

Hounslow lifestyle services for:

- Diabetes
- Diabetes and weight management

There are many lifestyle programmes available but not everyone knows about them.

Before you take a look it maybe useful to know your body mass index (BMI). If you do not know your BMI please feel free to visit [BMI calculator | Check your BMI - NHS | Please fill in your details \(www.nhs.uk\)](#) where you can calculate your BMI.



<u>Programme</u>	<u>What is it?</u>	<u>Who can join?</u>	<u>How do I sign up?</u>
<p><u>X-PERT Type 2 Diabetes Programme</u></p>	<p>X-PERT Diabetes programme will increase your knowledge, skills and understanding of your condition and help you to make lifestyle choices to manage your blood glucose levels more effectively</p> <p>Learn all about diabetes and help manage diabetes in your own way. Reduce weight, reduce blood glucose levels and reduce medications.</p> <p>Offered: X5 (2hr) weekly online group sessions or X5-6 (3hr) weekly face to face group sessions (at Heart of Hounslow or Feltham Health Centre).</p> <p>Language: English (online and face to face) and Hindi/ Punjabi face to face</p>	<ul style="list-style-type: none"> • Type 2 diabetes • 18 years + 	<p>Self referral: https://hrch.jotform.com/212144434416043</p> <p>Ask your healthcare team</p> <p>For further information visit the website:</p> <p>Group Education Programmes (xperthealth.org.uk)</p> <p>Group Education Programmes (xperthealth.org.uk)</p> <p>Adele's Story</p>

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<p><u>NHS Digital Weight Management Programme</u></p>	<p>Weight loss programme delivered through a free-to-download app with 1-2-1 calls along the way.</p> <p>App contains education on weight loss, recipes, meal plans, blogs and forum to connect with other people.</p> <p>Offered: X12 weekly online sessions</p> <p>Languages: Multiple languages available</p>	<ul style="list-style-type: none"> • BMI over 30kg/m² AND hypertension • 27.5kg/m² for people from (South Asian, Chinese, other Asian, Middle Eastern, Black African or African-Caribbean origin) + hypertension • Type 2 diabetes and BMI over 30kg/m² or 27.5 kg/m² (South Asian, Chinese, other Asian, Middle Eastern, Black African or African-Caribbean origin) 	<p>Ask your healthcare team</p> <p>For further information visit the website:</p> <p>NHS England » The NHS Digital Weight Management Programme</p>

Healthy Hounslow	What is it?	Who can join?	How do I sign up?
MoreLife Health & Wellbeing coaching service	<p>A coaching service to help motivate you to self manage and sustain healthy lifestyle changes through improving diet, physical activity levels, reducing weight or achieving a healthy body mass index, help with reducing alcohol consumption, quitting smoking & / or tobacco use, improving wellbeing and improving sleep.</p> <p>Offered: X10 sessions 1-2-1 support</p>	<ul style="list-style-type: none"> BMI of 25 - 30kg/m² BMI 23 - 27.5 kg/m² in people of South Asian, Chinese, other Asian, Middle Eastern, Black African or African-Caribbean origin) 	<p>Call: 0204 559 8200</p> <p>For further information visit the website: Health and Wellbeing Coaching – Healthy Hounslow</p>
Beezee bodies adult weight management	<p>Adult weight management programme where you can learn about nutrition and lifestyle to make healthier lifestyle changes to lose weight and maintain a healthier weight.</p> <p>Healthy living topics include portion sizes, decoding food labels, keeping active and snacking/drinking.</p> <p>Physical activity sessions are also part of the programme and provided by Lampton Leisure.</p> <p>Offered: X12 weekly sessions online or face to face</p> <p>1-2-1 support throughout the course with nutritionists</p>	<ul style="list-style-type: none"> BMI ≥30kg/m² BMI 27.5 kg/m² in people of South Asian, Chinese, other Asian, Middle Eastern, Black African or African-Caribbean origin) 18 years + 	<p>Call: 0204 559 8200</p> <p>For further information visit the website: Weight Management – Healthy Hounslow</p>
Healthy Hounslow	What is it?		How do I sign up?
Cook & Eat sessions	<p>Sessions where you can learn about:</p> <ul style="list-style-type: none"> - Basic food hygiene together - Preparing and cooking value for money recipes - Eating the prepared recipes - Support and education on healthy cooking - Reducing food waste, healthy and sustainable diet - Cooking on a budget facilities - Non-cook recipes for those without cooking <p>Offered: X4 weekly sessions online or face to face</p>		<p>Call: 0204 559 8200</p> <p>For further information visit the website: Healthy Hounslow – Helping Hounslow live healthier lives</p>

Healthy Hounslow	<u>What is it?</u>	<u>Who can join / what is offered?</u>	<u>How do I sign up?</u>
<p><u>NHS Health checks</u></p> <p><u>CVD health & wellbeing coaches</u></p>	<p>Can tell you whether you are at higher risk of getting certain health problems such as diabetes, heart disease or stroke.</p> <p>Healthcare professionals will operate out of a converted ambulance and travel to different locations, events and communities across Hounslow. To engage with you – on the high street, in the community centre, place of work or place of worship. Trained to talk about risk factors for CVD, take your blood pressure, deliver NHS Health Checks, and refer eligible clients to health coaching and lifestyle interventions – encouraging you to move more, eat well, stop smoking, drink less, sleep well and stress less.</p>	<ul style="list-style-type: none"> • NHS Health Checks: Eligible residents are aged 25 to 50 years old and have not had an NHS Health Check in the last 5 years. They should also live, work, study and/or be registered with a Hounslow GP. Residents who have certain pre-existing conditions are also excluded. You can find more information on NHS Health Checks here. • CVD Health Coaching: Eligible residents are those at greater risk of cardiovascular disease, please speak to a member of our team to see if we can refer you 	<p>Call: 0204 559 8200</p> <p><u>For further information visit the website to find out dates of NHS Health checks:</u></p> <p>Health Checks – Healthy Hounslow</p>
<p><u>Physical activity</u></p>	<p>Service provided by Lampton leisure delivering high-quality sport and community programmes for Hounslow residents aiming to reduce barriers to participating in physical activity and contributing to the overall health & wellbeing of Hounslow.</p> <p>Keeping active can really benefit your physical and mental health, however you choose to do it. Across the borough, our sport, physical activity and health partners are providing a great range of activities both locally and online.</p>	<ul style="list-style-type: none"> • Anyone <p><u>Offered:</u></p> <p>Disability swimming Junior Gym 50+ Parent and Toddler sessions Women-only General Swim Aqua Women-only Classes Mixed Basketball Sessions (13+) Under 18's Basketball Sessions 50+ Aerobics classes Women-only Sessions Family Swimming Bollywood Dance Classes Aqua Classes Bhangra Dance Classes Family Circuit Training Gentle Exercise Programmes Women's Basketball Sessions Women only sessions available too i.e. swimming (Brentford, Hanworth, Heston and Chiswick)</p>	<p>Call: 0204 559 8200</p> <p><u>For further information visit the website:</u></p> <p>Physical Activity – Healthy Hounslow</p>

Healthy Hounslow	<u>What is it?</u>	<u>Who can join?</u>	<u>How do I sign up?</u>
<p><u>Exercise on referral</u> (Provided by Lampton leisure)</p>	<p>Service provided by Lampton leisure to support people with long-term health conditions.</p> <p>Those who would benefit from moving more often, To build physical activity into their lives.</p> <p>Guidance, confidence and motivation you need to exercise safely from the comfort of your own home or in your local community.</p> <p>Offered: First 12 weeks of supervised sessions receive a discounted membership rewards card to attend sessions in the leisure centres for a further 12 weeks. Cost of £3.55/session</p>	<ul style="list-style-type: none"> • Be over the age of 18 • Have an inactive lifestyle • Present one or more of the following conditions: • Mild to moderate depression • Obesity (BMI > 30kg/m² or > 27.5kg/m² for Asian populations) • Hypertension • Diabetes (Type 1 and Type 2) • Osteoporosis • Arthritis • Cardiovascular disease (CVD) or high risk of CVD • Neurological condition 	<p><u>Ask your healthcare team</u></p>

<u>Programme</u>	<u>What is it?</u>	<u>Who can join ?</u>	<u>How do I sign up?</u>
<p><u>The NHS Type 2 Diabetes Path to Remission Programme</u> (Available 2024)</p>	<p>New programme which provides a low calorie, total diet replacement treatment for people who are living with type 2 diabetes and obesity or overweight: the NHS Type 2 Diabetes Path to Remission Programme.</p> <p>Offered: Low calorie, total diet replacement products including soups and shakes consisting of 800 - 900kcal/day for 12 weeks. Replace all normal meals with these products.</p> <p>Support and monitoring for 12 months including help to re-introduce food after the initial 12-week period.</p> <p>Language: Multiple languages available</p>	<ul style="list-style-type: none"> • 18 – 65 years • Type 2 diabetes diagnosed within the last 6 years • BMI over 27 kg/m² (White or other) • BMI over 25 kg/m² (South Asian, Chinese, other Asian, Middle Eastern, African or African-Caribbean origin) 	<p>Available from 2024</p> <p><u>For further information visit the website:</u></p> <p>NHS England » NHS Type 2 Diabetes Path to Remission Programme to treat obesity and type 2 diabetes</p>

Programme	What is it?	Who can join?	How do I sign up?
<p>Specialist weight management Tier 3 (non surgical)</p> <p>+/-</p> <p>Specialist bariatric surgery Tier 4 (surgical)</p>	<p>Specialist weight management service is a service provided by a multi-disciplinary team (MDT) comprised of consultant bariatric surgeons; consultant endocrinologist; consultant psychiatrist; clinical psychologists; clinical nurse specialists & specialist weight management dietitians.</p> <p>Tier 3 specialist weight management service:</p> <p>The MDT provide tier 3 weight management services offering weight management support for people who live with obesity. On completion, the Tier 3 specialist weight management service will provide recommendations for each individual regarding future weight management including appropriateness of referral for bariatric surgical assessment.</p> <p>Offered: specialist weight management programme (1hr online group x 8 weekly)</p> <p>Language: Interpreters available</p> <p>Tier 4 bariatric surgery</p> <p>Called bariatric surgery or weight loss surgery or metabolic surgery, is sometimes used as a treatment provided by the above MDT professionals to people who are very obese. It can lead to significant weight loss and help improve many obesity-related conditions, such as type 2 diabetes or high blood pressure. But it's a major operation and in most cases should only be considered after trying to lose weight through a healthy diet and exercise.</p>	<ul style="list-style-type: none"> BMI over 35kg/m² + co-morbidities e.g. type 2 diabetes / hypertension/ sleep apnoea/ infertility/PCOS/ poor mobility BMI over 40kg/m² . BMI over 32.5kg/m² (Black, Asian, minority ethnic backgrounds) + co-morbidities e.g. type 2 diabetes / hypertension/ sleep apnoea/ infertility/PCOS/ poor mobility BMI over 37.5kg/m². (Black, Asian, minority ethnic backgrounds) <p>* Exclusion criteria does apply</p> <p>An expedited assessment for bariatric surgery at Imperial weight management service only will be offered to people with:</p> <ul style="list-style-type: none"> BMI of 35 or over who have recent-onset type 2 diabetes as long as they are also receiving or will receive assessment in our Tier 3 service. People of Asian family origin with a BMI of 30–34.9 who have recent-onset type 2 diabetes BMI >50 	<p>Ask your Gp to refer you OR</p> <p>You can be referred to Hounslow community dietitians for bariatric assessment and if not suitable you can be seen online or 121 by the Hounslow community dietitians.</p> <p>For further information visit the website:</p> <p>Imperial College Healthcare NHS Trust Patient information</p> <p>Weight Management Service (ashfordstpeters.nhs.uk)</p> <p>Weight loss surgery - NHS (www.nhs.uk)</p>

For more information on other programmes that you might be interested in please visit the Know Diabetes website [Diabetes in North West London | Know Diabetes](#)

Other free Type 2 diabetes programmes:

My Type 2 diabetes

This online course aims to give you the information you need about what type 2 diabetes is, what it might mean for your health and what you can do to manage it. The topic list (to the right) will give you an idea of all the information covered in this course.

To access and for more information visit:

My Type 2 Diabetes | Know Diabetes eLearning

Not free type 2 diabetes programmes:

Low Carb Program Low Carb Program | Know Diabetes (Cost per month £14.99)

Second Nature - Make losing weight feel easier (Cost per week £40, also 2 week free trial)

Roczen Health (Cost per month £30)

Other useful resources:

