

Healthier Weight Support in North Tyneside



Northumbria Healthcare
NHS Foundation Trust



North Tyneside
Clinical Commissioning Group



North Tyneside Council

Introduction

Weight loss can be difficult, with people often requiring different types of support. Making small changes to become a little bit fitter and healthier over time can have a positive impact on your weight and wellbeing.

There are a number of options available to support people across North Tyneside to work towards a healthy weight. If any of the support options in this booklet are of interest, please check you meet the eligibility requirements (some options require a referral via your GP practice).

This information has been produced by North Tyneside Council, together with Northumbria Healthcare Trust and North Tyneside CCG. Information is correct at the time of publication and is subject to change without prior notice. Services may be adapted or withdrawn due to on-going COVID-19 considerations.



Tier 1 support

Physical activity

Across North Tyneside there is a full schedule of activities and sports to get involved with regardless of your current fitness level that would suit a wide range of interests. From walking football and tennis to bowls and netball, more details can be found at activenorthtyneside.org.uk and sportnorthtyneside.org.uk

If you're more comfortable exercising on your own, there are tips on ways to get active from the comfort of your home and signposting to apps and fitness challenges at sportengland.org/jointhemovement

Better Health

Healthy changes start with small changes. Whether you're looking to lose weight or get active Better Health has a free 12-week NHS weight loss plan.

There's an app to make it as easy as possible and take it one week at a time: www.nhs.uk/better-health/lose-weight/



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Healthier weight during and after pregnancy

Putting on too much weight during pregnancy can lead to health problems for you or your unborn baby and increases the risk of gestational diabetes and pre-eclampsia. Staying active is important while you're pregnant, as it'll prepare your body for labour and birth.

There are very few pregnant women who can't exercise at all, low impact activity such as walking is very good for you and can be continued right up until you give birth. Keep up your normal daily activity or exercise, unless you have been advised by your midwife or GP not to exercise.

For more information on having a healthier pregnancy, speak to your community midwife or visit:

During pregnancy:
www.nhs.uk/pregnancy/keeping-well/exercise/

After pregnancy:
www.nhs.uk/conditions/baby/support-and-services/keeping-fit-and-healthy-with-a-baby/

During and after (NHS accredited Baby Buddy App):
www.babybuddyapp.co.uk/this-mum-moves

Change4Life

Change4Life gives parents the tools they need to make healthier choices for their families. Modern life can mean we are a lot busier, less active, and more reliant on convenience and fast food than we used to be.

But that's where Change4Life can help with fun ideas to help kids stay healthy. There's easy recipes for busy weeknights, sugar swaps, Disney-inspired games to get kids moving and help to understand food labels:
www.nhs.uk/change4life

First Contact Clinical

Social prescribing can help with different social, emotional and practical needs by helping you find the right support to improve your health and wellbeing.

You will explore what's important to you and identify issues and challenges you would like to address. This could result in you being introduced to services, groups or activities in your local community.

To access the service you must be over 18 years old and a resident of North Tyneside (or registered with a North Tyneside GP Practice).

For more information call
0191 432 4829 or email
fcc.ntsps@nhs.net

Tier 2 support

Healthy4Life

Are you worried about your child's weight? This free 10 week programme supports parents and children to make healthy lifestyle changes together.

Interactive sessions ran by expert teams focus on key nutrition and physical activity topics such as sugar, portion size, takeaways, food labels and healthy swaps you can make.

There are two groups, one for families with children aged 4-7 and one for families aged 8+. Sessions take place once a week after school at various locations across the borough.

Teen Gym

Teenagers are already going through so many changes as they approach adulthood, and if weight is a concern Teen Gym offers a free three month membership at North Tyneside leisure centres.

Designed to support young people to become more active, it's an opportunity to try different types of physical activity. The programme also includes additional nutritional advice and support from instructors to help young people make healthier food choices and build their self-esteem.

Teen Gym is for young people aged between 14 and 17 years old. Places are limited and are subject to eligibility criteria.

If you meet the eligibility criteria for Healthy4Life or Teen Gym contact:
CHAT@northtyneside.gov.uk / 0191 643 7454

Body Benefits

Does the world of weight loss, fitness and food feel confusing? It can be daunting and difficult to know how to take the right steps to improve your health.

Body Benefits is a free 12 week lifestyle programme for residents of North Tyneside where you'll meet like-minded people going through the same experience.

You'll take advantage of a team of experts who will teach you how to lose weight by trying different types of exercise (to help you find something you enjoy) and how to make your meals healthy – but still tasty.

Body Benefits is exclusively for people who have a **Body Mass Index (BMI) of 25-35 and do not regularly exercise**. If you don't know your BMI, we can help you to work it out, please note you will need to share your height and weight measurements with us.

If you meet the eligibility criteria for Body Benefits contact:
active@northtyneside.gov.uk / 0191 643 7171

NHS Digital Weight Management Programme

If you are living with obesity (BMI 30+ or BMI 27.5+ for Black, Asian and ethnic minority backgrounds) and have diabetes or high blood pressure (or both), you could benefit from the free 12 week NHS Digital Weight Management Programme.

Available on your smartphone, tablet or computer, the programme helps you make more informed choices, create healthy eating habits, be active and lose weight.

Further information is available at: www.england.nhs.uk/digital-weight-management/

If you feel you may be eligible for this programme, please speak to a member of staff at your GP practice, or visit your local pharmacy.

National Diabetes Prevention Programme (NDPP)

The NHS Diabetes Prevention Programme is a national scheme set up by NHS England. It is a behaviour change programme aimed at supporting people who have been identified as at risk of developing type 2 diabetes (also known as pre-diabetic).

The tailored healthy nutrition and exercise support programme aims to delay or prevent the onset of type 2 diabetes. Benefitting from nine months of free access to trained health coaches, you'll be able to meet other people in your area who are also trying to reduce their risk.

Eligibility criteria:

- HbA1c must be between 42-47 mmol/mol or Fasting Plasma Glucose between 5.5-6.9 mmols/l and dated within the last 12 months
- If the patient has a history of Gestational Diabetes Mellitus (GDM) then HbA1c can be below 42 or FPG below 5.5
- Aged 18 or over
- Not currently pregnant

If you feel you may be eligible for this programme, speak to your GP practice.


More information is available at:

www.weightwatchers.com/uk/healthieryou




Tier 3 support


Specialist Weight Management Service



"I know what I should do to lose weight, but ..."



"Sometimes it feels like I've tried everything and nothing works ..."



"I can do it for a little while but then I go off track ..."

If this sounds like you and your Body Mass Index (BMI) is over 35 (32.5 for Black, Asian and ethnic minority backgrounds), or you have diabetes and a BMI over 30 (27.5 for Black, Asian and ethnic minority backgrounds) your GP or practice nurse can refer you to a Specialist Weight Management Service.

Your GP or practice nurse can help you to work out your BMI.

The free 12 month programme will help you to look at your weight; thinking not just about what you do, but also why you do it.

A team of specialist dietitians, physical activity experts and clinical psychologists will work with you to:

- Hear your weight, eating and activity story within the context of your life
- Help you to develop your own plan focusing on areas that are important to you
- Identify what works for you and what might be stopping you from making progress

You can get help to:

- Become more confident to be more active
- Break out of the 'diet trap' and identify small changes to your eating
- Look at the reasons why you eat in more detail, such as emotional eating, habits and work with you to find ways of managing them

You will be supported through groups and individual appointments which can be in person or virtual, depending on your preference.

If you are thinking about bariatric surgery, this is an important part of the required preparation.

Tier 4 support

Anyone who wants to be considered for bariatric surgery is required to take part in the tier 3 Specialist Weight Management Service programme as part of the preparation for surgery.

Please speak to your GP practice to discuss this further.

Additional support for health and wellbeing

Mental health

Having good mental health helps us relax more, achieve more and enjoy our lives more. We have expert advice and practical tips to help you look after your mental health and wellbeing at www.nhs.uk/oneyou/every-mind-matters/

Smoking

Stopping smoking is one of the best things you can do for your health. If you need support to quit there are plenty of resources available to improve your chances of quitting for good. Further information can be found by visiting www.nhs.uk/live-well/quit-smoking/

Drugs and alcohol

If you struggle with consuming too much alcohol you can get support to cut down safely at www.nhs.uk/live-well/alcohol-support/

The North Tyneside Recovery Partnership (NTRP) is a dedicated service for anyone in North Tyneside experiencing problems with drugs and/or alcohol. Call **0191 640 0180** or find more information by visiting www.cntw.nhs.uk and searching 'NTRP'

Living Well North Tyneside

An online directory created to provide communities with trusted information on services, activities and events to support you to live well locally.

Visit livingwellnorthtyneside.co.uk



Summary of weight management support options

Please note: All programmes listed below are free and inclusive of both male and female participants.

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

	Tier 2					Tier 3
	Healthy4Life	Teen Gym	Body Benefits	NHS Digital WMP	National Diabetes Prevention Programme (NDPP)	Specialist Weight Management Service
	Children		Adults			
Age 4-14	✓					
Age 14-17		✓				
Age 18+			✓	✓	✓	✓
BMI criteria applies	✓	✓	✓	✓		✓
Other criteria applies				✓	✓	
Duration	10 weeks	Three months	12 weeks	12 weeks	Nine months	12 months
Face to face or online*	Face to face	Face to face	Face to face	Online	Online	Face to face and online

*Programmes delivered face to face are subject to change due to COVID-19 guidance.