

Lunch and Learn

Wellbeing and Prevention

**Tuesday 21st
January 2025**





Presented by
Gemma McKay & Joe Greedy
gmckay@ablhealth.co.uk – jgreedy@ablhealth.co.uk
0800 755 5533

Overview of New Service

We are ABL health, we are the new service provider.

We are proud to deliver Healthy Lifestyles Gloucestershire across the county.

Delivering HLS: Until 31st March 2029, plus potential of up to 4 years extension

Office: Suite 3D, Third Floor Eastgate House, Eastgate Street, Gloucester GL1 1PX

Website: www.hlsglos.org

Telephone: 0800 755 5533

NHS.net Email: ablh.hlsglos@nhs.net

Core Service Elements



Single point of access



Personalised Weight Management support



Specialist Smoking Cessation + NRT support



Alcohol and physical activity behaviour Change Coaching



1001-day programme
(Pregnancy to 2 years)



Healthy Workplace Award Scheme



Harm reduction for
12–17-year-olds who
vape



App & Online support



Community Engagement

General Inclusion Criteria

- **Lives in, or has a GP registered in Gloucestershire**
- **Is aged 18 or above** (aged 12 for smoking cessation)
- **Pregnancy Only:** Is being treated in a Gloucestershire Hospital

Pathway Specific Inclusion/Exclusion Criteria



Smoking Cessation

Aged over 12
Current Smoker of
tobacco.

Smokes Cannabis but
not receiving support
through VIA.
Only vapes (i.e. does
not smoke tobacco).



Weight Management

BMI ≥ 30 or
BMI ≥ 28 with significant
occurring conditions.
BMI ≥ 27.5 if South Asian,
Chinese, Black African or Black-
Caribbean ethnicity.

An active or recent eating
disorder.
An underlying medical cause of
obesity requiring more intensive
clinical management.
Client wants to gain weight.



Reducing alcohol

Drinks > 14 units of
alcohol per week.

Score of 16+ on
AUDIT Tool,
Or drinks > 70 Units
per week (700ml of
Spirits).



Physical activity

Exercises < 150
minutes per week,
and has the
capacity to do
physical activity.

Medically unfit to
do exercise without
a specialist.

How to Refer

Call (self or professional) – 0800 755 5533

Email (professional) - ablh.hlsglos@nhs.net

Online Referral Form -

- Ardens, via G-Care (professional)
- Through www.hlsglos.org (self or professional)

We are here for you! Please get in touch!

0800 755 5533

www.ablhealth.co.uk

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Diabetes Prevention & Wellbeing

Hilary Adira

Project Manager in the Diabetes, Endocrinology & Weight Management
Clinical Programme Group

21st January 2025

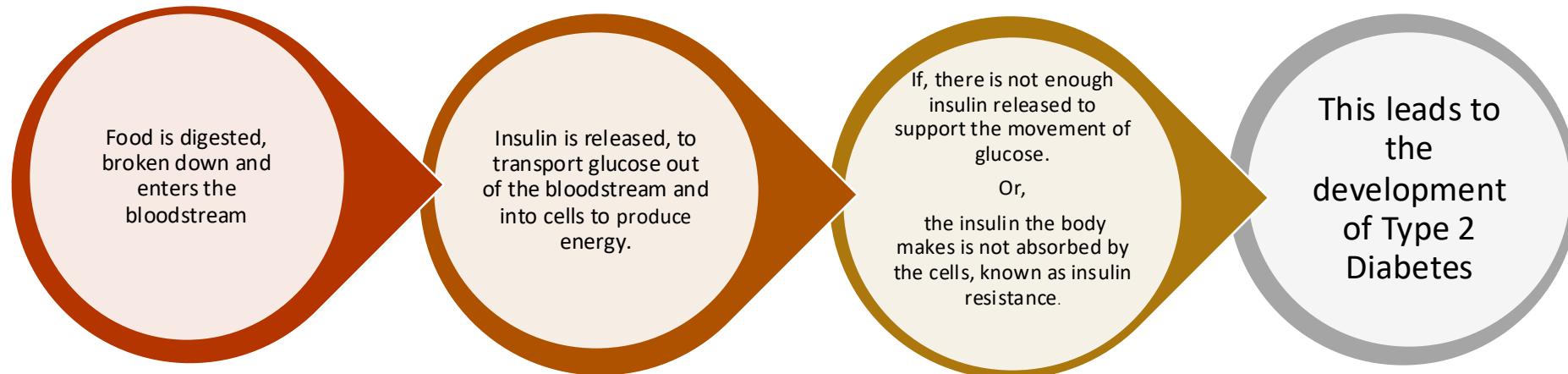


AIMS

- Introduction to Diabetes
- Signs & Symptoms
- Prevention
- Signposting to Offers

DIABETES

- <https://youtu.be/ZLojD5IfUyU>



There are several reasons why people develop type 2 diabetes, but it is also a preventable condition.

In the UK, 90% of all adults with diabetes have type 2 diabetes

Causes of Diabetes

- There are some risk factors that may increase your susceptibility to developing type 2 diabetes, including:

- living with overweight or obesity
- not having a healthy diet
- have a family history of type 2 diabetes
- are of Asian, Black African or African Caribbean origin
- take certain medicines such as steroids for a long time
- have high blood pressure
- have had gestational diabetes during pregnancy

Signs & Symptoms

- Many people may be living with type 2 diabetes without realising, as early symptoms can be general, or there may be no symptoms at all.
- The main symptoms people experience include:
 - feeling very thirsty
 - peeing more frequently than usual, particularly at night
 - feeling very tired
 - weight loss and loss of muscle bulk (less common in type 2 diabetes)
 - itching around the genitals, or frequent episodes of thrush
 - blurred vision
- If you experience these symptoms, it is important to book an appointment with your GP Practice.

Non-diabetic hyperglycaemia (Pre-Diabetes)

- Many people have blood sugar levels that are above normal, but not high enough for a diagnosis of diabetes. This is known as pre-diabetes.
- The risk of developing type 2 diabetes is significantly higher if you are identified as being pre-diabetic, but risks can be reduced through lifestyle changes.
- Diabetes UK and the University of Leicester developed a tool for individuals to identify their risk of developing type 2 diabetes.

TYPE 2 DIABETES
KNOW YOUR
RISK



Prevention: What can you do?



Signposting

- Your Circle - <https://www.yourcircle.org.uk/>
- If you are pre-diabetic, you may be eligible for the NHS National Diabetes Prevention Programme
- <https://www.england.nhs.uk/diabetes/diabetes-prevention/>
- Speak to a healthcare professional to discuss this further.
- You can self-register onto this programme if you have a history of gestational diabetes.
- Many offers exist if you are diabetic, speak to your healthcare professional to discuss how you can manage your symptoms.
- Make sure to book your annual diabetic review.

References

- Diabetes UK (2024) - <https://www.diabetes.org.uk/>
- NHS England (2024) - NHS National Diabetes Prevention Programme. Online <https://www.england.nhs.uk/diabetes/diabetes-prevention/>
- NHS England (2024) – Diabetes. Online <https://www.nhs.uk/conditions/diabetes/>