

LIFESTYLE INTERVENTIONS			
Intervention	Brief Outline	Inclusion criteria (also on referral form)	Exclusion criteria (also on referral form)
<b>National Diabetes Prevention Programme (NDPP)</b>  Provider: Reed Momentum.	A free <b>intensive lifestyle course</b> , comprising 18 education sessions over 9 months aimed at reducing the patient's risk of developing type 2 diabetes. Referral via EMIS form – one copy to patient, one copy emailed to provider. Patient contacted by provider to arrange initial assessment. EMIS protocol 'pop-up' & monthly EMIS searches will identify eligible patients. Code referral in patient record	Aged 18+ HbA1c between 42-47mmol/mol (6-6.4%) in last 9 months or FPG ≥5.5-6.9mmol/L in last 9 months	Patient known to have diabetes Patients aged 17 or under Patients who are pregnant Patients not motivated to change
<b>Walking Away From Diabetes (WAFD)</b>  Provider: Bromley Healthcare.	A free one off half-day self-management course which last 3.5 hours, focusing on increasing physical activity & healthy eating. Pedometer also provided. Referral via SPE form – one copy to patient, one copy emailed to provider. Patient contacted by provider to arrange session. Remember to code referral in patient record. BHC will contact surgery at 1 year to ascertain blood glucose.	Age 18+ Patients who have an HbA1c between 42-47mmol/mol (6-6.4%) or FPG ≥5.5-6.9mmol/L. Do not undertake 150 minutes of physical activity per week, or are inactive	Patient known to have diabetes Patients aged 17 or under Patients who are pregnant Patients not motivated to change
<b>Tier 2 Weight management</b>  Providers: Weight Watchers & Slimming World	Free 12 week course with either weight watchers or slimming world Referral form printed & given to patient to contact their preferred provider.  1 referral per person. Once 12 weeks have been completed & patient wishes to continue they will need to self-fund.	Patients must be aged 18 or over with BMI ≥35 <b>or</b> BMI ≥33 with co-morbidity (or SouthAsian/Chinese)	Patients who have previously received a commercial weight management referral (WW or SW). Patients who are not motivated to make changes at this time. Pregnant. Housebound. 17yrs old or less. Vulnerable patients without a carer. Patients with eating disorders. Current member of WW/SW.
<b>Tier 4 weight management</b>	Bariatric Surgery Referral to Kings College Hospital from GP	Age 18+ Morbidly obese individuals with a	

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<b>Mytime Active Exercise</b>	12 week exercise programme for patients whose medical condition	BMI $\geq 40$ or BMI $\geq 35$ with co-morbidities Age 18+ & with any of the following:		If already exercising $\geq 150$

<b>Referral Hub</b>  Provider – MyTime Active Bromley	would benefit from increasing activity, including walking, cycling or the gym. Referral via EMIS form - one copy to patient, one copy emailed to provider. Patient contacted by provider to discuss appropriate activity. Gym sessions are not free but are subsidised.	Arthritis, BMI $\geq 30$ (S.Asian $\geq 28$ ), Cancer, COPD, CVA/TIA, Diabetes Type 1, Diabetes Type 2, Hypertension, Mental Health Disorder, Multiple Sclerosis, Osteoporosis, Atrial Fibrillation, Parkinson's Disease, Pre-Diabetes, $\geq 10\%$ CVD risk	hours/week An unstable medical condition. Contraindications to exercise Uncontrolled hypertension
<b>Walking for Health</b>	Regular weekly walks, of varied times & distances led by a trained volunteer leader. For details of local walks: <a href="https://www.walkingforhealth.org.uk/">https://www.walkingforhealth.org.uk/</a>	All ages.	
<b>Cycling -</b> Bromley Local Authority Road Safety Education team	Levels 1,2, & 3 Bikeability training to help equip those living & working in Bromley with the skills & confidence they need to cycle safely. Bike training & led group rides <a href="http://www.bromley.gov.uk/info/547/road_safety-cycle_training">http://www.bromley.gov.uk/info/547/road_safety-cycle_training</a>	All ages. Bikes can be provided.	
<b>Outdoor Gym</b>  LBB	Free outdoor gym equipment in 2 locations in Bromley: Betts Park (Anerley) Farnborough Recreation Ground (Locksbottom)	All ages	
<b>Green Gym</b>  The Conservation Volunteers	Green Gyms help improve people's health & wellbeing whilst creating green spaces for communities to enjoy. Green Gyms are fun & free outdoor sessions including gardening & practical activities such as planting trees, sowing meadows & establishing wildlife ponds. <a href="http://www.tcv.org.uk/london/green-gym-london/bromley-green-gym">http://www.tcv.org.uk/london/green-gym-london/bromley-green-gym</a>		
<b>IAPT</b> <b>Working for Wellbeing</b>  Bromley Healthcare	Offers a range of free & confidential talking therapies & courses for adults registered with a Bromley GP. Self-referral on 0300 003 3000 or via SPE form	Stress, Anxiety, Depression, Excessive Worry, Panic Obsessive Compulsive Disorder (OCD), Post-Traumatic Stress Disorder (PTSD).	