

Weight management services in North Tyneside

This resource provides information on weight management support services which are available to residents across North Tyneside, ranging from tier 1 (universal interventions) up to tier 4 (bariatric surgery).

It has been designed as a quick reference guide for GPs and other HCPs within practices when discussing support options with patients. **Please ensure patients meet the eligibility criteria for the programme prior to referral and that the correct referral route is followed.**

The resource has been created by North Tyneside Council in collaboration with Northumbria Healthcare Trust and the ICB. All information is correct as of the time of publication (September 2023) however, information is subject to change without notice (services may be adapted or withdrawn).

	Tier 2				Tier 3
	Local Authority offer for children and young people	Local Authority offers for adults	NHS Digital WMP	NHS Diabetes Prevention Programme (DPP)	Specialist Weight Management Service
	Healthy4Life				
	Children	Adults			
Age 4-14	✓				
Age 18+		✓	✓	✓	✓
BMI criteria applies	✓ >91st centile	✓ See info	✓ See info	✗	✓ See info
Other criteria applies		✓ See info	✓ See info	✓ See info	✓ See info
Duration	10 weeks	See info	12 weeks	Nine months	12 months
Face to face or online*	Face to face	Face to face	Online	Face to face and online	Face to face and online
Referral route	CHAT@northtyneside.gov.uk (0191) 643 7454	See info	e-RS system template	e-RS system template or call 0800 092 1191	nhc tr.healthyhearts@nhs.net (0191) 293 4251

Eligibility: Patients must be a resident of North Tyneside or be registered with a North Tyneside GP surgery.

Patients should be assessed on a case-by-case basis and directed to the most appropriate intervention. Give consideration to eligibility criteria, readiness to change, and motivation levels.

Tier 1 support

There are a range of self-help options available that patients can access:

Active North Tyneside

There are a wide range of activities and programmes patients can get involved with. Activities are either free or low cost to access. There are plenty of options available for all interests and fitness levels including football, tennis and walking groups. Find more information at www.activenorthtyneside.org.uk

Sport England

Sport England has tips on simple and fun ways to get active, indoors and outdoors. There are ways for patients to be active from the comfort of their own homes and fitness challenges to take on to keep them motivated. Find more information at www.sportengland.org

NHS Better Health

For patients looking to lose weight, get active, quit smoking or drink less.

Better Health has lots of free tools and support including a free 12-week NHS weight loss plan which patients can download at www.nhs.uk/better-health

NHS Better Health Families

Helping parents to make healthier choices for their families. There are easy recipes for busy nights, sugar swap ideas, Disney themed activities and help to understand food labels.

Visit www.nhs.uk/healthier-families for more.

Healthier weight during and after pregnancy

Active Bump, Birth, Baby*

Bump, Birth, Baby is made up of all of Active North Tyneside's antenatal and postnatal programmes designed to help pregnant women and new mams to be physically active.

- **Aqua Mams** is a low impact water-based physical activity session for pregnant women to be active in a safe environment with expert instructors.
- **Bumps and Buggies Walk** is for expectant and new mams wanting to introduce physical activity and learn about a healthier lifestyle. It's entry level exercise you do with your baby and a friendly coach, you can meet other new parents and get a helpful hand when it comes to nutrition with some recipes to try, advice on weaning and more.
- **Active Mams** is an entry-level session for expectant and new mams wanting to introduce physical activity and learn about a healthy lifestyle.
- **Postnatal Pilates** sessions work the pelvic floor muscles and repair and rebuild the abdominal muscles impacted by child birth to support the spine and strengthen the pelvis.

For more information on all of the programmes, visit www.activenorthtyneside.org.uk/bump-birth-baby

*Postnatal programmes require clearance to begin exercising from a GP at the 6-8 week appointment

During and after pregnancy, there is also the NHS accredited Baby Buddy App:
www.babybuddyapp.co.uk/this-mum-moves

Social prescribing

Social prescribing can help patients with different social, emotional and practical needs by helping them find the right support to improve their health and wellbeing. Link Workers will take the time to explore what's important to them and identify issues and challenges they would like to address. This may involve introducing patients to services, groups or activities in the local community.

To access the service patients must be over 18 (including transition) and either a resident of North Tyneside or a registered patient of a North Tyneside practice. **The simplest way to make a referral is to task a Link Worker attached to your practice.**

Tier 2 support: Children and young people

Healthy4Life

Healthy4Life is a free weight management programme for families with children who are residents, or pupils of a North Tyneside school. **The child/children's BMI must be >91st centile (priority will be given to those >98th centile).**

Over the course of 10 weeks in sessions after school, families will learn how to make healthy lifestyle changes. The programme is delivered to families in two groups, one where children are aged 4-7 and one where children are aged 8+.

Ran by an expert team, the sessions focus on things such as sugar, salt, fat, takeaways, portion size, food labels and healthy food swaps. There's opportunities to try different types of physical activity too!

If your patient meets the eligibility criteria, please contact CHAT@northtyneside.gov.uk / 0191 643 7454.

Tier 2 support: Adults

North Tyneside Council funds a range of adult (18+ years) weight management programmes which are offered at various locations across the borough. More detail on each of the programmes can be found at www.activenorthtyneside.org.uk/weight-management

Patients are supported on their journey to lose weight. There is an opportunity for patients to create connections with like-minded people going through the same experience in a supportive environment.

Places on all programmes are limited and strict eligibility criteria applies. Frequency in delivery of programmes varies throughout the year. For further information on any of the programmes listed such as dates, times and locations, email active@northtyneside.gov.uk or call 0191 643 7171.

Universal offer:		
Programme and duration	BMI criteria	Additional information
Slimming World (12 weeks)	≥27.5	Patient cannot have self-funded access in the past three months
Targeted offer:		
Programme and duration	BMI criteria	Additional information
Newcastle United Foundation 12th Man (14 weeks)	≥27.5	Men only
Body Benefits – targeted programme (12 weeks)	≥27.5 - 35	For dates, times and locations contact Active North Tyneside
Body Benefits – Learning Disabilities (10 weeks)	≥25	

For all programmes deduct 2.5 from the lower BMI threshold for patients with Black, Asian and ethnic minority backgrounds.

Patients are required to self-refer onto these programmes - a printable PDF containing referral information is available at www.activenorthtyneside.org.uk/wm-hcprofessionals

- **Slimming World: 01773 483 256**
- **The 12th Man: foundation.health@nufc.co.uk**
- **Body Benefits programmes: 0191 643 7171 / active@northtyneside.gov.uk**

Tier 2 support: Adults

NHS Digital Weight Management Programme

The 12 week NHS Digital Weight Management Programme offers online access to weight management services for those living with obesity. **Services are for patients who have a BMI ≥ 30 and diagnosed diabetes or hypertension (or both).** BMI threshold is ≥ 27.5 for those with Black, Asian and ethnic minority backgrounds. With three levels of support and a choice of providers, it is designed to offer a personalised level of intervention to support people to manage their weight and improve their longer term health outcomes.

Patients will only be able to access this programme if they have a smartphone or computer with internet access. For further info: www.england.nhs.uk/digital-weight-management

Referral should be made via the e-RS system. Patients can also be referred via community pharmacies. (self-referrals are not accepted).

NHS Diabetes Prevention Programme (DPP)

The tailored healthy nutrition and exercise support programme aims to delay or prevent the onset of type 2 diabetes. Patients can be supported face-to-face, digitally (via app / online) or remotely (via video calls).

For further information visit:

<https://healthieryou.reedwellbeing.com/gp-information>

Referrals using templates in the e-RS system (self-referrals available – after eligible blood test, by telephoning **0800 092 1191**).

Eligibility criteria:

Adults (18+ years) with no diabetes diagnosis, not pregnant at time of referral and at least one of the following:

- (In the past 12 months) HbA1c between 42-47 mmol/mol or FPG between 5.5-6.9 mmol/l
- 20+ score on Diabetes UK KYR score <https://riskscore.diabetes.org.uk/start>
- Women with previous diagnosis of gestational diabetes and (in the past 12 months) HbA1c < 42 mmol/mol or FPG < 5.5 mmol/l

Tier 3 support

Specialist Weight Management Programme

A psychologically informed, multidisciplinary specialist weight management service (incorporating dietetics, physical activity and psychology) delivering a free 12 month programme for people who are:

- Registered with a North Tyneside GP
- Those with a BMI ≥ 35 (32.5 for Black, Asian and ethnic minority backgrounds)
- Those aged 18+ who aren't pregnant
- Those without a current or previous bariatric procedure in place

Offering one-to-one and group-based interventions both face to face or online, enabling individuals to:

- Share their weight, eating and activity stories within the context of their lives
- Become more physically active
- Identify sustainable dietary changes
- Overcome psychological barriers to change
- Develop an individualised plan

People may have complex eating stories and complex needs, so it is helpful to have all relevant information included in referrals. **Consider whether the person you are referring has sufficient stability in their mental health to enable them to engage with a self-management approach.**

If your patient is motivated and meets eligibility criteria please make referrals for the Specialist Weight Management Programme to: nhc-tr.healthyhearts@nhs.net or **(0191) 293 4251**. (self-referrals are not accepted).

For more information, visit www.northumbria.nhs.uk and search 'North Tyneside specialist weight management'.

Tier 4 support

Patients wishing to be considered for bariatric surgery **are required to work with tier 3 as part of the preparation for surgery.** A summary letter is sent to the patient and copied to the GP when referral to tier 4 is appropriate, with a prompt to complete the e-referral.