



Living Well North Tyneside

Supporting Health and Wellbeing

You may have been identified as at risk by your GP, a health professional or by using the Check Your Risk test.

The programme will help you improve your health and lifestyle - and reduce your risk of developing Type 2 diabetes.

The programme is designed to be informal, interactive and supportive. Everyone will be working together and supporting each other.

As you progress you will start to feel healthier through the changes you make to your own lifestyle. The key part of the programme is ensuring these changes are sustainable - now and in the future.

There are three ways to take part in the programme:

Face-to-face

How it works

A trained Health Coach will help you make a number of simple and sustainable changes to your lifestyle. You will be supported through a series of behaviour change ideas in a group. Over next nine months you will attend 13 sessions with us. The first four sessions are fortnightly, then monthly from then on.

Digital

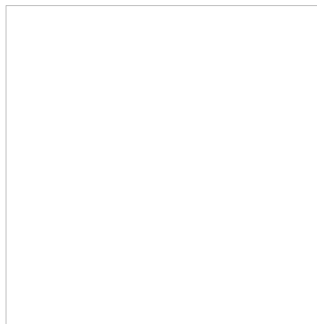
How it works

You will use the Second Nature app to take part in the programme on your phone. The app will support you through a series of behaviour change ideas with access to a support group and Health Coach. You will receive a recipe book and scales before starting. Over next nine months you will work your way through the programme to build and maintain healthy habits in the long term.

Remote

How it works

If you need support with access or adjusted content, you can take the programme on video call with a trained Health Coach. They will help you make a number of simple and sustainable changes to your lifestyle. Over next nine months you will attend 13 sessions with us. The first four sessions are fortnightly, then monthly from then on.





0800 092 1191



Northeast.northcumbria@nhs.net



Reed Wellbeing address:
Registered Office: Academy Court, 94 Chancery Lane,
London
WC2A 1DT



<https://healthieryou.reedwellbeing.com/>



Last Updated - 4th December 2025

Services

No Services

Things to do

No Activities

