

Issue 3, September 2017: Welcome to the third edition of our 'Healthier You' newsletter. This newsletter is to keep GP practices up to date with the NHS Diabetes Prevention Programme in Cambridgeshire and Peterborough.



In this issue:

- Introduction from Dr Mark Brookes
- Reminder of the eligibility criteria
- Classes
- Champions needed!
- Thank you
- Group Session Interpreting Service
- NHS DPP Patient Leaflets
- Patient Invitation Letter
- Feedback from Practices

Introduction from Dr. Mark Brookes



Thank you to practices for all your hard work on referring patients to the NHS Diabetes Prevention Programme. To date, 83 of our member practices have referred patients into the programme, and we are currently at 86% of our referral trajectory set by NHS England! This is an increase of 6% on the previous month. This is great news so please continue to proactively refer patients into the programme where appropriate.

The NHS DPP is a national scheme set up by NHS England, and Cambridgeshire and Peterborough are one of the first areas to pilot this. It is a behaviour change programme aimed at patients who have been identified as at risk of developing Type 2 diabetes (patients with non-diabetic hyperglycaemia).

Thank you very much for taking the time to read this newsletter and please do not hesitate to contact us with any queries you have about the programme.

Best wishes,

Dr Mark Brookes, Interim Diabetes Clinical Lead

Please remember only patients who meet the following criteria are able to take part in the programme:

- HbA1c results between 42 – 47 mmol/mol (6.0 – 6.4%) in the last 12 months
- OR
- Fasting plasma glucose result between 5.5 – 6.9 mmols/l in the last 12 months

AND:

- Aged 18 years or over
- Registered with a GP practice within Cambridgeshire and Peterborough
- Not pregnant
- Does not already have Type 2 diabetes
- There is no medical reason why this patient should not take part in a programme that includes light-moderate physical activity.

Classes

We now have **35 classes** across Cambridgeshire and Peterborough. A list of the current classes taking, or due to take, place is below:

- **Botolph Bridge Community Health Centre**
PE2 9QB – 1 class
- **Bottisham Medical Practice**
CB25 9DU – 1 class
- **Cambridge Central Library**
CB2 3QD – 2 classes
- **Cherry Hinton Village Leisure Centre**
CB1 9EJ – 1 class
- **Chestnuts Community Centre**
PE1 5LD – 3 classes
- **Coombes Community Centre, Royston**
SG8 5PT – 1 class
- **Eastrea Centre, Whittlesey**
PE7 2DF – 1 class
- **Gladstone Park, Peterborough**
PE1 2AN – 5 classes
- **King Edward Centre**
PE16 6NG – 1 class
- **Methodist Church Hall, Ramsey**
PE26 1AA – 1 class
- **Milton Community Centre**
CB24 6DD – 1 class
- **Oasis Community Centre, Wisbech**
PE13 3NR – 1 class
- **Ormiston Childrens Centre, Chatteris,**
PE16 6PH – 1 class
- **Paston & Gunthorpe Community Centre**
PE4 7YH – 1 class
- **Queens Park Hall, Yaxley**
PE7 3AU – 1 class
- **Rosmini Centre, Wisbech**
PE13 2PH – 1 class
- **St. Paul's, Cambridge**
CB2 1JP – 2 classes
- **St B's Hall, Yaxley**
PE7 3LZ – 3 classes

- **March Community Centre**
PE15 8LE – 2 classes
- **Medway Centre, Huntingdon**
PE29 1SF – 1 class
- **St. Mark's Church, Peterborough**
PE1 2SN – 2 classes
- **Whittlesey Youth and Community Centre**
PE7 1SD – 2 classes

Some areas only need a few more referrals before venues can be secured!

- **CB22** – South Cambridgeshire
- **CB23** – South Cambridgeshire
- **PE13** – Wisbech
- **PE16** – Chatteris
- **PE29** – Huntingdon

We have received a few queries from Practices about the potential for running classes on a Saturday. We are pleased to say ICS are planning for a class to start on Saturday 21st October at the Chestnuts Community Centre PE1 5LD. This should accommodate those who were unavailable for a class taking place during the week. ICS are happy to organise weekend classes in other localities too.

Please remember there needs to be a **minimum of 20 people** for a class to be set up, so your support with reaching the required numbers is greatly appreciated. ICS are happy to talk with practices about venue suggestions.

GP Clinical Lead / Practice Nurse Champions



We are looking for GP Clinical Leads and Practice Nurse Champions to promote the NHS DPP with their colleagues. The sessional rate for a GP is £285 and for a Practice Nurse is £140. Sessions are 3 ½ hours and can be worked to best suit your availability. Thank you those of you who have expressed an interest in the role. The job description for the Practice Nurse Champion role has now been shared with Practices. To find out more, please contact sally.berry1@nhs.net. Debbie Beales, CVD Specialist Nurse has been supporting the programme for the past few months, and is happy to arrange a phone call to discuss the Practice Nurse Champions role. Mark Brookes, the Interim Clinical Lead, is happy to arrange a phone call to discuss the GP Clinical Lead role in further detail.

Thank you to practices

Thank you very much to those Practices that responded with a nominated email account. We will be sharing this information with ICS so that they can provide you with the referral feedback from your patients. There are a few Practices where we do not have this information, so we will contact Practice Managers directly to confirm the email account the Practice would like to use.

Group Session Interpreting Service

ICS, our local provider, are able to deliver the Healthier You course in a specific language, if there are enough referrals to enable a group to be set up. Additionally, patients attending a session who require specialist language support are welcome to bring along a family member or friend who is able to support them with the language interpretation. When the patient attends their Initial Assessment they should inform ICS who will make a note as to the language service required.

NHS DPP Patient Leaflets

If Practices would like additional NHS DPP patient leaflets then please do not hesitate to contact us. These leaflets contain information regarding the programme and are useful for patients to gain an understanding of the benefits the programme can offer. Please contact sally.berry1@nhs.net.

How to join
If you have been told you are at risk of developing type 2 diabetes and haven't already been referred to our service:
Ask your GP, nurse or NHS Health Check professional to refer you to the NHS Diabetes Prevention Programme in Cambridgeshire and Peterborough.

Now is the time to take charge of your health

Contact us today:
www.preventing-diabetes.co.uk
info@preventing-diabetes.co.uk
0800 043 9806

Frequently asked questions

Q. Is this programme right for me?
A. If you're worried you might be at risk of developing type 2 diabetes and want to make healthy lifestyle changes then this programme is right for you.

Q. Am I eligible to join?
A. You can join the Healthier You programme if you are:
✓ Age 18 years and over
✓ Registered with a GP practice within Cambridgeshire and Peterborough (CS area)
✓ HbA1c between 42-47 mmol/mol (6.0-6.4%) or fasting plasma glucose between 5.6-6.4 mmol/l within the last 12 months
✓ Not pregnant
✓ Able to take part in light/moderate physical activity

Q. Do I have to pay to join?
A. No – this programme is absolutely free to eligible individuals.

Q. Where will the programme be held?
A. Programmes will be available in a range of locations across Cambridgeshire and Peterborough. Visit our website and view our locations page for more details.

Q. I have type 2 diabetes, can I join the programme?
A. This programme is for people who are at risk of developing type 2 diabetes. If you have type 2 diabetes and you would like some support on your condition, please speak to your GP.

Q. Who delivers this programme?
A. Your local Diabetes Prevention Programme is delivered by ICS Health & Wellbeing. You can find out more about who we are and what we do on the website.

NHS Diabetes Prevention Programme in Cambridgeshire and Peterborough

HEALTHIER YOU
The way to a healthier you

Improving your health
Cambridgeshire and Peterborough

NHS DPP Patient Invitation Letter

We thought it be helpful to share the latest version of the patient letter with you. This can be found on the following link. Please do not hesitate to contact us if you have any queries.

- [Patient Invitation Letter \(click here to view\)](#)

Please let us know your thoughts

We are keen to hear how the NHS Diabetes Prevention Programme is working for patients and practices. If you would like to share your feedback, or if you have any queries about the programme please do not hesitate to contact Sally sally.berry1@nhs.net.



Thank you to those Practices that have taken the time to meet with us. It is a useful way of getting to know the teams in primary care, and is a good opportunity to answer queries about the programme. The team are happy to come out to explain about the programme where this would be helpful – please contact us to arrange a convenient time.

Thank you for taking the time to read this newsletter.