

Have you or a family member been diagnosed with Type 2 diabetes in the last 6 years?

Patients need to be:

- Aged 18-65
- Above a healthy weight
- Able to commit to a 12 month programme
- Willing to attend group sessions online
- Comfortable with just soups & shakes for the first 12 weeks

If you/they meet these and some other specific criteria the NHS Low Calorie Diet Programme may be suitable.

Birmingham and Solihull patients have achieved remission from Type 2 diabetes and reduced their diabetes medications. People can also lose significant amounts of weight and feel fitter, healthier and happier.

Speak to your GP or Practice Nurse about a referral.



For more details and patient stories:
<https://momentanewcastle.com/introduction>

Service provided by


MOMENTA NEWCASTLE