

## Hounslow lifestyle services for:

- Pre-diabetes
- Post gestational diabetes
- Polycystic ovary syndrome
- Weight management
- Healthier lifestyle

There are many 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.



Healthy Hounslow	What is it?	Who can join?	How do I sign up?
<p><b><u>MoreLife Health &amp; Wellbeing coaching service</u></b></p>	<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 &amp; / or tobacco use, improving wellbeing and improving sleep.</p> <p>Offered: X10 sessions 1-2-1 support</p>	<ul style="list-style-type: none"> <li>BMI of 25 - 30kg/m<sup>2</sup></li> <li>BMI 23 - 27.5 kg/m<sup>2</sup> in people of South Asian, Chinese, other Asian, Middle Eastern, Black African or African-Caribbean origin)</li> </ul>	<p><b>Call: 0204 559 8200</b></p> <p><b>For further information visit the website:</b></p> <p><a href="#">Health and Wellbeing Coaching – Healthy Hounslow</a></p>
<p><b><u>Beezee bodies adult weight management</u></b></p>	<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"> <li>BMI ≥30kg/m<sup>2</sup></li> <li>BMI 27.5 kg/m<sup>2</sup> in people of South Asian, Chinese, other Asian, Middle Eastern, Black African or African-Caribbean origin)</li> <li>18 years +</li> </ul>	<p><b>Call: 0204 559 8200</b></p> <p><b>For further information visit the website:</b></p> <p><a href="#">Weight Management – Healthy Hounslow</a></p>

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<p><b><u>Cook &amp; Eat sessions</u></b></p>	<p><b><u>Sessions where you can learn about:</u></b></p> <ul style="list-style-type: none"> <li>- Basic food hygiene</li> <li>- Preparing and cooking value for money recipes</li> <li>- Eating the prepared recipes together</li> <li>- Support and education on healthy cooking</li> <li>- Reducing food waste, healthy and sustainable diet</li> <li>- Cooking on a budget facilities</li> <li>- Non-cook recipes for those without cooking</li> </ul> <p><b>Offered:</b> X4 weekly sessions online or face to face</p>	<p><b>Call: 0204 559 8200</b></p> <p><b>For further information visit the website:</b></p> <p><a href="#">Healthy Hounslow – Helping Hounslow live healthier lives</a></p>

Healthy Hounslow	<u>What is it?</u>	<u>Who can join / what is offered?</u>	<u>How do I sign up?</u>
<p><b><u>NHS Health checks</u></b></p> <p><b><u>CVD health &amp; wellbeing coaches</u></b></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"> <li>• <b>NHS Health Checks:</b> 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.</li> <li>• <b>CVD Health Coaching:</b> 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</li> </ul>	<p><b>Call: 0204 559 8200</b></p> <p><b><u>For further information visit the website to find out dates of NHS Health checks:</u></b></p> <p><a href="#">Health Checks – Healthy Hounslow</a></p>
<p><b><u>Physical activity</u></b></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 &amp; 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"> <li>• Anyone</li> </ul> <p><b><u>Offered:</u></b></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><b>Call: 0204 559 8200</b></p> <p><b><u>For further information visit the website:</u></b></p> <p><a href="#">Physical Activity – Healthy Hounslow</a></p>

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<p><b>Exercise on referral</b></p> <p><b>(Provided by Lampton leisure)</b></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><b>Offered:</b> 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"> <li>• Be over the age of 18</li> <li>• Have an inactive lifestyle</li> <li>• Present one or more of the following conditions:</li> <li>• Mild to moderate depression</li> <li>• Obesity (BMI &gt; 30kg/m<sup>2</sup> or &gt; 27.5kg/m<sup>2</sup> for Asian populations)</li> <li>• Hypertension</li> <li>• Diabetes (Type 1 and Type 2)</li> <li>• Osteoporosis</li> <li>• Arthritis</li> <li>• Cardiovascular disease (CVD) or high risk of CVD</li> <li>• Neurological condition</li> </ul>	<p><b>Ask your healthcare team</b></p>
Programme	What is it?	Who can join?	How do I sign up?
<p><b>Healthier You</b></p>	<p>National diabetes prevention programme tailored, personalised support to reduce your risk of type 2 diabetes. Learn about healthy eating, losing weight and exercising.</p> <p><b>Offered:</b> X13 sessions (90 minutes) online group sessions over 9 months</p> <p>If you feel that your are unsuitable for the group setting. You can be offered 1-2-1.</p> <p><b>Languages:</b> Multiple languages available</p>	<ul style="list-style-type: none"> <li>• Pre-Diabetes</li> <li>• Post gestational diabetes</li> </ul>	<p><b>Ask your healthcare team</b></p> <p><b>Self referral:</b></p> <p><a href="http://preventing-diabetes.co.uk">Register for the NHS Diabetes Prevention Programme (preventing-diabetes.co.uk)</a></p>

<u>Programme</u>	<u>What is it?</u>	<u>Who can join?</u>	<u>How do I sign up?</u>
<p><b><u>HRCH Slimming group</u></b></p> <p>Hounslow community dietitians</p>	<p>A weight loss programme run by specialist weight management dietitians.</p> <p>Learn all about nutrition and lifestyle from the specialist dietitians in the field of weight management to help you achieve and maintain a healthier weight</p> <p><b>Offered:</b> X4 online group sessions (60 minutes)</p> <p>If after assessment you feel that you are not suitable for group sessions you can be offered 1-2-1.</p> <p><b>Languages:</b> Delivered in English but interpreters are available for 1-2-1.</p>	<ul style="list-style-type: none"> <li>• BMI over 35kg/m<sup>2</sup> with health issues e.g. hypertension/ hyperlipidaemia / sleep apnoea/ poor mobility /PCOS</li> <li>• BMI over 32.5kg/m<sup>2</sup> (South Asian, Chinese, other Asian, Middle Eastern, Black African or African-Caribbean origin) with health issues e.g. hypertension/ hyperlipidaemia / sleep apnoea/ poor mobility /PCOS</li> <li>• BMI over 40kg/m<sup>2</sup></li> <li>• BMI over 37.5kg/m<sup>2</sup> (South Asian, Chinese, other Asian, Middle Eastern, Black African or African-Caribbean origin)</li> </ul>	<p><b><u>Ask your healthcare team to refer</u></b></p> <p><b><u>For further information visit the website:</u></b></p> <p><a href="http://hrch.nhs.uk">Nutrition and dietetics :: Hounslow &amp; Richmond Community Healthcare (hrch.nhs.uk)</a></p>

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

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<p><b><u>Weight loss injection</u></b></p> <p>(Currently unavailable)</p>	<p>Liraglutide (also called Saxenda) is a weight loss medicine that works by making you feel fuller and less hungry. It's taken as an injection once a day. Your doctor or nurse will show you how to take it.</p> <p>You can usually only take liraglutide if it's prescribed for you by a specialist weight management service. A doctor might recommend that you take it if: diet and exercise changes have not worked on their own; orlistat has not worked or you cannot take it; you do not want to have weight loss surgery</p> <p>You'll need to eat a balanced, reduced-calorie diet and exercise regularly while taking liraglutide. Before prescribing liraglutide, your doctor will talk you through its benefits and limitations, including any side effects you might get.</p> <p><b>Offered:</b> Imperial Specialist weight management (Tier 3) programme</p> <p>Ashford and St Peters weight management (Tier 3) programme</p> <p>Online group or one to one over 52+ weeks</p> <p><b>Languages:</b> Interpreters available</p>	<ul style="list-style-type: none"> <li>• BMI over 35kg/m<sup>2</sup></li> <li>• BMI over 32.5kg/ m<sup>2</sup> in people of South Asian, Chinese, other Asian, Middle Eastern, Black African or African-Caribbean origin.</li> <li>• With pre diabetes + high cholesterol/ hypertension</li> </ul>	<p><b><u>For further information visit the website:</u></b></p> <p><a href="http://www.nhs.uk">Obesity - Treatment - NHS (www.nhs.uk)</a></p> <p><b><u>For further information visit the website:</u></b></p> <p>Saxenda patient brochure for adults</p> <p><b><u><a href="https://www.saxenda.com/content/dam/obesity/saxenda/pdfs/US23SX00004_SAX_Patient_Brochure_Digital_V3.pdf">https://www.saxenda.com/content/dam/obesity/saxenda/pdfs/US23SX00004_SAX_Patient_Brochure_Digital_V3.pdf</a></u></b></p>

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<p><b>Specialist weight management Tier 3 (non surgical)</b></p> <p>+/-</p> <p><b>Specialist bariatric surgery Tier 4 (surgical)</b></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 &amp; specialist weight management dietitians.</p> <p><b>Tier 3 specialist weight management service:</b></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><b>Offered:</b> specialist weight management programme (1hr online group x 8 weekly)</p> <p><b>Language:</b> Interpreters available</p> <p><b>Tier 4 bariatric surgery</b></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 <a href="#">type 2 diabetes</a> or <a href="#">high blood pressure</a>. But it's a major operation and in most cases should only be considered after trying to <a href="#">lose weight</a> through a <a href="#">healthy diet</a> and <a href="#">exercise</a>.</p>	<ul style="list-style-type: none"> <li>• BMI over 35kg/m<sup>2</sup> + co-morbidities e.g. type 2 diabetes / hypertension/ sleep apnoea/ infertility/PCOS/ poor mobility</li> <li>• BMI over 40kg/m<sup>2</sup> .</li> <li>• BMI over 32.5kg/m<sup>2</sup> (Black, Asian, minority ethnic backgrounds) + co-morbidities e.g. type 2 diabetes / hypertension/ sleep apnoea/ infertility/PCOS/ poor mobility</li> <li>• BMI over 37.5kg/m<sup>2</sup>. (Black, Asian, minority ethnic backgrounds)</li> </ul> <p>* Exclusion criteria does apply</p> <p>An expedited assessment for bariatric surgery at Imperial weight management service <b>only</b> will be offered to people with:</p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• People of Asian family origin with a BMI of 30–34.9 who have recent-onset type 2 diabetes</li> <li>• BMI &gt;50</li> </ul>	<p><b>Ask your Gp to refer you OR</b></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><b>For further information visit the website:</b></p> <p><a href="#">Imperial College Healthcare NHS Trust   Patient information</a></p> <p><a href="#">Weight Management Service (ashfordstpeters.nhs.uk)</a></p> <p><a href="#">Weight loss surgery - NHS (www.nhs.uk)</a></p>

### Other free Weightloss programmes:

#### **Free NHS weight loss plan**

Download the free NHS Weight Loss Plan to help you start healthier eating habits, be more active, and start losing weight.

The plan is broken down into 12 weeks.

To access an for more information visit:

[Lose weight - Better Health - NHS \(www.nhs.uk\)](http://www.nhs.uk)

### Not free Weightloss programmes:

NHS has teamed up with these partners to create special offers for you. For more information please visit the following website [Lose weight - Better Health - NHS \(www.nhs.uk\)](#) and scroll to the bottom of the page to access:

- **Second Nature** (Cost per week £10)
- **Slimming World** (Cost per week £4.95)
- **Weight Watchers** (Free 4 weeks)
- **The Body Coach x Better Health / The Body Coach** (Cost per week £1.55 paid annually)
- **Get Slim** (Cost per week £1)
- **MAN Vs FAT Football!** (Cost per week £6.87)
- **Healthier For Life** (Cost per week £1)
- **The 1 : 1 Diet by Cambridge Weight Plan** [The 1:1 Diet Cambridge Weight Plan | Know Diabetes](#)