of delivering the programme effectively and monitoring programme performance
- The purpose of sharing this information is for them to participate on the programme
- Their personal and medical information will be stored securely on electronic systems and not be used for any purpose other than programme delivery and monitoring
- The results of preventative diabetes screening will be shared securely with their GP
- Their information may be shared with NHS England for programme evaluation purposes only
- Their data will be treated as confidential and held, shared, and disposed of in line with all legal requirements (including the General Data Protection Regulation) and NHS guidance (which includes the Caldicott Guidelines)
- Should they take up the programme, their data will be retained for the duration of the contract with NHSE.

NDPP Referral Process

GP Referral

Completing electronic referral form through the Primary Care System and emailing it to healthieryou.syandb@nhs.net

Self-Referral by sending patients a letter

By sending a patient a letter and giving them their NHS number, eligible blood test result and date of the test, person can self-register to the NHS DPP by telephoning local service provider Reed Wellbeing on **0800 092 1191**

Same as a direct referral, Reed Wellbeing emails individual read coded patient letters to GP as patient reaches specific milestone stages of the programme.

GP practice is credited with having made the referral.



Gestational Diabetes Mellitus (GDM)

Every year, about 700,000 women give birth and around 30,000 have GDM. Up to 50% of women diagnosed with GDM develop type 2 diabetes within 5 years of diagnosis with an ongoing elevated risk thereafter. However, type 2 diabetes can be prevented by making lifestyle changes and the Healthier You Programme can help support you.

The programme is available as:

- Face-to-face group service
- Digital service via an app or online
- Or specifically for those with a history of GDM, as a group teleconferencing service (e.g. over Zoom).

Inclusion Criteria:

- Individuals with a history of GDM.
- Individuals with current GDM (i.e. who are currently pregnant can only start the programme post-pregnancy).

How can I access the programme?

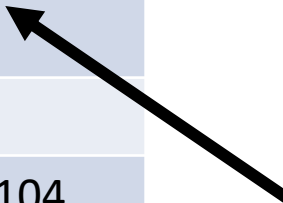
Your midwife or GP practice can help refer you to the programme.

Alternatively you can now self refer to the programme by scanning the QR code.



Coding Pre Diabetes, GDM and the NDPP

	Description	QOF	SNOMED Code
Pre Diabetes	Non-Diabetic Hyperglycaemia	Yes	700449008
Gestational Diabetes Mellitus		Yes	11687002
NHS Diabetes Prevention Programme- Invite	Invitation	Yes	1090701000000104
NHS Diabetes Prevention Programme- Declined	Declined	Yes	1025301000000100
NHS Diabetes Prevention Programme- Referral	Referral	Yes	1025321000000109
NHS Diabetes Prevention Programme- Started	Started	Yes	1025271000000103
NHS Diabetes Prevention Programme- Completed	Completed	Yes	1025251000000107



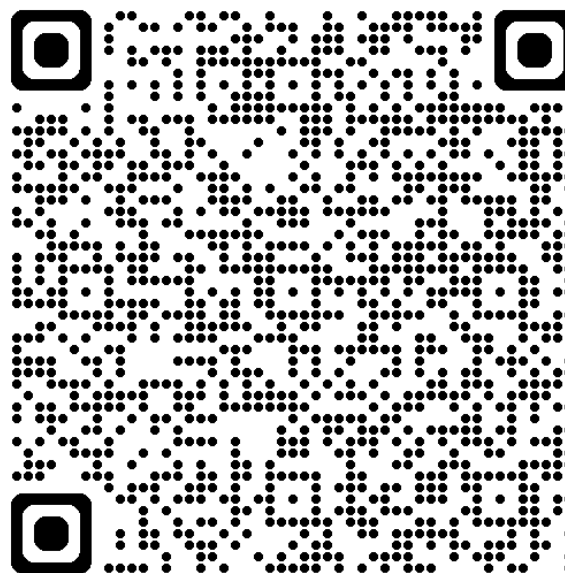
Part of the PDA this year:
Scheme 12: Non-Diabetic Hyperglycaemia – Patients with a HbA1c 42-47 who have not been coded as NDH to have a review.

Barnsley NDPP Referral Data

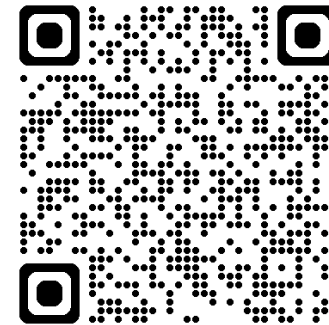
	GP Practices	Apr-25	Mar-25	Feb-25	Jan-25	Dec-24	Nov-24	Oct-24	Sep-24	Aug-24	Jul-24	Jun-24	May-24	Apr-24	Mar-24	Feb-24	Jan-24	Dec-23	Nov-23	Oct-23	Sep-23	Aug-23	Total	↓
1	HOLLYGREEN PRACTICE	7	3	8	2	2	3	1	36	2	6	2	2	5	3	7	7	1	4	24	49	15	189	
2	HILL BROW SURGERY PMS PRACTICE	5	10	4	7	9	10	10	5	8	8	12	13	12	32	27	2	4	2		3	3	186	
3	DEARNE VALLEY GROUP PRACTICE	8	9	2	3	2	4	5	12	24	3	7	5	8	11	7	7	3	4	7	4	5	140	
4	BURLEIGH MEDICAL CENTRE	1	4	7	4		1	1	4	3	5	5	6	22	10	13	9	9	11	3	6	7	131	
5	WOMBWELL MEDICAL CENTRE PRACTICE	3	3	2	6	7	5	4	8	9	6	5	8	14	13	7	6	1	4	4	2	2	119	
6	ST GEORGE'S MEDICAL CENTRE PMS PRACTICE	3	8	8	26	4	1	2	4		2	4	3	5	35			1	3			1	110	
7	WOMBWELL GMS PRACTICE (CHAPELFIELD)	12	3	4		1	27	15	2	2	1		2		3	3	3	21	1				100	
8	THE DOVE VALLEY PMS PRACTICE	5	3	4		5	4	5	3	5	3	14	3	6	6	1	6	3	4	6		7	93	
9	ROYSTON GROUP PRACTICE	3	5	3	1		1	2	3	3	8		1	3	12	2	4	8	6	9	8	8	90	
10	HUDDERSFIELD ROAD SURGERY	2		2	3	1	1	1	2	4	4	35	6	1	4	5	1			1	2	4	79	
11	HOYLAND MEDICAL PRACTICE	3	19	1	2	3	1	4	4			2	3	2	17	1	2	4	1		1	5	75	
12	THE KAKOTY PRACTICE	1	3	9		5	2	8	1	2	2	2	7		3	4	3	4	7	4	2	3	72	
13	THE GROVE MEDICAL PRACTICE	2	5	5	5	2	3	3	3	4	6	4	3	4	5	5	7	1			1	1	69	
14	ASHVILLE MEDICAL CENTRE PMS PRACTICE		1	1	3	1	1	1	5	2	3	4	1		2	23	9	2	1	3	3	2	68	
15	PENISTONE GROUP PMS PRACTICE		2	1	1	2	1	3	5	2	4	3	2	5	6	4	4	4	2	2		3	56	
16	BHF HIGHGATE SURGERY	1		2	2	3	1	1	3	1	2	3		1		3	3	3	5	4	7	10	55	
17	HIGH STREET PRACTICE	6		1	2	4	1		4	5	4		1	2	2	2	6		2	5	3	5	55	
18	DR MELLOR & PARTNERS			2	5	1	10	7	2	5	2	1	3	5			1		2	2		1	49	
19	VICTORIA MEDICAL CENTRE PMS PRACTICE	7	1	3	1	2	4	1	1	1	4	1	2	2	3	4	1	2		1	2	1	44	
20	WOODLAND DRIVE MEDICAL CENTRE		1		1	1					4		2	7	21	1		1	1	1	1	1	43	
21	LUNDWOOD MEDICAL CENTRE PMS PRACTICE	1	1			1	1		3	7	2		3	2	2	2	2	2	8	2		4	43	
22	BHF LUNDWOOD SURGERY	1	1	1	1	1	3		4	4		2	2			3		2		7	7	3	42	
23	DARTON HEALTH CENTRE PRACTICE	1	1		1	3			1		5	2	5	4	1	1	3	2	6				36	
24	BHF GOLDTHORPE MEDICAL CENTRE		1						2	5	3			1		1	1	3	11		5	1	34	
25	WALDESLADE SURGERY		15	3	1	1	2	1	1		1	1	1		1	1	2			1		1	33	
26	LAKESIDE SURGERY	1	3	2					1	4	1	4	1		1	4		1	1	5	1	2	32	
27	THE ROSE TREE PMS PRACTICE	12		1	2	1	1	1		2			1	3	1	4	1			1			31	
28	BRIERLEY MEDICAL CENTRE	1					2	1	1		1	1	1	2		2	1	2		5	8	1	29	
29	GRIMETHORPE SURGERY	1		1								8	1	1	3	3	2			1	1		22	
30	KINGSWELL SURGERY PMS PRACTICE	1													6		1		3		1	1	13	
31	MONK BRETTON HEALTH CENTRE PRACTICE				1				1		2	2	1				1	3		1			12	

TYPE 2
DIABETES PREVENTION WEEK is 26 May -
1 June 2025.

Get ready for the week and **download your toolkit now.**



NHS Type 2 Diabetes Path to Remission Programme



NHS Type 2 Diabetes Path To Remission Programme

What is the programme?

The NHS Type 2 Diabetes Path to Remission (T2DR) has three phases over one year - all at no cost to the patient:

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



* Digital pathway participants do not receive the full Workbooks.

Participant Resources



📖 TDR booklet



📖 Digital Pathway
- Scales
- BGM + consumables
- BP Monitor (if required)



📖 Workbook
- Session overview
- Content & explanations
- Activities and quizzes
- Goals and targets
- Backup information
- Safety information



📖 Trackers e.g. weight, activity, behaviours, specifics



📖 Recipe book



📖 EXi app (12 mths premium)
📖 Wallet card
📖 Pedometer



Eligibility Criteria

Am I eligible?

- Registered with a GP practice in South Yorkshire
- Aged 18-65 inclusive
- Diagnosed with Type 2 diabetes within the last 6 years
- Have a Body Mass Index (BMI) of at least 27 (or 25 if you are of South Asian or Black African or Black Caribbean ethnicity)
 - [Calculate your BMI here](#) if unsure
- Attended your monitoring and diabetes review, including retinal screening, if you've been offered it
- Have an HbA1c (blood glucose) level of:
 - 43-87mmol/mol if on diabetes medications
 - 48-87mmol/mol if NOT on diabetes medications

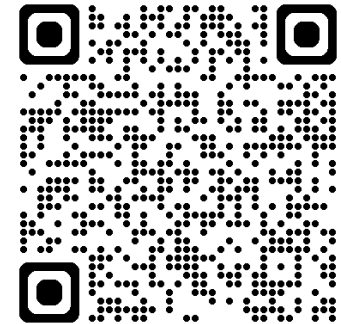
If you're unsure about any of these please ask your GP practice.

These criteria have been set out by NHS England's Expert Advisory Group.

Unfortunately this is NOT the right service for you if you:

- Are prescribed insulin
- Are currently breastfeeding
- Are pregnant - or planning to be in the next 6 months
- Have had bariatric surgery
- Have one or more of: Active cancer; heart attack or stroke in last 6 months; severe heart failure; severe kidney disease; active liver disease (not including NAFLD); active substance use disorder; active eating disorder; porphyria; or known proliferative retinopathy that has not been treated (unless newly diagnosed and not yet offered)
- Have been assessed by a healthcare professional that you are not able to safely participate in the programme.

For more information on the programme and what medication would need adjusting click or scan the QR code below.



How to Refer

Medication Adjustment Form – NHS Type 2 Diabetes Path to Remission Programme (page 2 of 2)

Do any medications need adjusting and, if so, have all changes been noted in the table below? (If no, no further action required). * Please note: This must be completed	Yes / No
Have all required medication changes been discussed and agreed with the patient (including if the patient does not take any relevant medication and/or no adjustments are required)? * Please note: This must be completed	Yes / No
Date form completed*:	

Medication Group	Medication Name	Action	Changes to be made ON THE FIRST DAY OF FORMULA DIET PRODUCTS (not before)
Any other relevant medication requiring adjustment or monitoring e.g. weight-based			
Metformin	N/A	N/A	
Sulfonylurea	N/A	N/A	
DPP4 inhibitor	N/A	N/A	
SGLT2 inhibitor	N/A	N/A	
GLP-1	N/A	N/A	
Pioglitazone	N/A	N/A	
Meglitinide	N/A	N/A	
Acarbose	N/A	N/A	
Ace inhibitor	N/A	N/A	
Angiotensin receptor blocker	N/A	N/A	
Calcium channel blocker	N/A	N/A	
	Other Drug Name	N/A	
Diuretic	N/A	N/A	
	Other Drug Name	N/A	
Beta-blocker	N/A	N/A	
	N/A	N/A	
Alpha-blocker	N/A	N/A	
Combination Antihypertensive	N/A	N/A	

Please email completed Referral and Medication Adjustment Form to momenta.t2dr-syks@nhs.net

Momenta Newcastle will contact your patient within 5 working days of receiving this form.

Complete the referral form including the medical adjustment part that is on the clinical systems.

A prescriber will need to sign off the referral form if any medication needs adjusting.

The patient would need to be aware of what medication needs adjusting/stopping on day one of the programme and be sent a copy of the medical adjustment form.

Send completed referral forms to:
momenta.t2dr-syks@nhs.net

Coding NHS Type 2 Diabetes Path To Remission Programme

	Description	QOF	SNOMED Code
NHS Type 2 Diabetes Path To Remission Programme: Invitation	Total diet replacement programme invitation	Yes	1239631000000109
NHS Type 2 Diabetes Path To Remission Programme: Declined	Total diet replacement programme Declined	Yes	1239581000000107
NHS Type 2 Diabetes Path To Remission Programme: Referral	Referral to total diet replacement programme	Yes	1239571000000105
NHS Type 2 Diabetes Path To Remission Programme: Commenced	Total diet replacement programme commenced	Yes	1239591000000109
NHS Type 2 Diabetes Path To Remission Programme: Completed	Total diet replacement programme completed	Yes	1239601000000103

Barnsley T2DR Referral Data

	GP Practices- June 2023- April 2025	Total Referrals	Eligible	Ineligible
1	ASHVILLE MEDICAL CENTRE PMS PRACTICE	37	34	3
2	WHITE ROSE MEDICAL PRACTICE	39	30	9
3	BURLEIGH MEDICAL CENTRE	30	29	1
4	HILL BROW SURGERY PMS PRACTICE	35	28	7
5	HOYLAND MEDICAL PRACTICE	25	24	1
6	PENISTONE GROUP PMS PRACTICE	25	22	3
7	HOLLYGREEN PRACTICE	22	21	1
8	THE GROVE MEDICAL PRACTICE	19	18	1
9	WOMBWELL GMS PRACTICE	14	14	
10	HUDDERSFIELD ROAD SURGERY	16	13	3
11	THE DOVE VALLEY PMS PRACTICE	13	11	2
12	THE KAKOTY PRACTICE	11	10	1
13	WALDESLADE SURGERY	11	9	2
14	DR MELLOR & PARTNERS	9	8	1
15	BHF GOLDTHORPE MEDICAL CENTRE	9	7	2
16	LAKESIDE SURGERY	8	7	1
17	BHF HIGHGATE SURGERY	8	5	3
18	ST GEORGE'S MEDICAL CENTRE PMS PRACTICE	5	4	1
19	MONK BRETTON HEALTH CENTRE PRACTICE	4	4	
20	WOODLAND DRIVE MEDICAL CENTRE	4	4	
21	BHF LUNDWOOD SURGERY	4	4	
22	ROYSTON GROUP PRACTICE	4	3	1
23	DEARNE VALLEY GROUP PRACTICE	5	2	3
24	BHF BRIERLEY MEDICAL CENTRE	3	2	1
25	WOMBWELL MEDICAL CENTRE PRACTICE	2	2	
26	GRIMETHORPE SURGERY	1		1
27	VICTORIA MEDICAL CENTRE PMS PRACTICE	1		1
28	DARTON HEALTH CENTRE PRACTICE			
29	HIGH STREET PRACTICE			
30	KINGSWELL SURGERY PMS PRACTICE			
31	LUNDWOOD MEDICAL CENTRE PMS PRACTICE			

Main Ineligible Reasons

Ineligible - HbA1c

Ineligible - Date of diagnosis

Ineligible - Age

Ineligible - Medication changes

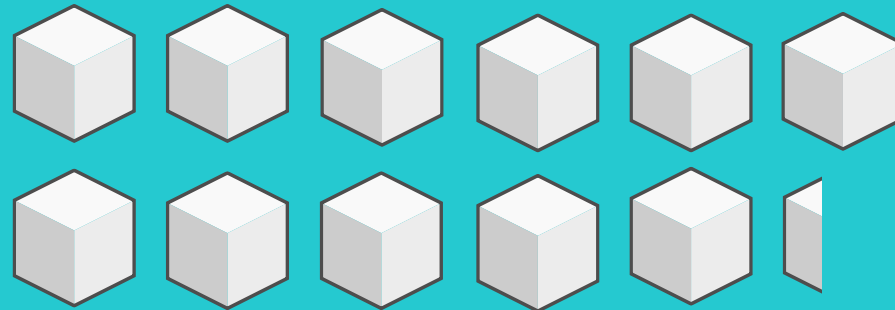
HOW MANY CARBS IN KOPPARBERG PEAR CIDER 500ML





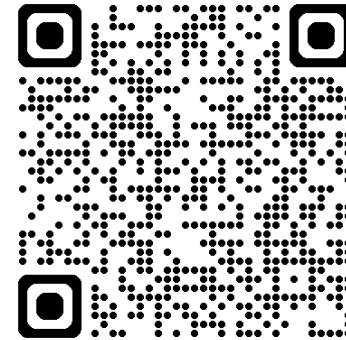
ANSWER

45.5g



11 1/4 Sugar Cubes

NHS Digital Weight Management Programme



NHS Digital Weight Management Programme

The NHS Digital Weight Management Programme 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 behavioral and lifestyle programme that people can access via a smartphone or computer with internet access



What happens next?

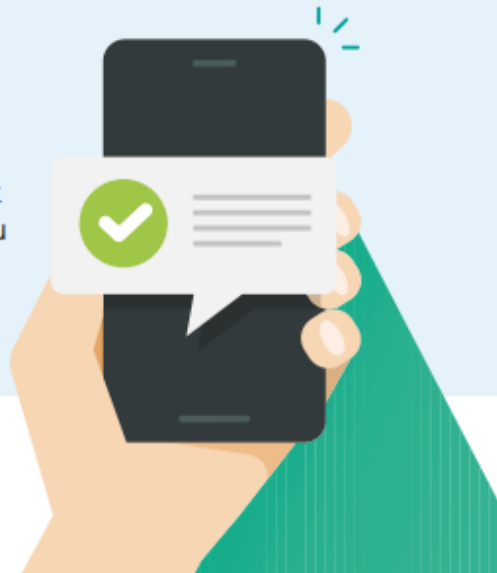
Step 1: After your referral, you will receive a text message within two working days from 'NHS WMP'. The text message contains a link to a website.

Step 2: Click on the link to the website to confirm your date of birth, ethnicity, and some other information to get started.

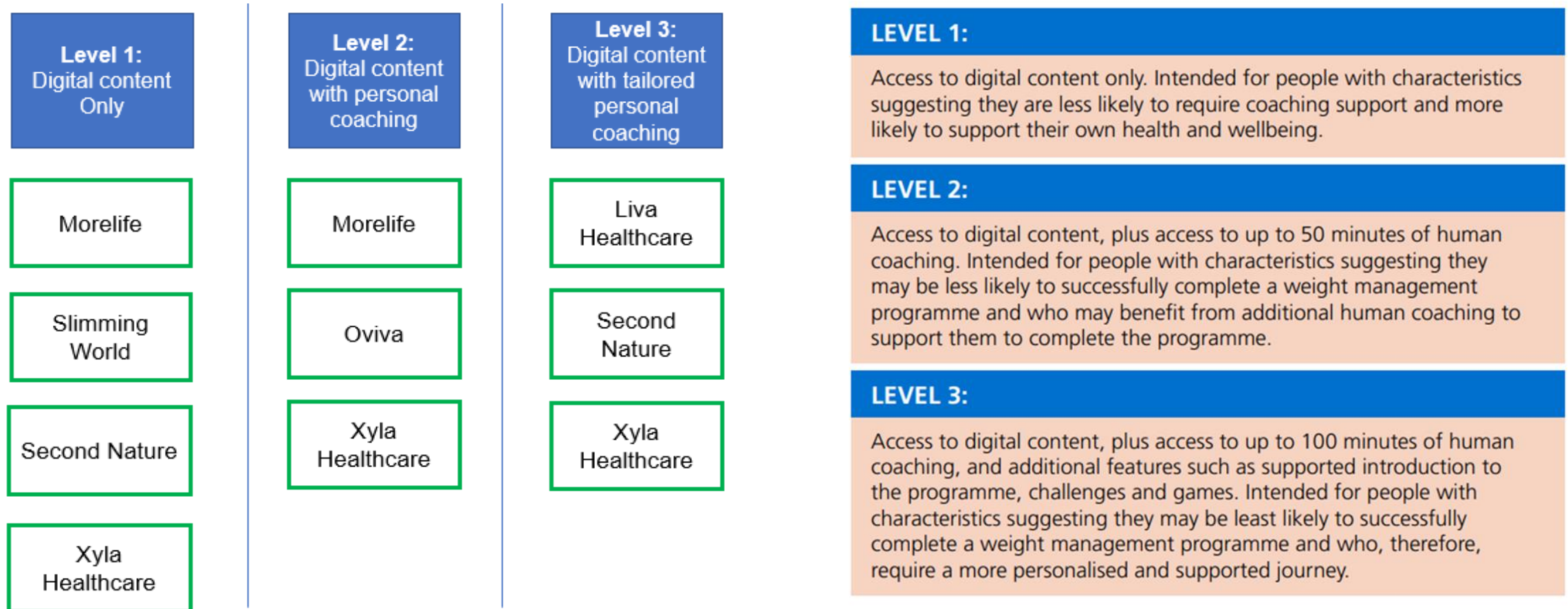
Step 3: Read about the different 12-week weight management plans on offer to help you. Choose the plan you think will work best for you. If you do not choose your plan after six weeks, your referral is sent back to the referring healthcare professional.

Step 4: Your chosen weight management plan provider will contact you within five working days.

You will then start your 12-week weight management plan! If you do not start your plan after six weeks, your referral will close.



The Providers and Levels of Intervention



All programmes offer video transcribes and if the level of intervention determined has coaching, this can be done via a messaging service, rather than a call.

Staff Offer for Digital Weight Management



NHS Colleagues in England are eligible to register for this programme if:

- You are a member of staff working in the NHS (working in any role, including bank staff and staff on temporary contracts) with a valid NHS email address
- You are over 18 years of age
- You have a BMI of 30 or greater (this is lowered to 27.5 or greater for people from Black, Asian, and Minority Ethnic groups, as these groups are at an increased risk of conditions such as Type 2 diabetes at a lower BMI)

Online support for a healthy lifestyle

Take the first step in managing your weight today

If you are an NHS staff member and living with obesity, you may be able to sign up for the free, 12-week NHS Digital Weight Management Programme.

It can be hard to keep healthy and active but with a tailored online plan, tips and support you could reach your goals.

The programme is available on your smartphone, tablet or computer. If you have health conditions, please speak to a health professional to check the programme is right for you.



Search 'NHS Digital Weight Management Programme for NHS Staff' to start your journey.

Coding NHS Digital Weight Management Programme

	Description	QOF	SNOMED Code
NHS Digital Weight Management Programme: Referral	Referral to NHS Digital Weight Management Programme	Yes	1402911000000108

Enhanced Service Specification- Weight Management

7. Payment and Validation

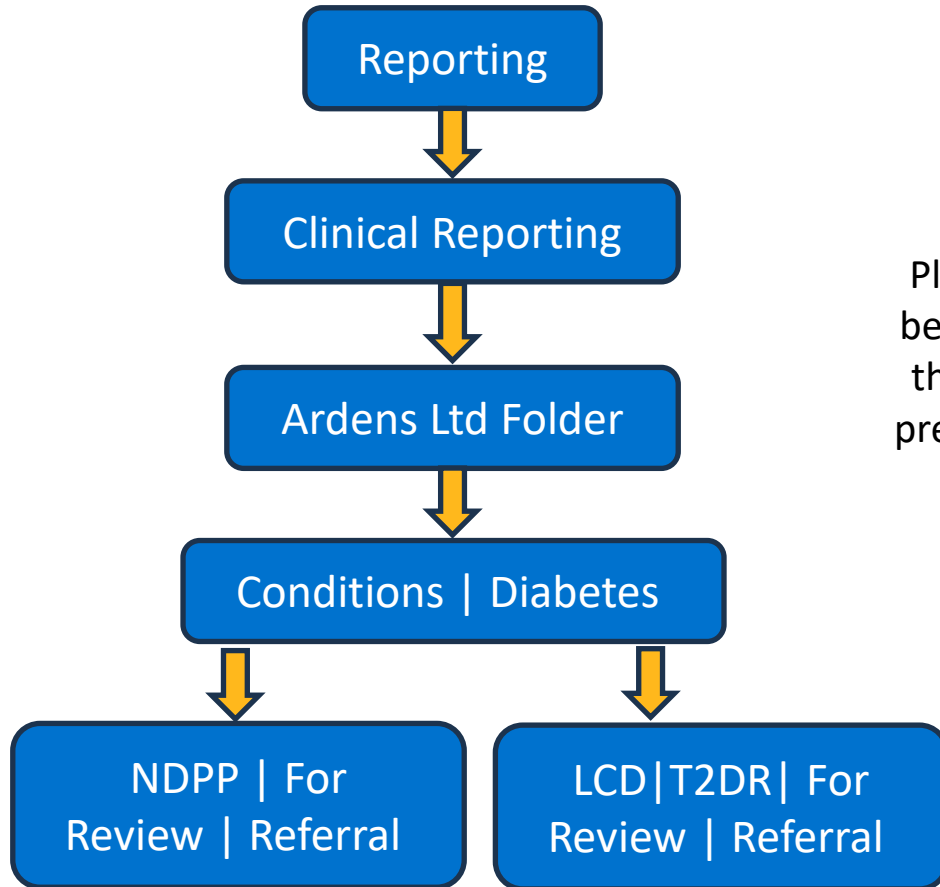
- 7.1. To maximise referrals while ensuring expenditure stays within the £7.2m funding envelope for 2025/26, a referral allocation mechanism will apply.
- 7.2. Each practice that signs up to this ES will be notified of its referral allocation based on the practice Obesity Register at 31 March 2024. This referral allocation will, at a minimum, be 9.5% of the number of patients on the practice's Obesity Register at 31 March 2024.
- 7.3. Practices will be entitled to £11.50 per referral to one of the services listed at 6.10, up to the limit of their referral allocation. Only one referral per patient may be claimed under this ES.
- 7.4. Practices must make a manual claim to their commissioner for payment. Claims must be on the basis of the number of unique patients with:
 - (1) a qualifying referral (coded on the basis of the SNOMED codes below) in the period of this ES;

Qualifying Programmes

- **Diabetes Prevention Programme** for SNOMED code is: 1025321000000109
- **Type 2 Diabetes Path to Remission Programme:** SNOMED code is: 1239571000000105
- **NHS Digital Weight Management Programme:** SNOMED code is 1402911000000108
- Specialist Weight Management Services
 - **NHS Tier 3 Specialist Weight Management:** SNOMED code is: 1403011000000103
 - **NHS Tier 4 Specialist Weight Management:** SNOMED code is: 1402991000000104

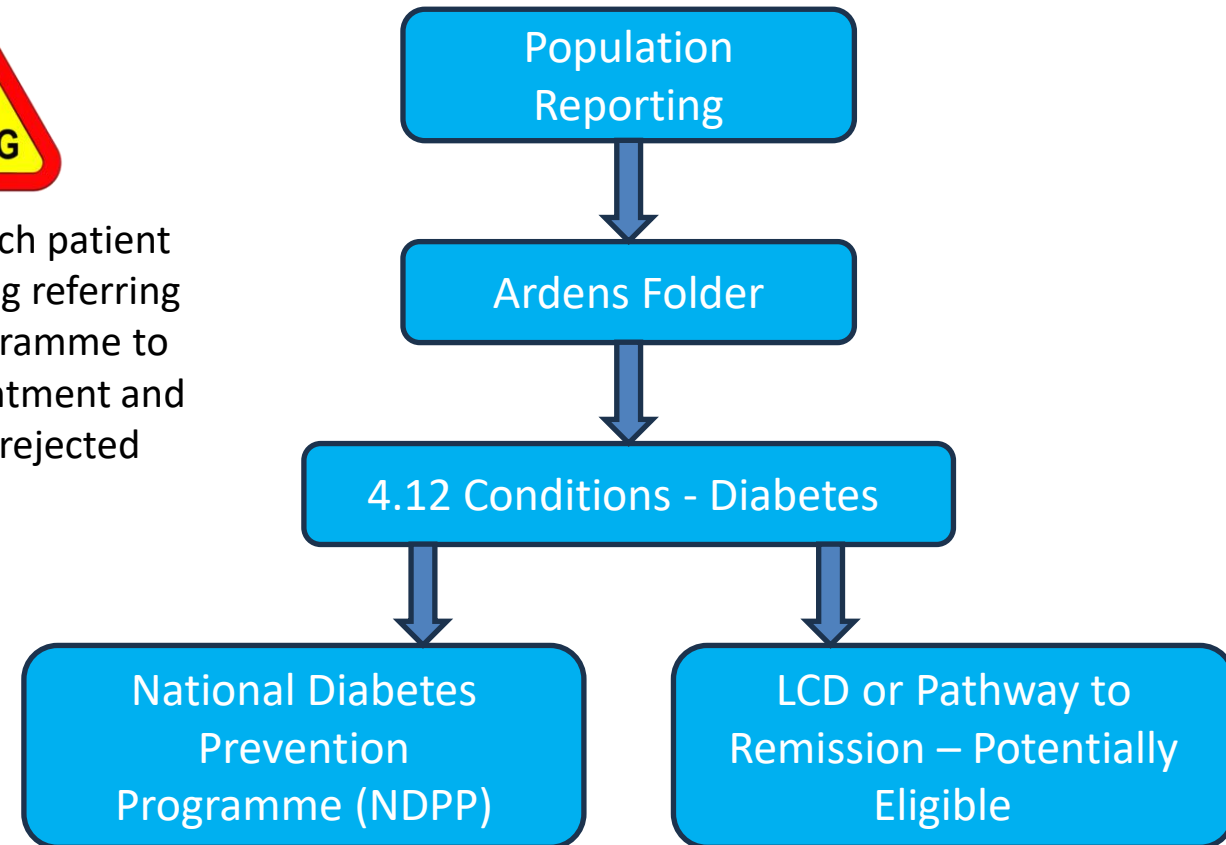
Identifying Eligible Patients

systemone
ONEPATIENTONERECORD



Please review each patient before considering referring them into a programme to prevent disappointment and referrals being rejected

emis

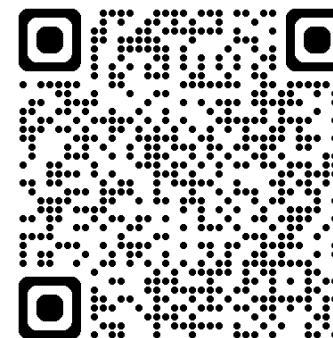


Structured Education for Type 2 Diabetes

**COMING
BACK SOON**

NHS Healthy Living For People With Type 2 Diabetes

Healthy Living
for people with type 2 diabetes



NHS Healthy Living Programme

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

If you care for someone living with type 2 diabetes, you can sign up too.

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

Healthy Living
for people with type 2 diabetes

How to Refer

Healthy Living
for people with type 2 diabetes

<Patient Name>
<Patient Address>
<Today's date>

Dear <Patient Name>

Everyone living with type 2 diabetes should have the opportunity to learn the skills and knowledge needed to help them live well.

We would like to offer you a place on a free, online NHS programme; **Healthy Living for people with type 2 diabetes**.

Healthy Living provides knowledge and information so that you can:

- feel confident in managing your type 2 diabetes
- reduce diabetes-related stress
- improve your health and wellbeing
- achieve and maintain a healthy weight
- feel motivated to continue making healthy lifestyle choices

Register today at www.healthyliving.nhs.uk or scan the QR code below.



Kind regards,
<Sender Name>



Healthy Living for people with type 2 diabetes Referral Form

Overview

Healthy Living for people with type 2 diabetes is a digital structured education programme. It is accessed online and provides information about type 2 diabetes and its treatments, alongside support with adopting and maintaining healthy behaviours and psychological wellbeing. It is based on HeLP Diabetes developed by University College London, with randomised controlled trial evidence for improvements in HbA1c and reductions in diabetes-related distress. It is available free-of-charge for all adults with type 2 diabetes in England.

Please use this form if making a referral for a person with type 2 diabetes.

If a carer or family member would like to access the programme but does not have type 2 diabetes, they can self-enrol at <https://healthyliving.nhs.uk>

Please ensure that all the fields below are completed (the form should autopopulate on most systems) as this information is required for the referral to be accepted.

Consent

Consent should be obtained prior to sending a referral. The person referred should be made aware that the information on this form will be shared with Changing Health, the Healthy Living provider on behalf of NHS England.

If the referred person consents for Changing Health to share information about their structured education attendance, the programme will share commencement and completion data securely with their GP practice.

Their data will be treated as confidential and held, shared and disposed of in line with all legal requirements (including the Data Protection Act) and NHS guidance (which includes the Caldicott Guidelines)

Referral details (All mandatory)

First name	<Patient Name>	Date of Birth	<Date of Birth>
Surname	<Patient Name>	Gender	<Gender>
Mobile number	<Patient Contact Details>	NHS number	<NHS number>
Postcode	<Patient Address>	Date of referral	<Today's date>

Referral details (Optional)

Email address (if known)	<Patient Contact Details>
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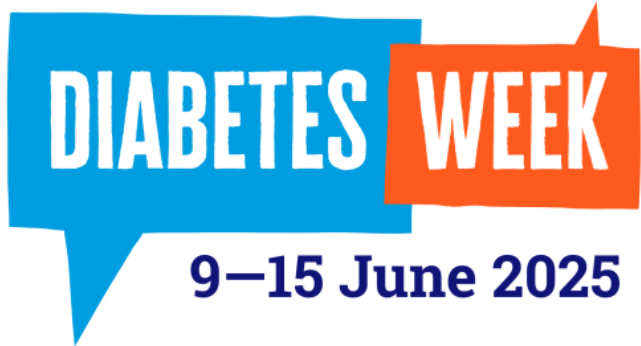
GP Practice details (All mandatory)

GP practice name	<GP Details>	Practice code	<GP Details>
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Please email completed forms in Word format to
england.referralhealthyliving@nhs.net

Coding Healthy Living Programme

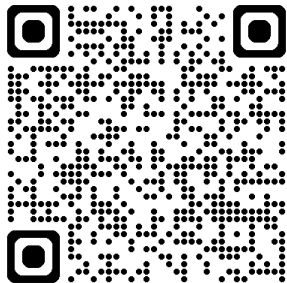
	Description- QOF	SNOMED Code
Healthy Living Programme: Referral	Referral to online diabetes structured education programme	1108731000000100



And this year, we want to talk about the health checks you need when you have diabetes.

PDA- Scheme 11: Early onset Diabetes-
Increasing the completion of all the 8 key
care processes through targeted intervention
for each person with Early Onset Type 2
Diabetes age 18-39.

Your Diabetes Your
Journey resource hub



Tier 2 Weight Management



Barnsley
Healthcare
Federation

Tier 2 Weight Management

Barnsley Weight Management Programme is a 12-week programme focused on providing opportunities for people with low-risk medical conditions, giving them the chance to attend supervised and structured physical activity sessions to help them improve and manage their physical and mental health and wellbeing.

Eligibility Criteria: (must meet all)

Inclusion

- Aged 18 or above
- A resident of Barnsley or registered with a Barnsley GP
- BMI of 25-40

Exclusion

- Any heart conditions or COPD
- BMI <24.9 and >40

What it involves?

- 12 weeks unlimited access to gym, swim and group exercise classes. Personalised exercise plan and diet/lifestyle advice.
- Upon completion you will be eligible for our discounted referral membership.

How do you get on to the scheme? Contact your GP or ask your Health and Wellbeing Coach for a referral to the wellbeing programme. or You can self-refer by scanning the QR code and filling in the online referral form and selecting 'Barnsley Weight Management' from the drop-down box.



Barnsley Premier Leisure Online Referral Form

The Health Referral Scheme is powered by BPL, designed to help inactive people with chronic mild to moderate medical conditions become and stay more physically active, whilst benefiting and improving their health.

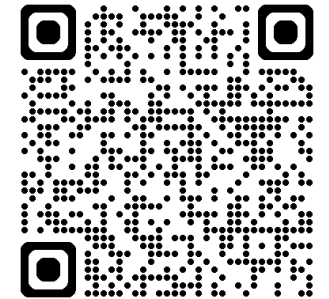
Inclusion Criteria

- You are 16 years of age or above
- You participate in less than 30 minutes of moderate physical activity per week
- Your medical condition is mild to moderate and stable
- You can exercise independently (or with Carer support)

Which scheme does this referral request relate to?

Barnsley Weight Management

Next



BPL Health Referral Scheme

The BPL Health Referral Scheme is a 12-week intervention focussed on providing opportunities for people with low-risk medical conditions the chance to attend structured physical activity sessions to help them improve their physical and mental health and wellbeing.

Eligibility Criteria: (must meet all)

Inclusion Criteria

- Aged 16+ in addition to one or more of the below;
- BMI 40kg/m² or above
- Controlled Asthma
- Controlled Type I and II Diabetes
- Fibromyalgia
- Mild Hypertension
- Mild Osteoarthritis
- Mild Osteoporosis
- Mild Rheumatoid Arthritis
- Musculoskeletal (pain / injury)
- Simple Mechanical Back Pain
- High Cholesterol
- Mild Anxiety / Stress / Depression

Exclusion Criteria

- Any uncontrolled or unstable medical condition
- Patients who in their healthcare professional's opinion, are not medically fit to undertake an exercise programme



Barnsley Premier Leisure Online Referral Form

The Health Referral Scheme is delivered by BPL, designed to help inactive people with chronic mild to moderate medical conditions become and stay more physically active, whilst benefiting and improving their health.

Inclusion Criteria

- You are 16 years of age or above.
- You participate in less than 30 minutes of moderate physical activity per week.
- Your medical condition is mild to moderate and stable.
- You can exercise independently (or with Carer support).

Which scheme does this referral request relate to?

Barnsley Health Referral Scheme

Next

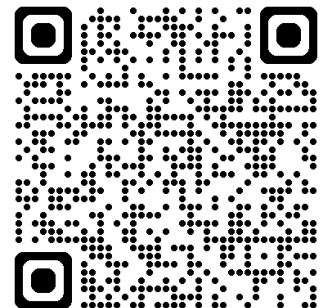
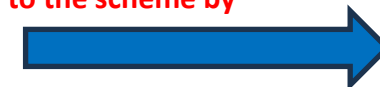
How much does it cost to attend?

As there is no funding for the BPL Health referral Scheme, there is a cost to attend which varies depending on which site they wish to attend. This is in the form of a monthly membership which is at a discounted rate and has no minimum term contract or joining fee. The Health Referral Scheme membership includes unlimited access to gym, swim and group exercise classes.

The membership for the programme is detailed below;

- Dearneside Leisure Centre – This site only **£27.25** per month, or included in multi-site
- Dorothy Hyman Sports Centre – This site only **£27.25** per month, or included in multisite
- Hoyland Leisure Centre – multi-site membership **£32** per month
- Metrodome Leisure Complex – multi-site membership **£32** per month
- Royston Leisure Centre – multi-site membership **£32** per month

Patients can self-refer to the scheme by scanning the QR code



Diabetes Peer Support Group

- Started in February 2025
- Based in the Town Centre close to the bus and train station
- Once a month first Thursday of the month 12:30pm-2:30pm, lunch provided
- Peer led but looking to get guest speakers at some of the sessions as well.



LUNCHING WITH DIABETES

Join our Diabetes Peer Support Group!

Are you living with diabetes or pre diabetes? Looking for support and understanding? Join our friendly peer support group to:

- Share experiences and tips
- Learn from others' journeys
- Gain motivation and encouragement
- Meet new people and build a supportive community

FREE
Lunch and Drinks provided

When: First Thursday of every month
12:30pm - 2:30pm

Where: The Hub- Gateway Church, Mottram Hall, Barnsley,
S71 1BH



For more information please contact:
Lisa Baugh- 07897566881

HOW MANY CARBS IN

A MEAL DEAL

CHICKEN, BACON AND STUFFING SANDWICH

BAKED CHEESE AND ONION CRISPS

ORIGINAL COCA-COLA 500ML



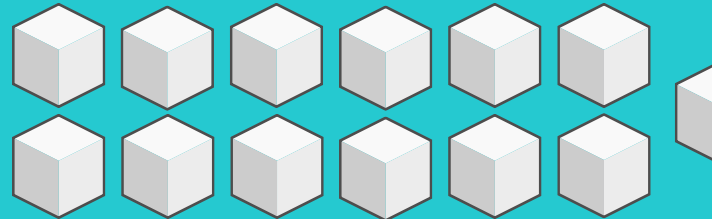


ANSWER

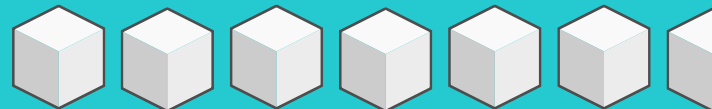
130.3g - 32 ½ Sugar Cubes



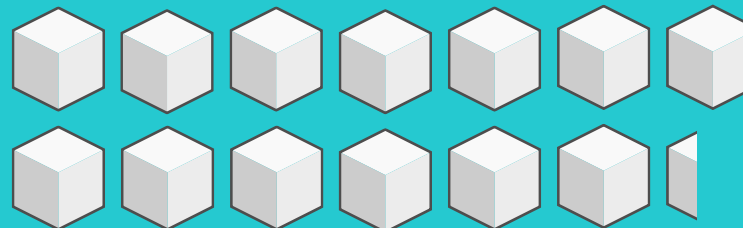
= 50.3g



= 27g



= 53g

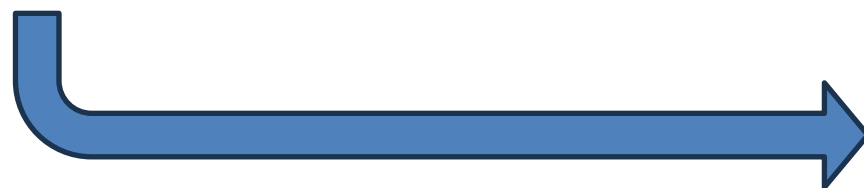


Overview

- Understanding of what programmes are available for patients who have Pre Diabetes or Type 2 Diabetes
- Support on running searches and setting up Florey Questionnaires to increase referrals
- Diabetes Practice Champions- If interested email: amy.moore39@nhs.net
- PIPs - Information on living with Type 2 Diabetes Booklets

North East and Yorkshire Overweight and Obesity Management Services Resource

For more information on the programmes discussed click on the link: [North East and Yorkshire Overweight and Obesity Management Services Resource](#) or scan the QR code



Thank You

James.ball12@nhs.net