

HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME

South Yorkshire

Date: 15th July 2026

About us – Reed Wellbeing



Reed Wellbeing has been working with NHS England to provide the NHS Diabetes Prevention Programme since 2016. We have been combining clinical expertise, behavioural change techniques and a personalised approach, to make a difference in hundreds of thousands of people's lives.

97%

said we have helped them improve their diet and habits





Participant Story:

- *Dennis*
- *68-year-old*
- *Male*
- *Barnsley*

Dennis completed the Healthier You Programme with excellent results; he is no longer pre-diabetic and lost a total of 15.9kg!

“This has been a life changing experience for me. I would like to add before anything else that if it wasn’t for my professional amazing coach Helen from Reed Wellbeing, I would not have achieved my goals. Not only from the diabetes prevention side, but other ailments which I also have i.e. curvature of the spine and COPD, which have greatly improved due to weight loss and exercise. My quality of life has greatly improved so I thank you all.”

Programme overview



This is a fully funded, nine-month, evidence-based lifestyle change programme for those who have been identified as being at risk of developing Type 2 diabetes.

After a patient has been referred, they will be contacted within 24 hours for an initial assessment, via text and email.

Participants then attend 13 90-minute group or digital sessions. They receive extensive supporting resources, including handouts, trackers and a pedometer.

**Reduces the
risk of
developing Type
2 diabetes by
37%***

*University of Manchester, 2022



Options for participants



Face-to-face

Delivered in group sessions of up to 20 people using community venues



Digital

Digital delivery via an app provided by Second Nature



Remote

Group sessions delivered via a remote video call for select groups with additional needs



Face-to-face service



Getting started

During the first session, participants will meet their Health and Wellbeing Coach and their group, who will remain with them throughout the programme.

Fun and interactive support and advice sessions will help them to start their journey with us.

Sustaining change

Participants should already be starting to feel healthier!

They will learn how to make their new lifestyle changes part of their everyday life - now and in the future.

Moving forwards

We finish by preparing them to continue their healthy, active lifestyle once they have completed the programme.

They will return to their GP to have another blood test and look for an improvement in their risk of developing Type 2 diabetes.

Remote service



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

Visually Impaired

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

Sessions will be hosted on Teams.



Hearing impaired

These sessions will be in maximum groups of five, with support provided by Clarion.

Sessions will be hosted on Teams with BSL interpreters.



Bangladeshi/Pakistani

These sessions will feature cultural adaptations, with support provided by 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

These sessions will be adapted to provide recommendations that have family-life in mind.

Sessions will be hosted on Teams.



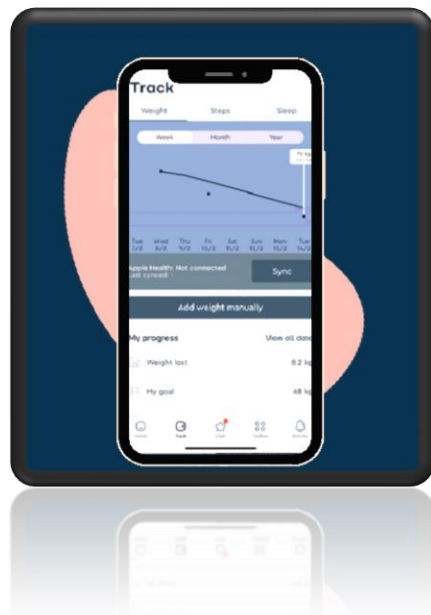
Digital app service – Second Nature



Languages available:

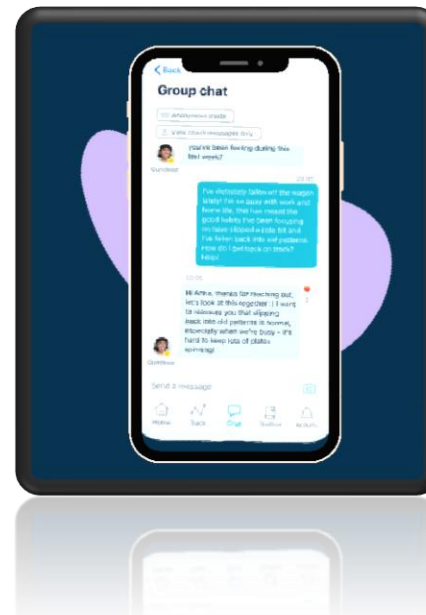
- English
- Urdu
- Hindi
- Arabic
- Gujarati
- Bengali
- Tamil
- Polish
- Chinese
- Punjabi

Track



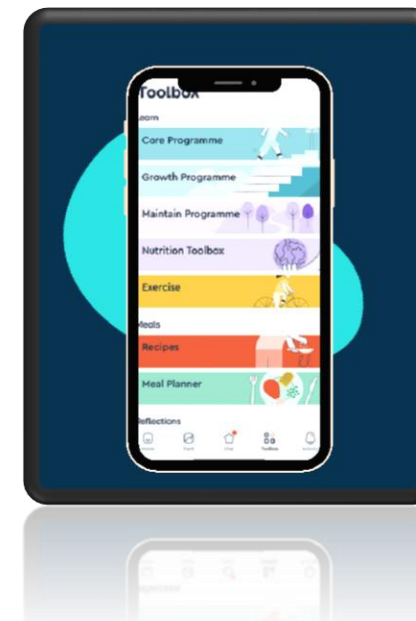
Track positive changes in activity, habits and weight loss.

Support



Receive 1:1 support from a registered dietitian or nutritionist and peer support group.

Learn



Review short daily articles that cover nutrition, exercise, sleep, stress and wellbeing.

Eligibility



To be eligible for the programme the person must be:

- **Adult 18+**
- **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**
- **Be able to participate in NHS Diabetes Prevention Programme**
- **If 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 over 80 years – provide written confirmation, that you consider the benefits of the programme to outweigh any potential risks associated with weight loss for the individual.**

Referral process



Refer someone securely by:

Doing searches and sending eligible patients a letter suggesting they call us



Completing our electronic referral form through the Primary Care System



Sending a Florey template via Accurx asking the patient if they would like to be referred



Calling
0800 092 1191



For any questions/ support on the referral process or to see if your practice is hitting referral targets, please contact
Courtney.Turner@reed.com

Previous gestational diabetes



Women with previous gestational diabetes can make a self-referral by visiting our website



**[healthieryou.reedwellbeing.com/
gestational-diabetes](https://healthieryou.reedwellbeing.com/gestational-diabetes)**

Gestational diabetes is one of the strongest risk factors for the subsequent development of Type 2 diabetes: Up to 50% of women diagnosed with gestational diabetes develop Type 2 diabetes within 5 years of the birth.

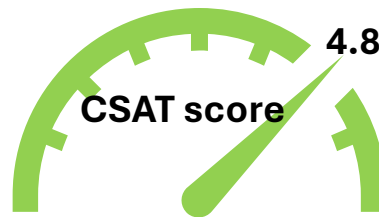


Quality assurance



- Coaches are observed multiple times a year to ensure high quality delivery and are offered annual refresher training.
- Participants can rate their session out of 5 via a platform called "Participant Voice" and we receive participant feedback on a weekly basis.
- We have robust complaints, accidents and incidents processes.
- Venues are risk assessed annually to ensure they remain safe and suitable for programme delivery.

The programme has had a big impact on my life. I have learnt a lot and passed it on to my lads! We have all found it useful
John, Barnsley



5/5 Helen Wildsmith delivers the information very clearly and with a nice sense of humour. The sessions are enjoyable and thought provoking. From Concord Sports Centre. Session 6 -Sugars & snacks under the spotlight

Questions



[Healthieryou.reedwellbeing.com](https://healthieryou.reedwellbeing.com)



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0800 092 1191