

# WEIGHT MANAGEMENT SUPPORT OPTIONS

## ALL PATIENTS FROM NOTTINGHAM CITY & NOTTINGHAMSHIRE COUNTY

Thriving Nottingham  
HELPING YOU TO LIVE WELL AND FEEL GREAT

NEW SERVICE FROM 1 APRIL 2024  
<https://thrivingnottingham.org.uk/>  
0115 648 5724

Eating well and losing weight  
Stop smoking  
Move more  
One to one health coaching  
Wellbeing  
Family health

**Self referral by phone or website**

### Get Out Get Active Nottingham – **Self referral**

Activity programme based in leisure centres across the city  
All ages and abilities, swimming, netball, running, walking and lots more  
[www.getoutgetactive.co.uk/](http://www.getoutgetactive.co.uk/)  
Contact [goga@activityalliance.org.uk](mailto:goga@activityalliance.org.uk) or call 01509 227750

### NHS digital weight management programme - **Referral via GP**

Aged 18 or over  
Must have hypertension, diabetes or both + BMI >30 (>27.5 BAME)  
Access via a smartphone, tablet or computer with internet access  
12-week online course with 3 levels of support

### Diabetes prevention programme - **Referral via GP**

Must be currently pre diabetic (NOT diabetic)  
9-month programme, with fortnightly group or 1-1 sessions covering nutrition and exercise  
Living Well Taking Control [www.lwtcsupport.co.uk/](http://www.lwtcsupport.co.uk/)  
[info@lwtcsupport.co.uk](mailto:info@lwtcsupport.co.uk) 0300 302 0652