Directory of Healthy Living Services in Norfolk & Waveney

This directory intends to provide the Norfolk & Waveney population with information on exercise, healthy eating, and weight management services, as well as available educational programmes, self-help apps, and training for health professionals. Although the main focus of this brochure is to reduce the prevalence of pre-diabetes through making individuals more aware of services and information available, other individuals may also benefit from this.

This brochure includes:-

1.0. Exercise Services
2.0. Weight Management Services
3.0. Educational Programmes & Campaigns
4.0. Diabetes Awareness & General Information
5.0. Self-Help Apps
6.0. Health Professionals Training

For more information, please contact: Freddy Sadeghi – f.sadeghi@nhs.net

Published: 28/11/2018

Next Update: 03/06/2019
Table of Contents

1.0 Exercise Services

<table>
<thead>
<tr>
<th>Section</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.1</td>
<td>Active Norfolk</td>
<td>1</td>
</tr>
<tr>
<td>1.1.1</td>
<td>This Girl Can</td>
<td>2</td>
</tr>
<tr>
<td>1.2</td>
<td>Broadly Active</td>
<td>4</td>
</tr>
<tr>
<td>1.3</td>
<td>Leisure Centres</td>
<td>2</td>
</tr>
<tr>
<td>1.3.1</td>
<td>Alive Leisure</td>
<td>2</td>
</tr>
<tr>
<td>1.3.2</td>
<td>Breckland Council</td>
<td>4</td>
</tr>
<tr>
<td>1.3.3</td>
<td>Great Yarmouth Leisure Facilities</td>
<td>5</td>
</tr>
<tr>
<td>1.3.4</td>
<td>North Norfolk District Council</td>
<td>5</td>
</tr>
<tr>
<td>1.3.5</td>
<td>Norwich</td>
<td>6</td>
</tr>
<tr>
<td>1.3.6</td>
<td>South Norfolk Leisure Facilities</td>
<td>7</td>
</tr>
<tr>
<td>1.4</td>
<td>Lowestoft O-go-go</td>
<td>7</td>
</tr>
<tr>
<td>1.5</td>
<td>Norfolk Area Ramblers</td>
<td>7</td>
</tr>
<tr>
<td>1.6</td>
<td>Norfolk Trails</td>
<td>9</td>
</tr>
<tr>
<td>1.7</td>
<td>parkrun</td>
<td>9</td>
</tr>
</tbody>
</table>

2.0 Weight Management Services

<table>
<thead>
<tr>
<th>Section</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.1</td>
<td>Fakenham Weight Management Service</td>
<td>10</td>
</tr>
<tr>
<td>2.2</td>
<td>Community Eating Disorders Service – Norfolk and Suffolk NHS Trust</td>
<td>10</td>
</tr>
<tr>
<td>2.3</td>
<td>Norfolk Community Eating Disorders Services</td>
<td>10</td>
</tr>
<tr>
<td>2.4</td>
<td>Norfolk Slimming World on Referral</td>
<td>11</td>
</tr>
<tr>
<td>2.5</td>
<td>OneLife Suffolk</td>
<td>11</td>
</tr>
<tr>
<td>2.6</td>
<td>Sentinel Leisure Trust</td>
<td>12</td>
</tr>
<tr>
<td>2.6.1</td>
<td>Wellbeing Prescription</td>
<td>13</td>
</tr>
<tr>
<td>2.7</td>
<td>Weight Intervention Norwich (WIN)</td>
<td>13</td>
</tr>
<tr>
<td>2.8</td>
<td>Wellbeing Service – Norfolk &amp; Waveney</td>
<td>14</td>
</tr>
<tr>
<td>2.9</td>
<td>Wereham Wellbeing</td>
<td>14</td>
</tr>
<tr>
<td>2.10</td>
<td>Why Weight?</td>
<td>14</td>
</tr>
<tr>
<td>2.11</td>
<td>Wiltshire Farm Foods</td>
<td>15</td>
</tr>
</tbody>
</table>

3.0 Educational Programmes & Campaigns

<table>
<thead>
<tr>
<th>Section</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>3.1</td>
<td>Change4Life</td>
<td>16</td>
</tr>
<tr>
<td>3.2</td>
<td>Joy of Food</td>
<td>16</td>
</tr>
<tr>
<td>3.3</td>
<td>National Diabetes Prevention Programme</td>
<td>16</td>
</tr>
<tr>
<td>3.4</td>
<td>NHS Screening Programme</td>
<td>17</td>
</tr>
<tr>
<td>3.5</td>
<td>North Norfolk Nutrition</td>
<td>17</td>
</tr>
<tr>
<td>3.6</td>
<td>Nutritionist Resource</td>
<td>17</td>
</tr>
<tr>
<td>3.7</td>
<td>Simply Cookit</td>
<td>17</td>
</tr>
</tbody>
</table>

4.0 Diabetes Awareness & General Information

<table>
<thead>
<tr>
<th>Section</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>4.1</td>
<td>British Heart Foundation: ‘10 minutes to change your life – time to eat well’</td>
<td>19</td>
</tr>
<tr>
<td>4.2</td>
<td>Beat Eating Disorders: Norfolk Support Services</td>
<td>19</td>
</tr>
<tr>
<td>4.3</td>
<td>CGL Norfolk</td>
<td>19</td>
</tr>
<tr>
<td>4.4</td>
<td>Diabetes UK</td>
<td>19</td>
</tr>
<tr>
<td>4.5</td>
<td>Diabetes UK: Know Your Risk</td>
<td>20</td>
</tr>
<tr>
<td>4.6</td>
<td>Diabetes.co.uk</td>
<td>20</td>
</tr>
<tr>
<td>4.7</td>
<td>Lily</td>
<td>20</td>
</tr>
<tr>
<td>4.8</td>
<td>Menkind Campaign</td>
<td>20</td>
</tr>
</tbody>
</table>

5.0 Self-Help Apps

<table>
<thead>
<tr>
<th>Section</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>5.1</td>
<td>Change4Life Food Scanner App</td>
<td>21</td>
</tr>
<tr>
<td>5.2</td>
<td>Low Carb Program</td>
<td>21</td>
</tr>
<tr>
<td>5.3</td>
<td>My Fitness Pal</td>
<td>21</td>
</tr>
<tr>
<td>5.4</td>
<td>One You</td>
<td>21</td>
</tr>
<tr>
<td>5.4.1</td>
<td>Couch to 5K</td>
<td>21</td>
</tr>
<tr>
<td>5.4.2</td>
<td>Active 10 Walk Tracker</td>
<td>22</td>
</tr>
<tr>
<td>5.4.3</td>
<td>Easy Meals</td>
<td>22</td>
</tr>
</tbody>
</table>
5.4.4 Drink Free Days

6.0 Health Professionals Training

6.1 Cambridge Diabetes Education Programme
6.2 Diabetes UK: Diabetes in Healthcare
6.3 Future Learn: Understanding Insulin
6.4 Healthy Weight Promotion
6.5 Royal College of General Practitioners: Type 2 Diabetes and the Low GI Diet

Area Index

*Please note many services stretch across Norfolk & Waveney.

<table>
<thead>
<tr>
<th>Area</th>
<th>Page(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brandon</td>
<td>9</td>
</tr>
<tr>
<td>Breckland</td>
<td>4-5, 7-8</td>
</tr>
<tr>
<td>Broadland</td>
<td>2, 14</td>
</tr>
<tr>
<td>Brundall</td>
<td>9</td>
</tr>
<tr>
<td>Burnham</td>
<td>9</td>
</tr>
<tr>
<td>Cringleford</td>
<td>9</td>
</tr>
<tr>
<td>Dereham</td>
<td>4-5</td>
</tr>
<tr>
<td>Downham Market</td>
<td>2</td>
</tr>
<tr>
<td>Fakenham</td>
<td>5-6, 7, 10</td>
</tr>
<tr>
<td>Gorleston</td>
<td>9</td>
</tr>
<tr>
<td>Great Yarmouth</td>
<td>5, 7, 9-10, 12, 19</td>
</tr>
<tr>
<td>Hunstanton</td>
<td>2, 18</td>
</tr>
<tr>
<td>King’s Lynn</td>
<td>2, 7, 8-9, 19</td>
</tr>
<tr>
<td>Littleport</td>
<td>9</td>
</tr>
<tr>
<td>Lowestoft</td>
<td>4, 6, 8-9</td>
</tr>
<tr>
<td>Ludham</td>
<td>9</td>
</tr>
<tr>
<td>Mulbarton</td>
<td>9</td>
</tr>
<tr>
<td>Norwich</td>
<td>2, 6, 7-8, 13, 19</td>
</tr>
<tr>
<td>Sheringham &amp; District</td>
<td>5-6, 7, 9</td>
</tr>
<tr>
<td>Swaffham</td>
<td>9</td>
</tr>
<tr>
<td>Thetford</td>
<td>4, 9, 19</td>
</tr>
<tr>
<td>Waveney</td>
<td>10-13, 15</td>
</tr>
<tr>
<td>Wensum</td>
<td>7-8</td>
</tr>
<tr>
<td>Wereham</td>
<td>14</td>
</tr>
</tbody>
</table>
1.0 Exercise Services

1.1) Active Norfolk

Area: Norfolk

Active Norfolk is one of 43 County Sports Partnerships created by Sport England and tasked with increasing the levels of participation in sport and physical activity across the county. Their role is to provide a coherent and structured approach to the development of sport and physical activity in Norfolk through a strong and integrated partnership with different groups across the county including statutory health bodies, local government, health and well-being charities, and local coaches. Their remit is to increase physical activity levels across the county, and support Norfolk residents to lead healthy and active lifestyles.

Active Norfolk's primary role from Sport England has recently been updated to encompass the following core areas of work:

- Understanding the needs and issues of the population of Norfolk
- Growing partnerships across all three sectors to maximise reach and impact
- Assisting Sport England to successfully land local investment
- Supporting local government to achieve key objectives through increasing physical activity levels

Directory of activities: - https://www.activenorfolk.org/get-active

Directory of local sport and activity organisations: https://www.activenorfolk.org/directory

Events in your area: https://www.activenorfolk.org/events

Health Walks: A free programme of health walks operates across the county. Health Walks are offered regularly and are open to everyone from those who are inactive to those able to walk up to four miles.

Website: https://www.activenorfolk.org/walking-for-health

Your Health: On these pages you can find information about appropriate types of physical activity to do if you want to maintain your overall health, and how it can be used to manage and improve some long term health conditions, including Diabetes, Dementia, and Heart Disease, amongst others.

Website: https://www.activenorfolk.org/your-health

Active Volunteering: If you want to get moving, improve your health and wellbeing and give your time to a worthy local cause, have a look at the Active Volunteering page for ideas in your community. This could include conservation, maintenance, beach combing, bell ringing, or anything else that gets your heart beating.

Website: https://www.activenorfolk.org/active-volunteering

Workplace Health: Information for local businesses and employees who want to get their workforce healthy and active. Free champion training
available to help employees develop their skills and confidence in developing workplace health initiatives.

Website: https://www.activenorfolk.org/activeworkplaces

1.1.1 **This Girl Can**

This Girl Can is a campaign to get women more physically active. It looks to recognise and break down the barriers that are preventing women and girls from playing sport and being physically active

Website: https://www.activenorfolk.org/thisgirlcan

1.2) **Broadly Active**

**Area: Broadland & Norwich**

Exercise Referral Scheme for people resident in Broadland and Norwich.

Broadly Active is a programme of exercise that is prescribed by your doctor, nurse, physiotherapist or pharmacist. It will help you manage your health through exercise and can include, exercise classes, gym based activity, water based exercise or dance. It can help with conditions such as:

High blood pressure, diabetes, arthritis, high cholesterol, anxiety and depression, chronic back pain, and stress.

Website: https://www.broadland.gov.uk/info/200172/

1.3) **Leisure Centres**

1.3.1) **Alive Leisure**

**Area: Downham Market, Hunstanton and King’s Lynn (St James & Lynn Sport).**

Alive Leisure offers facilities which include gyms, swimming pools, running tracks, and group fitness classes for all age groups and fitness levels. There are over 120 classes a week over the four sites, and there is something for everyone.

**Wellness Referral Programme**

Alive Leisure offers a Wellness Referral Scheme with the vision to change, prolong and save lives by offering a proactive approach to wellness through activity, education, motivation and support. They have dedicated team of highly experienced and qualified exercise referral professionals on hand to support Wellness Referral members in making healthier lifestyle choices, underpinned by the prescribing of specific physical activity.

They offer 3 pathways into the scheme; rehabilitation, reactive and proactive. The pathways are;

**Rehabilitation pathway** - A 10 week scheme that is focused on offering a community exit strategy for those conditions that require a period of rehabilitation, such as Cardiac rehab, Stroke Rehab and Neuro Rehab after which the member has the choice to join the reactive pathway – cost for the 10 weeks is £27.50 and there is no limit to usage.
**Reactive pathway** - A longer term scheme were Alive Leisure work with an individual for a minimum of 12 months, although a commitment to it becoming an ongoing part of their lifestyle is the end result. Any medical condition that it is considered to potentially benefit from activity and a change in lifestyle can be used as a means to be referred. The cost is only £20 per month (prices correct as of 05.10.18) for unlimited access to a choice of fitness, swimming or classes for a minimum of 12 months and offers a saving of 20% off the standard price. Prices for 2 and all three activities are also available.

**Proactive pathway** – it is a key aim of Alive Leisure to have a higher % of proactive referrals. Proactive referrals can benefit from the same terms and savings as the reactive plan above, but these could be patients who are in generally good health but do not meet the general medical council standards for physical activity or there may be some hereditary risk of coronary heart disease and therefore being proactive in increasing activity and education on making better lifestyle choices could be considered a prudent measure.

Only authorised Wellness Partners will be able to refer into these services.

Once registered, health professionals, surgeries or departments can start to make referrals direct to the Wellness Team. For further information on how you can be included as a Wellness Referral Partner, contact the Head of Wellness & Customer Experience at mark.mitchell@aliveleisure.co.uk for further details.

Alternatively the facilities are inclusive and open to everyone though ‘pay as you go’ options and the Alive Card Scheme.

**Alive Card**

The Alive Card scheme aims to provide reduced rates for leisure facilities to regular customers and a range of concessionary groups. Alive Card holders will be able to benefit from discounted rates at all Alive sport facilities as well as reduced prices for activities and access to free equipment hire.

Adults = £26

Adult concession = £10

Buddy (min. 2 or more adults) (PP) = £22.50

Family (3 people same address) = £50

Please enquire about the Alive Card at the venue.

Main website: [http://www.aliveleisure.co.uk/](http://www.aliveleisure.co.uk/)

Breakdown of fitness classes: [http://www.aliveleisure.co.uk/fitness/fitness-classes/](http://www.aliveleisure.co.uk/fitness/fitness-classes/)

Contact details for sports clubs: [http://www.aliveleisure.co.uk/clubs/](http://www.aliveleisure.co.uk/clubs/)

Alive Leisure offers facilities which include gyms, swimming pools, running tracks, and group fitness classes for all age groups and fitness levels. There are over 120 classes a week over the four sites, and there is something for everyone.
**Alive Card**

The Alive Card scheme aims to provide reduced rates for leisure facilities to regular customers and a range of concessionary groups. Alive Card holders will be able to benefit from discounted rates at all Alive sport facilities as well as reduced prices for activities and access to free equipment hire.

Adults = £26

Adult concession = £10

Buddy (min. 2 or more adults) (PP) = £22.50

Family (3 people same address) = £50

**Please enquire about the Alive Card at the venue.**

Main website: [http://www.aliveleisure.co.uk/](http://www.aliveleisure.co.uk/)

Breakdown of fitness classes: [http://www.aliveleisure.co.uk/fitness/fitness-classes/](http://www.aliveleisure.co.uk/fitness/fitness-classes/)

Contact details for sports clubs: [http://www.aliveleisure.co.uk/clubs/](http://www.aliveleisure.co.uk/clubs/)

1.3.2) **Breckland Council**

Located in the heart of Norfolk, Breckland Leisure Centre offer a 25m swimming pool, fun pool with slide, 55 station gym, sports hall, indoor bowls green and a friendly onsite cafe. If you have any questions or need more information please don't hesitate to get in touch:-

Websites:-

[https://www.breckland.gov.uk/article/3267/Leisure-Facilities](https://www.breckland.gov.uk/article/3267/Leisure-Facilities)

**Attleborough Sports Hall**

Queens Square
Attleborough
NR17 2AF
Tel: 01953 454 11

Website: [https://www.leisurecentre.com/attleborough-sports-hall](https://www.leisurecentre.com/attleborough-sports-hall)

**Breckland Leisure Centre & Waterworld**

Croxton Road
Thetford
IP24 1JD
Tel: 01842 753 110

Website: [https://www.leisurecentre.com/breckland-leisure-centre-waterworld](https://www.leisurecentre.com/breckland-leisure-centre-waterworld)

**Dereham Leisure Centre**

Station Road
Dereham
NR19 1DF
Tel: 01362 693 419
Great Yarmouth Leisure Facilities

The Borough offers a wealth of sports and leisure facilities, parks and children's playgrounds. We are committed to creating a healthy, vibrant community with sport and physical activity playing an integral part. You can find out details of sports and leisure facilities plus cycling and walking routes below.

Website: https://www.great-yarmouth.gov.uk/sport-and-leisure-facilities

Phoenix Pool & Gym

Widgeon Way
Bradwell
Great Yarmouth
NR31 8JU

Website: https://www.phoenixlc.co.uk/

Marina Leisure & Fitness Centre

Marine Parade
Great Yarmouth
Norfolk
NR30 2ER

Website: https://www.marinalc.co.uk/

North Norfolk District Council

Areas: Fakenham, Sheringham, North Walsham

North Norfolk District Council have three leisure centres, two of which include swimming pools. All three facilities are managed by Places for People Leisure. Kinetica gyms are available at all three sites, along with swimming at Splash and the Victory centres.

Splash Leisure and Fitness Centre
Weybourne Road
**Victory Swim and Fitness Centre**
Station Road
North Walsham
Norfolk
NR28 ODZ
Contact: enquiries@victoryswimandfitnesscentre.co.uk
Tel: 01692 409370

**Fakenham Sports and Fitness Centre**
Trap Lane
Fakenham
Norfolk
NR21 9HL
Contact: enquiries@fakenhamsportsandfitnesscentre.co.uk
Tel: 01328 850010

Website for three sites: https://www.north-norfolk.gov.uk/tasks/sports/view-local-sports-leisure-centres/

1.3.5) **Norwich**

**Riverside Leisure Centre (Places Leisure)**
Places Leisure is a leading leisure and wellness partner delivering fitness, sport, health and wellbeing. We primarily work with Local Authorities to deliver the right kinds of health and physical activity outcomes that make a difference to the lives of people and their communities; it’s about more than operating facilities.

With our local authority partners we manage a diverse range of leisure facilities and provide local authorities with a complete leisure solution to fully engage with their local communities and get more people more active and healthier; whether this is through the Best Value or Design, Build, Operate and Maintain, procurement route.

Website: https://www.placesleisure.org/centres/riverside-leisure-centre/

**Sportspark**
Sportspark originally opened its doors for the first time in 2000. Funded primarily by the Lottery and Sports England it has become one of the most successful community sport facilities in the UK. Offering pay and play access as well as membership options has proven popular with our users and enabled Sportspark to generate sufficient income to keep the facility sustainable. In more recent years, in keeping with the philosophy of ongoing re-investment into and maintenance of the facilities, we have been able to further extend and refurbish the facilities. Sportspark works within the community in an effort to develop greater participation. Our relationships with Sport England, Active Norfolk, our neighbouring district councils, as well as
schools and colleges in the region have led to a number of new programming opportunities with sport's National Governing Bodies (NGB's) as part of extending our support for sport in the community. Programming is at the heart of everything we do and we are always searching for new opportunities to engage with those that aren't currently users of Sportspark.

Address:

Sportspark
University of East Anglia
Norwich Research Park
Norwich
Norfolk
NR4 7TJ

Website: [http://www.sportspark.co.uk/home](http://www.sportspark.co.uk/home)

1.3.6) **South Norfolk Leisure Facilities**

We have three excellent centres that offer a range of classes and activities. Whatever your fitness level, whether you're looking to lose weight, keep fit, tone up or build muscle - we've got something for everyone. Find out about them and all they have to offer on the following pages.

**Diss Leisure Centre**

106 Victoria Road
Diss
Norfolk
IP22 4JG

**Long Stratton Leisure Centre**

Swan Lane
Long Stratton
Norwich
NR15 2UY

1.4) **Lowestoft O-go-go**

**Area: Lowestoft**

Promoting physical activity to parts of the community to help encourage young mums and people over the age of 55 to get involved in sport and physical activity. Activities that are included into the project include Nordic Walking, Swimming, Seated Exercise, Yoga, Archery, racket sports and more. The project will bring physical activity opportunities to easily-accessible venues within the community setting.

Website: [www.lowestoftogogo.org.uk](http://www.lowestoftogogo.org.uk)

1.5) **Norfolk Area Ramblers**

**Areas: Breckland, Fakenham, Great Yarmouth, King’s Lynn, Mid-Norfolk, Norwich, Sheringham & District, Southern Norfolk, Wensum**
The groups help local people enjoy walking. Groups are organised by local walking experts and are a great way to get outside, make new friends and discover how walking boosts your health happiness.

Norfolk Website: https://www.ramblers.org.uk/go-walking/group-finder/areas/norfolk.aspx

Organisation contact: https://www.meetup.com/Norfolk-Area-Ramblers/

**Hike Norfolk**
Website: https://www.ramblers.org.uk/go-walking/group-finder/areas/norfolk/groups/hike-norfolk.aspx

**Breckland Brisk Walkers**
Website: https://www.ramblers.org.uk/go-walking/group-finder/areas/norfolk/groups/breckland-brisk-walkers.aspx

**Fakenham**
Website: https://www.ramblers.org.uk/go-walking/group-finder/areas/norfolk/groups/fakenham.aspx

**Great Yarmouth**
Website: https://www.ramblers.org.uk/go-walking/group-finder/areas/norfolk/groups/great-yarmouth.aspx

**King’s Lynn**
Website: https://www.ramblers.org.uk/go-walking/group-finder/areas/norfolk/groups/kings-lynn.aspx

**Mid-Norfolk**
Website: https://www.ramblers.org.uk/go-walking/group-finder/areas/norfolk/groups/mid-norfolk.aspx

**Norwich**
Website: https://www.ramblers.org.uk/go-walking/group-finder/areas/norfolk/groups/norwich.aspx

**Sheringham & District**
Website: https://www.ramblers.org.uk/go-walking/group-finder/areas/norfolk/groups/sheringham-and-district.aspx

**Southern Norfolk**
Website: https://www.ramblers.org.uk/go-walking/group-finder/areas/norfolk/groups/southern-norfolk.aspx

**Wensum**
Website: https://www.ramblers.org.uk/go-walking/group-finder/areas/norfolk/groups/wensum.aspx
1.6) **Norfolk Trails**

**Areas: Great Yarmouth, Thetford, Breckland, North Walsham, Norwich, Aylsham**

Part of the Norfolk County Council website promoting walks of varying lengths in Norfolk. Includes the Norfolk Coast Path and Angles Way (Great Yarmouth to Thetford).


1.7) **parkrun**

**Areas: Blickling, Brandon County Park, Brundall, Burnham, Catton, Colney Lane, Cringleford, Fritton Lake, Gorleston, Holkham, King's Lynn, Littleport, Lowestoft, Ludham, Mulbarton, Norwich, Sheringham, Swaffham, & Thetford.**

Parkrun organise free, weekly, 5 kilometres timed events. They are held every Saturday at 9am (08:45 arrival time) open to ages 4 and upwards, are free, and are safe and easy to take part in. It is not a requirement for people to run, the 5 kilometres can be walked.

Website: [http://www.parkrun.org.uk/](http://www.parkrun.org.uk/)

If you work in a GP Practice, becoming a ‘parkrun practice’ is a free, effective initiative to enhance physical activity for patients at your surgery. For more information and to sign up, please visit the following link:

Website: [http://www.rcgp.org.uk/parkrun](http://www.rcgp.org.uk/parkrun)
2.0 **Weight Management Services**

2.1 **Fakenham Weight Management Service**

**Area: Fakenham**

This is a specialist Tier 3 service for patients referred by their GP or practice nurse. It offers full medical assessment, and a programme of structured dietary and exercise advice, as well as access to weight loss medication, low-calorie liquid diets and assessment for suitability for bariatric surgery. There is an on-site gym, and psychological support is available. It is funded by North Norfolk Clinical Commissioning Group, and North, West and South Norfolk patients can be referred directly into the year programme. Patients from the rest of East Anglia may be referred but this must go via the Individual Funding Request panel.

Website: [www.fmp.nhs.uk/home,24465.htm](http://www.fmp.nhs.uk/home,24465.htm)

2.2 **Community Eating Disorders Service – Norfolk and Suffolk NHS Trust**

**Areas: Great Yarmouth & Waveney**

Norfolk and Suffolk NHS Foundation Trust provide a Community Eating Disorders Service, which provides support for people who have severe forms of eating disorders including anorexia nervosa, bulimia nervosa and binge eating disorder. They strive to offer the best possible care and support to maximise people’s potential for independence, choice, social inclusion and recovery.

To receive help from this service, please speak to your GP or other health professional (based at Northgate Hospital) so they can appropriately refer you in.

For more information, please view their website below:

Website: [http://www.nsft.nhs.uk/Our-services/Pages/Community-Eating-Disorders-Service-(CEDS).aspx](http://www.nsft.nhs.uk/Our-services/Pages/Community-Eating-Disorders-Service-(CEDS).aspx)

2.3 **Norfolk Community Eating Disorders Services**

**Area: Norfolk (excluding Great Yarmouth & Waveney)**

The Community Eating Disorder Service is available in West Norfolk and Central Norfolk and cares for patients aged 18 or over who present with moderate to severe symptoms of eating disorders (i.e. other than those that can be managed in Primary Care). The service offers assessment and treatment plans based on a clinical, evidence-based approach, compliant with NICE guidelines and advice. Patients are treated by a multidisciplinary team which includes specialist psychiatry, psychology and dietary advice.

Website: [http://www.cpft.nhs.uk/GTRT/Eating-disorders_2.htm](http://www.cpft.nhs.uk/GTRT/Eating-disorders_2.htm)

Email: cpm-tr.norfolkeds@nhs.net
2.4) Norfolk Slimming World on Referral

**Area: Norfolk**

Norfolk Slimming World on Referral is the Tier 2 weight management service across Norfolk. It provides an enhanced FREE 12-week programme of Slimming World. Eligible people must be referred by a health professional at their GP practice.

People can attend any Slimming World group, where they will receive weight loss support through shared experience to encourage behaviour change, through diet and physical activity.

**Eligibility Criteria:**

- Aged 18 years or over
- BMI ≥ 30 or
- BMI ≥ 27.5 IF Asian, Black African or African Caribbean
- Not have attended a commercial weight management service in the last 6 months.

In addition to this, the individual referred should be prepared to:

- Have a telephone assessment with Slimming World
- Commit to attend 12 group weight management sessions
- Make changes to lifestyle behaviours, to include improving diet and increasing physical activity
- People can only have one 12 week set of free vouchers on the Norfolk scheme

For those people not eligible for the free Norfolk Slimming World on Referral programme, who want to lose weight, commercial weight loss programmes such as Slimming World or Weight Watchers can be effective.

Website Links: [https://www.slimmingworld.co.uk/](https://www.slimmingworld.co.uk/) & [https://www.weightwatchers.com/uk/](https://www.weightwatchers.com/uk/)

2.5) OneLife Suffolk

**Area: Lowestoft and Waveney**

* The service can only offer support to those living in Suffolk

OneLife Suffolk is a FREE healthy lifestyle service, offering free weight management support for adults, families and children, stop smoking support, NHS Health Checks, Health Walks and physical activity support.

**Weight management offer for adults**

OneLife Suffolk offer weight management support to adults with a BMI of 30 or more. Support is offered through an initial 12 week intensive phase which offers education on various topics which will support someone to lose weight, including: portion sizes, managing food choices when out or on the go, understanding calories in food and the importance of physical activity. All of the session over the 12 weeks are underpinned with psychology, supporting you to lose weight in a sustainable way. Clients who complete the 12 week
course, are supported to continue with their weight loss journey through accessing monthly monitoring sessions with their practitioner.

**Weight management offer for children and families**

OneLife Suffolk offer support for families, who have children on or above the 91st centile on the children’s growth chart. If one child in a family is eligible, the whole family can attend the sessions. The OneLife Suffolk family programmes offer a 10-week curriculum, supporting parents to understand portion sizes, healthy foods, food labels, the importance of physical activity and much more, whilst also engaging the children in fun, interactive games and physical activity. The whole family approach encourages everyone to improve their lifestyle and manage a healthy weight.

As part of this service, OneLife Suffolk also offer free school holiday clubs throughout the year. These offer up to 5 days of fun, interactive sessions which include games such as dodgeball, rounders, football and dancing. The eligibility for these clubs is the same as the family sessions.

**Health Walks**

Free volunteer-led health walks across Suffolk offering people the opportunity to become more active whilst also getting out into new parts of the county and meeting new people. The walks are graded between 1 – 5, with 5 being the most challenging e.g. including inclines, mixed terrain or steps. The walks vary in distance and will last between 30 – 90 minutes. There is also the option to be trained as a walk leader if you are looking for a new voluntary opportunity!

**Stop Smoking**

Smoking Free Norfolk is a free stop smoking support offering behaviour change support and treatment including nicotine replacement therapy or Champix and Zyban. The service offers one to one or group support and up to 12 weeks of treatment. The Stop Smoking service is accessible for everyone who has smoked a tobacco product in the last 48 hours and available for any age.

Website: [http://www.smokefreenorfolk.nhs.uk](http://www.smokefreenorfolk.nhs.uk)
Call: 0800 0854 113

2.6) **Sentinel Leisure Trust**

**Area: Great Yarmouth & Lowestoft**

Sentinel Leisure Trust is a local charity that provides sport and leisure services across the districts of Waveney and Great Yarmouth, re-investing back into sport and leisure to continually improve the lives and opportunities of local residents and visitors to the area. We have many fully qualified Wellness Prescription scheme staff through The Wright Foundation (up to Level 4) who are ready to deliver the scheme in our leisure centres across Norfolk and Suffolk.

Website: [https://www.sltrust.co.uk/](https://www.sltrust.co.uk/)
2.6.1) **Wellbeing Prescription**

The Wellbeing Prescription service, as part of Sentinel Leisure Trust, aims to obtain participants through:

1. GP/NHS Referrals/clinical practitioners/nurses and public health officers by creating a partnership with the local GPs in and around the Waveney and Great Yarmouth areas.
2. Through current practicing physiotherapists and dieticians to refer clients onto the scheme.
3. Health Trainers and walk-ins who want to improve their quality of life.

**Benefits**

The client will aim to see some or all of the following improvements during the scheme: Blood pressure reduction, behavioural change, weight reduction, resting pulse rate reduction, improved psychosocial, improved flexibility, improved physical and mental wellbeing and increased levels of physical activity. The client will receive a 6 stage intervention through our bespoke “Wellbeing Package” over 16 weeks with credible exit routes.

**Cost**

Organisations who refer into the scheme will incur no cost to themselves, however all referred clients will be required to pay a discounted fee of £24.95 per month (Direct Debit) for the first 4 months and £29.95 onwards, or the option of £4 per visit. Not only does the client get your Wellness Prescription sessions, but also unlimited access to the Fitness Suite, Fitness Classes, Thermal Suite and Swimming.

For more information, please contact Whitney Buckler: wellbeing@sentinellt.co.uk

2.7) **Weight Intervention Norwich (WIN)**

**Area: Norwich**

The service is a high quality, GP led, tier 3 weight management programme on behalf of the Norwich Clinical Commissioning Group practices for referred patients, to reduce weight, improve health outcomes and prevent further weight gain. The programme is delivered by a Multi-Disciplinary Team comprising of a lead GP, Specialist nurse, Psychologist, Dietitian, Physical Activity Trainer, and a Specialist Healthcare Assistant. Tier 2 elements are incorporated in this programme in association with Slimming World, (commissioned separately by Norwich CCG) and access to the Norwich CCG Physical Activities Programme. Interpretation and translation services can be arranged by staff, for users of this service. This is a 12 month (maximum) weight management programme for patients aged eighteen years and over, registered with a Norwich CCG GP. Patients can only be referred by their GP or nurse practitioner.

Website: norwichccg.win@nhs.net
2.8) **Wellbeing Service – Norfolk & Waveney**

**Area: Norfolk & Waveney**

Wellbeing Norfolk & Waveney provides a range of support for people with common mental health and emotional issues, such as low mood, depression or stress. We work to help people make the necessary changes to improve their wellbeing and quality of life. Examples of common reasons for self-referral or professional referral are given below. Clients can self-refer and we encourage this as the preferred option wherever possible.

The service is free for people aged 16 or over living in Norfolk and Waveney and people can self-refer via our website or by calling us on our self-referral line, 0300 123 1503. They can also access our support through their GP or any other health or social care professional. Anyone can attend our Introduction to Wellbeing sessions. We give information about the service and sign people up to their preferred option at the end of the session. No personal disclosure is required at Introduction to Wellbeing sessions as they are for information giving only. All dates for our forthcoming Introduction to Wellbeing sessions are available via our website or alternatively, via our self-referral telephone line.

Website: [http://www.wellbeingnands.co.uk/](http://www.wellbeingnands.co.uk/)

2.9) **Wereham Well-being**

**Area: Wereham**

Lead Volunteer Jenny Simpson is creating opportunities for all ages and abilities to become physically active and improve their well-being.

The aim of the service is to deliver activities and services to improve the lives of residents by:

- Reducing rural isolation
- Improving community cohesion
- Creating opportunities for people to feel valued through volunteering
- Providing access to activities and services for the disabled
- Improving people’s mental and physical well-being
- Enabling people to acquire new life skills and become active citizens
- Creating a stronger community
- Providing facilities to enable local businesses to grow
- Providing cost effective facilities for our user

Website: [https://www.werehamvillagehall.co.uk/](https://www.werehamvillagehall.co.uk/)

Jenny’s contact number: 07824447017

2.10) **Why Weight?**

**Area: Broadland**

The Why Weight? scheme is a twelve week local weight management programme that helps you better understand your relationship with food. We are also developing an online support group for people wanting to achieve a healthy weight and improve their fitness. The programme is not about dieting
but about making lifestyle changes. The weight management scheme is ideal if you are over 16 and have a BMI over 25. Each group session covers a different theme and lasts for one and a half hours.

**The 12 week programme will include:**

- Easy techniques to help you to change your lifestyle to lose weight without calorie counting
- Friendly group sessions to share ideas and experiences
- Learning behaviours to change eating habits
- Learning tips and tricks to help you make healthier choices
- How to increase physical activity levels
- Information on accessing physical activity

**Costs:**

Per session £6

Twelve weeks in advance £50

Please contact them to find out where and when the next sessions will be and to get signed up. They are happy to answer any questions you might have and can take advance payments over the phone.

Why Weight? Team: Tel – 01603 430570

Email: WhyWeight@broadland.gov.uk

2.11) **Wiltshire Farm Foods**

With over 300 dishes to choose from, suiting all tastes, appetites and dietary requirements, Wiltshire Farm Foods is the UK’s leading provider of home-delivered frozen meals; with each recipe developed by award-winning chefs using carefully selected ingredients in our own factory. Wiltshire Farm Foods deliver low fat, low salt, low sugar, and low calorie nutritional meals straight to your door for free, with no minimum order. Norfolk and Waveney are covered by our Dereham branch and there’s a wide range of tasty dishes to choose from, hand-delivered by local drivers who are reliable, friendly and here to help you.

Website: [www.wiltshirefarmfoods.com](http://www.wiltshirefarmfoods.com/)

For detailed information about our 300 dishes with ingredients, prices and nutritional information, please click on the following link:

[www.specialistnutrition.com](http://www.specialistnutrition.com)

This website also helps healthcare professionals and patients with tips, advice and solutions for managing Dysphagia & Malnutrition. Orders can be placed online or over the phone - you can order as often or as little as you like, there’s no contract or subscription – and your driver will deliver it to you for free.

We also offer free nutritional and dysphagia awareness talks.

Telephone Contact: 01362 699049
3.0 Educational Programmes & Campaigns

3.1) Change4Life

Area: Nationwide

Change4Life, a social marking campaign, aims to help families and children make small, sustainable yet significant improvements to their diet, activity levels. Change4Life adopts an integrated marketing approach and uses a variety of marketing channels including television and radio, digital, social media, PR and direct marketing. Patients can navigate around the website to view food and exercise facts, recipes, and activity ideas.

Website: https://www.nhs.uk/change4life

3.2) Joy of Food

Area: Norfolk

Joy of Food is a Norfolk County Council Public Health/NCLS funded project to deliver food skills in the community. Funded by Norfolk County Council, Joy of Food work in partnership with Norfolk Community Learning Services, and offer courses for free. The basic Joy of Food course consists of four or five, two or three-hour sessions usually one per week, although this can be tailored to suit individual requirements. They aim for a minimum of four people per session, with a maximum of six to eight people depending upon the limitations of the venue. A certificate and cookbook are presented to each participant.

Eligibility criteria:-

- Aged 19 years of over

Website: http://www.joyoffoodnorfolk.co.uk/home

3.3) National Diabetes Prevention Programme

Area: Norfolk

The National Diabetes Prevention Programme (NDPP), announced in the NHS Five Year Forward View, sets out to implement a national scale evidence-based diabetes prevention programme modelled on proven UK and international models. The aim of the NDPP is to deliver services which identify people with nondiabetic hyperglycaemia who are at high risk of developing Type 2 diabetes and offer them a behavioural intervention that is designed to lower their risk of developing Type 2 diabetes. The referral forms are available on Knowledge Anglia.

Referral Criteria

- Aged between 18 – 74 years of age.
- Have an HbA1c of 44-47 mmol/mol or a Fasting Plasma Glucose between 6.5-6.9 mmols/l within the last 12 months.
- To be committed to a 9-month programme, incorporating 13 sessions.

Note - Pregnant women are excluded as are those diagnosed with Type 2 Diabetes.
Additional Information: https://www.england.nhs.uk/diabetes/diabetes-prevention/

For any queries, please contact Freddy Sadeghi (Project Lead for the NDPP in Norfolk & Waveney): f.sadeghi@nhs.net

3.4) NHS Screening Programme

Screening is a way of finding out if people are at higher risk of a health problem, so that early treatment can be offered or information given to help them make informed decisions.

The screenings include:-
- Cervical Screening
- Diabetic Eye Screening
- Breast Screening
- Screening in Pregnancy and Newborn Babies
- Bowel Cancer Screening
- Abdominal Aortic Aneurysm (AAA) Screening

For more information on this, please view the site below or contact your GP.

Website: https://www.nhs.uk/conditions/nhs-screening/

3.5) North Norfolk Nutrition

**Area: North Norfolk (for sessions) – nationwide for nutritional information.**

North Norfolk Nutrition’s website incorporates a range of healthy food recipes that enables people to explore healthy options. They do offer services for people to attend but these range from £75 - £150.

Website: http://www.northnorfolknutrition.co.uk/

3.6) Nutritionist Resource

Nutritionist Resource receives an average of 91,000 visitors each month, all looking to make positive changes to their diet and lifestyle. As well as providing a hub of nutritional information, events and news, its nationwide directory lists hundreds of nutritionists, whose professionalism, qualifications and insurance have been verified in accordance with the policy of the Nutritionist Resource.

Telephone: 03333252504

Website: www.nutritionist-resource.org.uk

3.7) Simply Cookit

Simply Cookit provides home cooked, high quality frozen meals, made by Kat Asker, a local chef. She delivers directly to your door in the Hunstanton area, with free delivery to Old Hunstanton, Hunstanton, Heacham, Snettisham, Ingoldisthorpe and Dersingham, with a minimum order of 4 meals per delivery. All meals are made with fresh, locally sourced ingredients (where possible) with no artificial preservatives or colourings.
The menu contains a wide variety of choice and flavours. She offers traditional meals such as beef in Norfolk ale, pork and apple in cider, cottage pie and a roast dinner. Orders can be made by telephone or email and delivery arranged to suit you. Most meals are also suitable to be frozen.

Telephone: 07767753413

Email: simplycookit@gmail.com
4.0 Diabetes Awareness & General Information

4.1) British Heart Foundation: Understanding Type 2 Diabetes

If you have diabetes, you're more likely to have a heart attack or stroke. This short booklet explains how diabetes affects your heart and suggests things you can do to keep your heart healthy.

Available at: https://www.bhf.org.uk/informationsupport/publications/heart-conditions/understanding-type-2

4.2) Beat Eating Disorders: Norfolk Support Services

In collaboration with Norfolk Community Eating Disorder Service (NCEDS), a series of eight free workshops are open to parents and carers (family members, partners and friends) in Norfolk. The workshops empower attendees to support change and promote recovery by improving understanding of eating disorders and developing practical skills for dealing with difficult situations. Carers learn different communication techniques and gain insight and tools to support and care for someone with an eating disorder.

Website: https://www.beateatingdisorders.org.uk/commission-us/norfolk-support-services

4.3) CGL Norfolk

Areas: King’s Lynn, Great Yarmouth, Norwich, and Thetford.

CGL Norfolk provides advice, guidance and support, and a clear pathway to recovery for people who are affected by alcohol or drug misuse. Staff at CGL support people overcome the problems or issues they have affected lives through alcohol misuse and introduce health activities and ways to improve independence.

The sessions include:-

- Drug and alcohol awareness and interventions
- Education, training and employment
- Health and wellbeing clinics
- Recreational activities such as sports and social trips

Website: www.cglnorfolk.org

4.4) Diabetes UK

Diabetes UK incorporates a range of resources ranging from online support forums, a search engine to access local support groups, information on diet and exercise to prevent or delay the onset of diabetes, up to date research papers, and materials including leaflets and posters.

Website: https://www.diabetes.org.uk/
4.5) **Diabetes UK: Know Your Risk**

Electronic tool to check patient’s risk of developing diabetes. Health professional information is provided to the user if their risk is identified to be moderate or high.

Website: [https://riskscore.diabetes.org.uk/start](https://riskscore.diabetes.org.uk/start)

4.6) **Diabetes.co.uk**

Diabetes.co.uk is a health platform and patient-support network all to do with diabetes. It has a diabetes forum through which people can find support, connect with others and asks questions, and share their experiences associated with pre-diabetes or diabetes.

Website: [https://www.diabetes.co.uk/pre-diabetes.html](https://www.diabetes.co.uk/pre-diabetes.html)

4.7) **Lily**

**Area: West Norfolk**

Lily provides a comprehensive range of support in west Norfolk to combat loneliness and social isolation in adults of all ages. The project is linked to the ‘No Lonely Day’ initiative, and encourages people to develop friendships and engage in our local community. The directory lists organisations, services and activities that help people to live healthy, active and independent lives. It is expanding to include more and more information relevant to adults of all ages.

Lily Advisors can offer up to five one-to-ones, identifying any barriers and helping people work to overcome them. It may be they need help to find social activities and would like accompanying to the first session; they may want to volunteer and need some support to find an opportunity; they may need some IT or tablet training to help them reconnect with family members that live away.

Website: [www.asklily.org.uk](http://www.asklily.org.uk)

Email: asklily@west-norfolk.gov.uk

- Emailing asklily@west-norfolk.gov.uk
- By telephoning 01553 616200 option 6
- at community groups, locations and events

**If you would like your event or organisation to be included in the directory, get in touch asklily.org.uk**

4.8) **Menkind Campaign**

This campaign is aimed at men aged between 40-74 who are at a greater risk of developing high blood pressure, diabetes, smoking, anxiety and depression. Darren Eadie, a former Norwich City footballer shares his own health concerns in a monthly blog and advocates for men to see the GP.

5.0 Self-Help Apps

5.1) Change4Life Food Scanner App:
The Change4Life Food scanner app is designed to show quickly and easily how much sugar, saturated fat and salt is inside your food and drink – just by scanning the barcode.

- Get simple hints and tips to help you make healthier choices
- Look out for healthier snacks which get the thumbs up for being under 100 calories

Available on iTunes and Google Play

5.2) Low Carb Program
The Low Carb Program is a structured digital health intervention. The platform is integrated with selected Bluetooth-enabled devices including blood glucose meters, weighing scales and blood pressure monitors.

The application assists in:

Sustainable weight loss

People with type 2 diabetes or prediabetes who complete the program sustainably lose an average of 7kg at 1-year.

Reduced medication dependency

More than 40% of people with type 2 diabetes who start the program on medication eliminate a medication from their regime at 1-year.

Available on iTunes and Google Play

5.3) My Fitness Pal
MyFitnessPal is a smartphone app and website that tracks diet and exercise to determine optimal caloric intake and nutrients for the users’ goals and uses gamification elements to motivate users. Users can either scan the barcodes of various food items or manually add them in the database of over five million different foods. Working in conjunction with over 50 devices and apps including Fitbit and Garmin wearable devices users can synchronize their health data to third-party devices for easier mobility.

Available on iTunes and Google Play

5.4) One You:-

5.4.1) Couch to 5K
The Couch to 5K app has been designed to get you off the couch and running in just 9 weeks. Grab your trainers, download the app and follow the step-by-step instructions.
5.4.2) **Active 10 Walk Tracker**

One You's free walking tracker app shows how much brisk walking you're doing and how you can do more. It's easy to use and helps you set your goals for the day.

5.4.3) **Easy Meals**

The Easy Meals app is a great way to eat foods that are healthier for you. You'll find delicious, easy meal ideas to get you going if you're ever short of inspiration.

The application incorporates:

- Tips and advice to help you cook healthy and tasty meals.
- Recipes for different meal times.
- An electronic system to find your favourite recipes and create shopping lists.

5.4.4) **Drink Free Days**

Drink Free Days is a simple and easy way to track the days you drink alcohol and the days you don't. Feel healthier, lose weight and save money – simply nominate days to take off drinking and get practical, daily support to help you stick to it.

All applications are available on iTunes and Google Play.
6.0 Health Professionals Training

6.1) Cambridge Diabetes Education Programme

Cambridge Diabetes Education Programme (CDEP) is a competency-based online diabetes learning tool that supports all levels of healthcare practitioners demonstrate their diabetes knowledge and skills relevant to their role. A variety of diabetes specific topics are available which currently amounts to 30 hours of diabetes study time. New content is developed on an ongoing basis and is launched once it have been rigorously tested.

CDEP is based on the UK national diabetes competency frameworks. These frameworks help structure the nature and level of diabetes skills required by all healthcare staff to support safer patient care, improved outcomes and reduce the financial burden of diabetes.

CDEP costs a nominal £25 for a 2 year registration period. All new topics and improvements will be automatically added free of charge during the registration period. Significant discounts are available for bulk purchases. Some organisations have already purchased bulk registrations making CDEP free at the point of registration for their staff. Please see our FAQ section for more information.

Website: https://www.cdep.org.uk/

6.2) Diabetes UK: Diabetes in Healthcare

Diabetes in Healthcare is an introductory diabetes education tool for healthcare professionals covering Type 1 and Type 2 diabetes. It has been developed by Diabetes UK and Bupa to allow easy access to good-quality diabetes education. It is specifically designed for healthcare professionals, who do not work in a diabetes specialist area. It is suitable for nurses, healthcare assistants, dietitians, doctors and pharmacists.

Topics covered include:

- How to recognise the symptoms of diabetes, and how it can be diagnosed
- How to treat diabetes through lifestyle and medication and what to do if not under control
- How diabetes is monitored, both by healthcare professionals and by the patient
- How to recognise people at risk of complications associated with diabetes, and how to support them to reduce these risks
- How diabetes affects patients' lives, and how to support the patient emotionally throughout their diagnosis and treatment
- How to encourage self-management and structured education

Website: http://www.diabetesinhealthcare.co.uk/

6.3) Future Learn: Understanding Insulin

The University of Southampton in collaboration with the University Hospital Southampton NHS Foundation Trust adult diabetes team is offering a free online course - MOOC for healthcare professionals and patients. This course
aims to improve knowledge on how insulin works and further promote its safe and effective use in the clinical setting.

**Topics covered include:**

- An introduction to insulin and diabetes
- How the body controls blood glucose concentrations
- How insulin works and what happens in diabetes
- Types of insulin available for clinical use
- Clinical indications for using insulin
- Administration of insulin
- Factors affecting insulin performance
- The side effects of insulin

Website: [https://www.futurelearn.com/courses/understanding-insulin](https://www.futurelearn.com/courses/understanding-insulin)

**6.4) Healthy Weight Promotion**

Public Health England has published a suite of resources focused on promoting a healthier weight for children, young people and families. These resources are intended to support health and care professionals to be consistent and provide a core set of healthy weight messages throughout the life course. This suite of resources is part of Public Health England’s All Our Health ‘call to action’ for health and care professionals.

**Resources include:**

- Consistent messaging infographics: For use in practice. Each infographic highlights the key evidenced based healthy weight messages for specific age or target groups.
- Consistent messaging slide sets: The aim of these slides is to be used as a training tool to inform workforce development. It provides detailed evidence based healthy weight messages from preconception through to age 18 years. It includes links to a range of useful free resources including e-learning and guidance documents.
- Child obesity animation: This animation demonstrates for all health and care professionals their vital role in supporting children, young people and families to maintain a healthier weight to prevent and reduce childhood obesity, from pregnancy through to the transition to adulthood.


**6.5) Royal College of General Practitioners: Type 2 Diabetes and the Low GI Diet**

This module describes the use of a low GI diet as an adjunct treatment for diabetes, using a case study of a real patient registered at the author’s practice. The physiology and evidence behind a low glycaemic-index diet are described, as well as how to implement it in real life.