

Nottingham and Nottinghamshire ICB Diabetes Update – November 2022

NSHEI Digital Weight Management Programme

Aged 18+

BMI of 30+(27+BAME)

Has a diagnosis of diabetes (Type 1 or Type 2) or hypertension or both.

Free NHSEI **12-week digital app-based** weight management programme

Offering advice about healthier eating, being more active and losing weight. The programme intensity can be scaled by the patient, including health coaching and additional motivational content.

Referrals are made via the e-RS electronic referral system (Speciality 'Dietetics' and Clinic Type 'Weight Management') using a referral template:

[NHS-Digital-Weight-Management-Programme-Healthcare-Professional-Toolkit-2022.pdf \(england.nhs.uk\)](#)

Please contact asha.gudibandi@nhs.net if your Practice needs any further information about the service.

Effective Diabetes Education Now (EDEN)

After the hugely successful roll out of the EDEN Footcare module we are delighted to offer even more modules in the next few months:

3 Steps to Glucose Sensing

This will be delivered virtually over 3 sessions by EDEN educators. Sessions are no longer than 1.5 hours. Places are limited to 30 and you need to commit to all 3 sessions. **1 staff member per practice.** Find all details and to book below.



3 STEPS TO
GLUCOSE SENSING ft

Obesity and Lifestyle Changes

Thursday 26th January, 12.30pm-4pm - Double Tree Hilton

Thursday 2nd March, 12.30pm-4pm – Forever Green

Thursday 11th May, 12.30pm-4pm – Trent Vineyard

To book on to one of the Obesity sessions please contact: nnicb-nn.diabeteseducation@nhs.net

Cambridge Diabetes Education Programme (CDEP)

CDEP provides accessible, targeted, online diabetes education for front-line staff in order to promote a good, minimum level of diabetes care across all healthcare sectors and disciplines.

CDEP should not be seen as the only diabetes education tool for healthcare organisations, but a valuable tool to help improve basic diabetes knowledge.

It serves to complement face-to-face training events, virtual clinics, locally enhanced diabetes services, etc.

Notts ICB has licenses available which provide FREE access for all local HCPs to the CDEP modules.

[Cambridge Diabetes Education Programme | competency-based platform \(cdep.org.uk\)](#)

Please contact Adam Gunby for a code to gain FREE access.

Diabetes Transformation Team

Laura Stokes-Beresford - Senior Commissioning Manager for Diabetes laura.stokes@nhs.net

Asha Gudibandi – Diabetes Project Manager asha.gudibandi@nhs.net

Adam Gunby - Diabetes Project Officer adam.gunby@nhs.net

NHS Diabetes Prevention Programme - Living Well Taking Control

Call to Nottinghamshire GP Practices

Living Well Taking Control has innovative referral pathways which could minimize the administrative burden of referring patients to the Healthier You NHS Diabetes Prevention Programme while maximizing informed patient choice.

Living Well Taking Control can offer free resources and guidance to help develop a pathway that works for you.

For further support please contact Lucy Gibson - l.gibson@lwtcsupport.co.uk

General Practice Dashboard

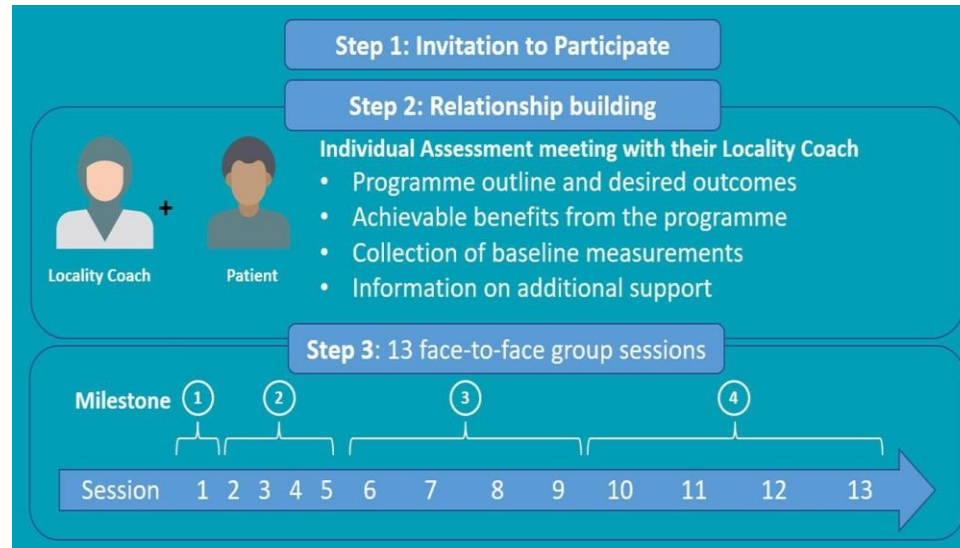
The Nottingham and Nottinghamshire Practice Dashboard allows health care professionals to monitor referral levels, service user progress and key information around demographics service user experience.

Health outcomes will be reported on the dashboard as more patients progress through their nine- month intervention.

To access the General Practice Dashboard please click [here](#)

Healthier You Face to Face Programme Journey

A patient will be contacted by their Locality Coach, who will be their main point of contact throughout the programme. Following the invitation to the programme the Individual Assessment offers patient a chance to discuss their desired outcomes and goals alongside the collection of baseline measurements. Patients are provided with a choice of upcoming groups including times on evenings and weekends. The 13 face to face group sessions are spread across 9 months allowing the patient support from their Health Coach for the duration of that time.



Lunch and Learn's

Living Well Taking Control are delivering two Lunch and Learn sessions.

- 1) Nottinghamshire – Tuesday 15th November, 12.30pm-1pm
<https://bit.ly/3EYeeMZ>
- 2) Bassetlaw – Wednesday 16th November, 12.00pm-1.00pm [Bassetlaw - Introducing the New Provider of the Healthier You NDPP Tickets, Wed 16 Nov](#)

Resources Available

To access resources for the NHS DPP please use the links below:

[Patient Leaflet](#)

[Supplemental Patient Leaflet](#)

[Nottingham & Nottinghamshire Practitioner Resource Pack](#)

Please contact Lucy Gibson for additional resources needed.

Who to contact for support

[General Enquiries info@lwtcsupport.co.uk](mailto:info@lwtcsupport.co.uk)

[Lucy Gibson, Compliance & GP Liaison Officer](#)

l.gibson@lwtcsupport.co.uk

NHS Low Calorie Diet

The Low Calorie Diet programme is an innovative and free programme provided locally by ABL Health in partnership with the NHS and Diabetes UK.

The aim of the programme is to make remission of Type 2 Diabetes a reality through weight loss and intensive lifestyle changes.

The programme lasts for 12 months and consists of 3 key phases:

- Total Diet Replacement (TDR): 12 weeks
- Food re-introduction: 4-6 weeks
- Weight maintenance: Until 12 months

For further information or to arrange in-house training to support your local team please contact:

Programme Lead: Twané Celliers -
t.celliers@nhs.net

ICB Lead: Asha Gudibandi –
asha.gudibandi@nhs.net

Website: [Home - notts low calorie diet](https://www.nhs.uk/low-calorie-diet)

Healthy Living for People with Type 2 Diabetes - £200 INCENTIVE for all GP Practices

Healthy Living is a free online self-management tool for adults living with Type 2 Diabetes.

You can signpost patients to [Healthy Living](#) and code just like other structured education programmes to gain additional QOF points.

Furthermore, all local GP Practices can claim a one-off £200 incentive to bulk refer eligible patients via text or letter.

To find our more please contact
adam.gunby@nhs.net

Look Out For.....

Over the next few weeks the NHS Diabetes Prevention Programme will be promoted on several buses across the County so please keep a look out. The routes will incorporate Mansfield, Ashfield and Nottingham City.



World Diabetes Day 2022 - 14th November

It's Diabetes Awareness Month and the theme of World Diabetes Day is 'Rewrite the Story'. To join in raising awareness please visit [World Diabetes Day 2022 | Diabetes UK](#)