**Appendix 1 - Tier 1 and 2 Weight Management Services in Merton.**

The following table identifies Tier 1 and Tier 2 services available in Merton to help residents achieve their weight related goals. The offer of support ranges from ongoing nutritional and physical activity advice to brief interventions or support through an exercise class.

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| **Name** | **Offer** | **Cost** | **How to access** | **Tier** |
| One You Merton | One You Merton provides guidance and advice on healthy eating. This ranges from facts on fats, sugars and calories to guidance on healthy meal planning, healthy eating on a budget and healthy video recipes. The One You Merton service offer provides a range of resources under one virtual roof.  Residents also access free support from a local health advisor and access over 150 healthy recipes available on their app ‘Easy Meals’ The app is free to use and available on iOS or Android. | Free | One You Merton is easily accessed through this link below:  <https://www.oneyoumerton.org/eating/>  Residents can also access free one-to-one support from a local health advisor by calling 020 8973 3545 Available 5 days a week, 9am – 5pm.  One You also have over 150 healthy recipes available on their app ‘Easy Meals’. | Tier 1 |
| Change4Life | Change4Life aims to help families and individuals make small, sustainable yet significant improvements to their diet and activity levels through eating well and moving more.  This is a national campaign that is free to all and includes food facts, recipes and activities. | Free | The Change4life website can be accessed using this link below: <https://www.nhs.uk/change4life> | Tier 1 |
| Live Well, Be Well - YMCA Inclusive Lives | This class encourages people to think about the food they eat, and the way they keep fit. There is nutritional advice to get you thinking about what you’re putting in your shopping basket, such as how to check food labels, understanding the balance between carbs, sugar, fats, dairy, protein, vitamins in your diet as well as looking at healthy food swaps.  The nutrition session is followed by a gentle exercise class which is led by an instructor; some of it seated, some standing with the aid of exercise bands and weights to help you get the most from the movements – all set to great music. It’s open to all, locations and days vary. | Each class is £3.80 or free for members. | Contact Stuart Creed:  07587 034278  E-mail  [StuartCreed@ymcalsw.org](mailto:StuartCreed@ymcalsw.org)  Angus McGregor  Email:  [Angusmcgregor@ymcaspg.org](mailto:Angusmcgregor@ymcaspg.org)  Website  <http://www.ymcalsw.org/inclusive-lives/> | Tier 1 |
| NHS Live Well | NHS Live Well is an online resource that supports people to maintain a healthy weight through weight facts, calorie counting information and a BMI calculator. This calculator also checks body mass index (BMI) to find out if you're a healthy weight. | Free | <https://www.nhs.uk/live-well/healthy-weight/> | Tier 1 |
| NHS weight loss plan | This is a free 12-week diet and exercise plan.  The guide is delivered through 12 weekly information packs full of diet, healthy eating and physical activity advice, including weekly challenges. Each information guide contains a food and activity chart to help record calories, exercise and weight loss so the participant can see how well they’re doing at a glance. | Free | The NHS weight loss plan is easily accessed using this link below:  <https://www.nhs.uk/live-well/healthy-weight/start-the-nhs-weight-loss-plan/> | Tier 2 |
| Weight Watchers | Weight watchers new programme is a customised weight loss plan for their clients. Each client is assessed on their eating habits, food preferences, lifestyle, and activity level. Based on the answers clients will be given a plan that guides them toward food choices geared for their goals.  The Weight Watchers app is available for weight watchers clients and has several weight loss tools including:   * Track your food, activity and weight loss * Scan food barcodes for fast tracking * Find restaurants with WW friendly meals * Chat with a live WW Coach, 24/7 * Audio workouts for your fitness level with Aaptiv * Sync your scales and fitness tracker | £2.15 per week for digital access or £3.53 for workshop and digital access | Weight Watchers is easily accessible online using this link below:  <https://www.weightwatchers.com/uk/>  Clients can also attend three groups in Merton (Wimbledon, South Wimbledon and Mitcham), and up to 7 more in neighbouring boroughs.  For general enquiries  Call 0345 345 1500  or email: [help.uk@ww.com](mailto:help.uk@ww.com) | Tier 2 |
| Slimming World | Slimming World offers face to face and online consultations with a food optimising plan and Body Magic, Slimming Worlds own activity programme that guides participants gently through the process of making activity part of their daily routine, one step at a time.  There are two means to access Slimming World. The community groups and the online digital service. | To join Slimming World there is a £5 joining fee. To join the community groups it is £2.50 per week and to join the online digital service it is £5 per week. | Slimming world is easily accessed using this link below:  <https://www.slimmingworld.co.uk/how-it-works>  You can also attend 5 local groups in Merton (Morden (2), Lower Morden, Colliers Wood and Mitcham). | Tier 2 |
| Rosemary Conley | The Rosemary online diet plans are easy, do-able and proven to work. Rosemary Conley has 8 different diet plans available for members. The complete lifestyle Change plan has been developed to help people understand how to eat more healthily and lose weight. The plan explains what exercise does and supports members through the 12 week guide. The plan is also available in gluten free and plant based versions.  One-2-One membership offers clients their own personal weight-loss coach. Coach’s will give client feed-back on daily diary’s, advice and encouragement and at the end of each week, the coach will review progress and recommend ways that will help maximize weight-loss. | Monthly membership is £12.99. Quarterly membership is £29.99. One-2-One coaching costs £29.99 for the first month and £37.98 per month thereafter. | Rosemary Conley is an online weight loss club easily accessed using this link below:  <https://www.rosemaryconley.com/>  Or telephone 03301 330 330 | Tier 2 |
| National Diabetes Prevention Programme | Patients can access the National Diabetes Prevention Programme if they meet the following eligibility criteria:   * Aged 18 years and over * Registered with a GP practice in the London Borough of Merton * Are at risk of type 2 diabetes. * Not pregnant * Able to take part in light/ moderate physical activity   Those referred on to the face-to-face programme get tailored, personalised help, including education on lifestyle choices, advice on how to reduce weight through healthier eating and bespoke physical activity programmes, which together have been proven to reduce the risk of developing Type 2 diabetes.  The Diabetes Prevention Programme starts with an initial assessment with a Health & Wellbeing Coach to assess health and wellbeing, understand individual needs, motivations and programme goals. The participant will then join a local group programme, which consists of nutrition guidance and support, individual strategies and tools to empower long term progress and exercise sessions and advice, During these group sessions participants will learn about the prevention of Type 2 diabetes and overcoming pre-diabetes. | Free | GPs are responsible for making referrals for those eligible.  For more information you can access the National Diabetes Prevention Programme <https://preventing-diabetes.co.uk/about-us/> | Tier 2 |
| Second Nature - Type 2 | Second Nature is a 12-week behavioural change programme for people living with type 2 diabetes that's primarily delivered through a smartphone or tablet app. The programme helps to build healthier habits, learn more about type 2 diabetes and supports long-term lifestyle change by providing:   * Evidence-based structured education on living with diabetes, nutrition, exercise, sleep, stress management, and positive psychology * Peer group support (an online group of 10) * Personalised health coaching from a registered dietitian * Tracking technology (smart weighing scales and a wearable activity tracker). | Free for the first 3 months. After 12 weeks, you have the option to transition to Sustain for £10 a month. | Second nature can be accessed via the following link: <http://www.diabetesbooking.co.uk/our-courses/type-2-diabetes-courses/our-path-type-2>  Patients can self-refer through the website above or be referred by their GP but must have a Diabetes diagnosis. | Tier 2 |

**Physical Activity**

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| **Name** | **Offer** | **Cost** | **How to access** | **Tier** |
| One You Merton | One You Merton offers a range of free activities aimed at increasing your physical activity levels. These range from indoor and outdoor exercise classes suitable for all fitness levels to indoor and outdoor walks and runs, the ramblers step challenge to encourage you to reach your step goal each day.  One You also have two free apps called ‘Active 10’ and ‘Couch to 5k’. Active 10 encourages you to increase more regular bursts of brisk walking to your daily routine by tracking your activity and encouraging achievable milestones.  The Couch to 5K app is a week by week guide to guiding and encouraging you to run 5k at the end of 9 weeks. | Free | One You Merton is easily accessed through this link below:  <https://www.oneyoumerton.org/moving/>  Residents can also access free one-to-one support from a local health advisor by calling 020 8973 3545 Available 5 days a week, 9am – 5pm.  One You also have two free apps called ‘Active 10’ and ‘Couch to 5k’. The app is free to use and available on iOS or Android. | Tier 1 |
| #MertonCan | #MertonCan is campaign to support Adults, Children and Young People, Babies and Toddlers to become more active. Allowing the whole family to become involved.  The activities are a fun way of utilising the space and assets in Merton e.g. parks and open spaces. There are downloadable sheets which list a range of opportunities to be more active, covering active travel, sport and fun activities and games. | Free | Residents can easily access the Merton Can website to download the list of opportunities using this link below:  <https://www.merton.gov.uk/healthy-living/publichealth/mertoncan> | Tier 1 |
| Merton Parks and Open Spaces | There are a number of excellent parks and open spaces that can be used to become more physically active, including   * Go for a bike ride along the Wandle Trail * Follow the Wimbledon Way walking route * Set a time for a 5k Parkrun * Walk twice around the outfield at Mitcham Cricket Club, opposite Vestry Hall * Walk the Merton Mile at Figges Marsh * Walk in the Rose Garden at Morden Hall Park | Free | Residents can easily access the Merton Council website to get involved with cycling training: <https://www.merton.gov.uk/streets-parking-transport/road-safety/adult-cycle-training>  Access the Merton Council website for more information in the Rose Garden:  <https://www.merton.gov.uk/leisure-recreation-and-culture/parks-and-open-spaces/parks-and-recreation-grounds/morden/morden-hall-park> | Tier 1 |
| Couch to 5K | Couch to 5K is a running plan for absolute beginners. It was developed by a new runner, who wanted to help his 50-something mum get off the couch and start running, too.  The plan involves 3 runs a week, with a day of rest in between, and a different schedule for each of the 9 weeks. | Free | To find out more access the Couch to 5K website here: <https://www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k/>  Or download the couch to 5k app on a smart phone via the app store. | Tier 1 |
| We Are Undefeatable – Sport England | "We Are Undefeatable" is a movement supporting people with a range of long term health conditions.  The purpose is to support and encourage finding ways to be active that work with each person’s conditions, not against them. | Free | To find out more access the link below: <https://weareundefeatable.co.uk/> | Tier 1 |
| YMCA Wimbledon Inclusive Classes | Get active with the help of a friendly personal trainer on hand each week.  Ideal for those who are unsure of their ability or feel worried about working out in a gym setting. | Join in with weekly exercise classes at YMCA Wimbledon. Each class is only £3.80 or free for members. | Supported Gym Session are Wednesday’s  10.30am - 11.30am in the gym  Contact Stuart Creed:  07587 034278  E-mail  [StuartCreed@ymcalsw.org](mailto:StuartCreed@ymcalsw.org)  Angus McGregor  Email:  [Angusmcgregor@ymcaspg.org](mailto:Angusmcgregor@ymcaspg.org)  Website  <http://www.ymcalsw.org/inclusive-lives/>  Address: YMCA Wimbledon  200 The Broadway  London  SW19 1RY | Tier 1 |
| Merton’s Leisure Centres | There are three leisure centres in Merton:   * Canons Leisure Centre, Mitcham * Morden Leisure Centre * Wimbledon Leisure Centre and Spa   All three leisure centres have a swimming pool, gym and studio space for fitness classes or dancing classes to help you keep fit and active. | Access the pricing list for Canons Leisure Centre Mitcham [here](https://www.better.org.uk/leisure-centre/london/merton/canons-leisure-centre/prices)  Access the pricing list for Morden Leisure Centre [here](https://www.better.org.uk/leisure-centre/london/merton/morden-leisure-centre/prices)  Access the pricing list for Wimbledon Leisure Centre [here](https://www.better.org.uk/leisure-centre/london/merton/wimbledon-leisure-centre/prices) | All three leisure centres are managed for by “[Better](https://www.better.org.uk/) ", who handle all classes and bookings. | Tier 1 |