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Service:	Information:
<b>NHS Digital Weight Management Programme</b> 	<b>WEIGHT MANAGEMENT</b> 12-week behaviour and lifestyle change programme accessed via smartphone, tablet, or computer with internet. <b>Referral criteria:</b> 18 yrs. or over. Body Mass Index* greater than 30 or over 27.5 for black, Asian and ethnic minority backgrounds. Must have diabetes (type 1 or type 2), high blood pressure or both. <b>Cost:</b> FREE <b>How to join:</b> Your GP practice, health professional or local pharmacist can refer you. <b>Website:</b> <a href="http://www.england.nhs.uk/digital-weight-management/">www.england.nhs.uk/digital-weight-management/</a>
<b>Leeds United Fit Fans</b> 	<b>WEIGHT MANAGEMENT</b> 12-week health and wellbeing weight management programme. 2-hour weekly sessions (1st hour classroom-based, 2nd hour physical activity). Topics include healthy eating, physical activity, alcohol consumption, step counts and smart goals. <b>Referral criteria:</b> Aged 35-65, Body Mass Index* 28 or more. Waist measurement more than 38 inches (males) or 31 inches (females). <b>Cost:</b> £60 for 12 weeks (can be paid £5 per session) <b>How to join - Email:</b> <a href="mailto:fitleeds@leedsunited.com">fitleeds@leedsunited.com</a> or <a href="mailto:simon.wood@leedsunited.com">simon.wood@leedsunited.com</a> <b>Phone:</b> 0113 367 6598. <b>Website:</b> <a href="https://www.efitrust.com/fitfans/">https://www.efitrust.com/fitfans/</a>
<b>NHS Better Health Website</b> 	<b>WEIGHT MANAGEMENT &amp; PHYSICAL ACTIVITY</b> The Better Health website provides lots of free tools and support for ways to lose weight and get active. <b>Website:</b> <a href="http://www.nhs.uk/better-health/lose-weight/">www.nhs.uk/better-health/lose-weight/</a>
<b>NHS Weight Loss APP</b> 	<b>WEIGHT MANAGEMENT</b> Download this app on your smartphone for a FREE 12-week plan. Goals can be set to help you start healthier eating habits, be more active, and start losing weight.
<b>Weight Watchers &amp; Slimming World</b> 	<b>WEIGHT MANAGEMENT</b> Self-referral only. Subscription cost. <b>Website:</b> <a href="https://www.weightwatchers.com">https://www.weightwatchers.com</a> & <a href="https://www.slimmingworld.co.uk">https://www.slimmingworld.co.uk</a>
<b>British Heart Foundation</b> 	<b>WEIGHT MANAGEMENT, HEALTHY EATING, PHYSICAL ACTIVITY</b> Information on diet, exercise and lifestyle changes to improve health and reduce risk of Cardiovascular Heart Disease. <b>Website:</b> <a href="https://www.bhf.org.uk/information-support/support/taking-control-of-your-weight">https://www.bhf.org.uk/information-support/support/taking-control-of-your-weight</a>
<b>HENRY</b> 	<b>WEIGHT MANAGEMENT - CHILDREN AND FAMILIES</b> Healthy Families Programme for the whole family & their children aged 0-5 or 5-12. <b>Cost:</b> FREE – Programmes running in various locations across Leeds and online option <b>Website:</b> <a href="https://www.henry.org.uk/about">https://www.henry.org.uk/about</a>
<b>Better Health Healthier Families</b> 	<b>WEIGHT MANAGEMENT - CHILDREN AND FAMILIES</b> Easy ways to eat well and move more. Food swap ideas, recipes and indoor/outdoor activity ideas for children. <b>Website:</b> <a href="https://www.nhs.uk/healthier-families/">https://www.nhs.uk/healthier-families/</a>
<b>NHS Webinars</b> 	<b>WEIGHT MANAGEMENT</b> Five 25-minute webinars on 'The Dieting Cycle', 'Regular Eating', 'Triggers to Eating', 'Diet Myth Busting' and 'Balanced Eating': <a href="https://patientwebinars.co.uk/condition/weight-management/webinars/">https://patientwebinars.co.uk/condition/weight-management/webinars/</a>

Physical Activity	
Service:	Information:
<b>Active Leeds</b>  	<b>PHYSICAL ACTIVITY</b> LEAP is an activity referral programme to support with health conditions to move more, providing personalised support by a clinically qualified exercise instructor for up to 12 months. Range of physical activity options to choose from. <b>Referral Criteria:</b> 18 yrs. or over with 1 health conditions. <b>Cost:</b> Free / Low cost <b>How to join:</b> Ask your GP Practice / health professional <b>Website:</b> <a href="https://active.leeds.gov.uk/active-leeds-health">https://active.leeds.gov.uk/active-leeds-health</a>
<b>Park Run</b> 	<b>PHYSICAL ACTIVITY</b> Local weekly running group for adults & juniors. <b>Cost:</b> FREE <b>How to join- Website:</b> <a href="https://www.parkrun.org.uk/">https://www.parkrun.org.uk/</a>
<b>Ramblers</b> 	<b>PHYSICAL ACTIVITY</b> Walking group with regular meetups across Leeds. Walks suitable for all abilities. <b>Cost:</b> FREE <b>How to join - Website:</b> <a href="https://www.ramblers.org.uk/">https://www.ramblers.org.uk/</a>
<b>Running Seeds</b> 	<b>PHYSICAL ACTIVITY</b> Walking, running & cycling groups around Leeds. <b>Cost:</b> FREE <b>How to join - Website:</b> <a href="https://runningseeds.co.uk">https://runningseeds.co.uk</a>
<b>NHS Fitness Studio</b> 	<b>PHYSICAL ACTIVITY</b> <b>Cost:</b> FREE online instructor-led exercise videos covering aerobics exercise, strength and resistance, Pilates, yoga and chair based for all levels and abilities. <b>Website:</b> <a href="https://www.nhs.uk/conditions/nhs-fitness-studio/">https://www.nhs.uk/conditions/nhs-fitness-studio/</a>
<b>Couch to 5K and Active 10 APP</b>  	<b>PHYSICAL ACTIVITY</b> Couch to 5K will help you gradually work up towards running 5km in just 9 weeks. Guided sessions for outside or gym. Active 10 helps you count your steps & helps you reach the recommended goal of 10,000 steps per day. <b>Cost:</b> FREE

Diabetes and Pre-Diabetes	
Service:	Information:
<b>The LEEDS Programme</b>  (Learning, Empowering, Enabling Diabetes Self-management)	<b>DIABETES</b> The LEEDS programme runs at various venues across the city. Either one full day session or three 2 ½ hour sessions run face to face by a trained health professional. Alternatively, sessions can be recorded and watched at home with a follow-up telephone call from the team. <b>Referral Criteria:</b> Newly diagnosed with type 2 diabetes in the past 12 months. <b>Cost:</b> FREE <b>How to join:</b> Ask your GP Practice / health professional or contact LEEDS directly on <b>Phone:</b> 0113 843 4200 or <b>Email:</b> <a href="mailto:lch.leedsprogramme@nhs.net">lch.leedsprogramme@nhs.net</a>
<b>NHS Type 2 Diabetes Path to Remission Programme</b> 	<b>DIABETES</b> Formerly known as the NHS Low Calorie Diet Programme. The aim if possible is <i>diabetes remission</i> . For 12 weeks participants follow a 'soups and shakes' diet (no food) followed by 9 months of support to transition to a healthy diet. Fully remote so no face-to-face sessions – all done via a smartphone app and by telephone. <b>Referral Criteria:</b> Aged 18–65 years. Diagnosis of type 2 diabetes in the last 6 years. Body Mass Index* over 27 kg/m <sup>2</sup> (or over 25 kg/m <sup>2</sup> if you are black, Asian or a minority ethnic group). <b>Cost:</b> FREE <b>How to join:</b> Please request an appointment with the Primary Care Network Diabetes Dietitian by phoning 0113 224 8222. <b>Website:</b> <a href="https://xylahealthandwellbeing.com/our-services/diabetes-remission/type-two-diabetes-remission/">https://xylahealthandwellbeing.com/our-services/diabetes-remission/type-two-diabetes-remission/</a>
<b>National Diabetes Prevention Programme</b> 	<b>PRE-DIABETES</b> Three programmes to choose from which run over <u>9 months</u> : 1. <b>Face-to-face:</b> 13 group-based sessions over nine months with a trained Health Coach. <a href="https://healthieryou.reedwellbeing.com/locations/west-yorkshire/">https://healthieryou.reedwellbeing.com/locations/west-yorkshire/</a> 2. <b>Remote:</b> 13 online (video) sessions with a Health Coach. 3. <b>Digital:</b> You will use the Second Nature app to take part in the programme on your phone with access to a support group and Health Coach. <b>Referral Criteria:</b> 18 yrs. or over. Blood Glucose HbA1c 42-47 mmol/mol in last 12 months. Females with history of gestational diabetes. <b>Cost:</b> FREE <b>How to join:</b> Ask your GP Practice / health professional for a referral or self-refer by ringing 0800 092 1191 with your HbA1c and NHS number. <b>Website:</b> <a href="https://healthieryou.reedwellbeing.com/">https://healthieryou.reedwellbeing.com/</a>
<b>Diabetes UK</b> 	<b>DIABETES</b> <b>Website:</b> <a href="https://www.diabetes.org.uk/preventing-type-2-diabetes">https://www.diabetes.org.uk/preventing-type-2-diabetes</a> See the 'Learning Zone' for courses on all aspects of diabetes. Want a FREE booklet on diet? Order here: <a href="https://shop.diabetes.org.uk/collections/eating-well-with-diabetes">https://shop.diabetes.org.uk/collections/eating-well-with-diabetes</a>
	<b>DIABETES</b> Learn online at your pace about type 2 diabetes and diet, activity, mental health, NHS services & practicalities such as driving, working and travelling. <b>Website:</b> <a href="https://healthyliving.nhs.uk/">https://healthyliving.nhs.uk/</a>

\*To work out your Body Mass Index enter your height and weight here: <https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/>

## Beeston, Middleton and Hunslet Primary Care Network



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