

Personalised programme to support weight loss and better control of Type 2 diabetes

What is Game of Stones?

Game of Stones is a free programme that supports people with Type 2 diabetes to lose weight and improve their blood sugar levels (HbA1c). You'll work with a Lifestyle Coach to make realistic, healthy changes that fit your life.

WHAT SUPPORT WILL I RECEIVE?



INCENTIVES FOR MEETING AGREED TARGETS

Incentives may be offered if you meet certain agreed goals, such as reaching weight-loss milestones. Your coach will explain what the targets are and how progress is measured



HEALTHY EATING ADVICE

Culturally appropriate healthy eating advice



ONE TO ONE SUPPORT

One-to-one support from a trained Lifestyle Coach



ACTIVITY PLAN

A personalised physical activity plan



TEXT MESSAGES

Motivational text messages



WELLBEING CARE

Low-level wellbeing support

Delivery Partners



NORTHFIELD

Community Partnership
Community Development Trust



sāheli hub



WHO CAN TAKE PART?

You may be able to join if you:

- Are aged 18 or over
- Have Type 2 diabetes
- Are overweight and would like support to lose weight
- Are happy to attend regular sessions over 12 months

WHO MAY NOT BE ABLE TO TAKE PART?

You may not be able to join if you:

- Are currently using insulin
- Are pregnant
- Have very high blood sugar levels that need specialist care

WHAT WILL I NEED TO DO?

- Attend a face-to-face baseline meeting
- Complete a short health questionnaire
- Have your weight and HbA1c recorded
- Attend review meetings at 3, 6, 9 and 12 months
- Work with your coach to set and review goals

HOW LONG DOES THE PROGRAMME LAST?

The programme lasts up to 12 months, with regular support throughout to help you stay motivated and maintain progress.

IS MY INFORMATION KEPT CONFIDENTIAL?

Yes. All personal and health information is handled confidentially and in line with data protection and NHS information governance requirements.



How can I join?

You can join the programme through:

- 1) A referral from your GP
- 2) Self-referral by contacting the Game of Stones team. (A member of the team will contact you to explain the next steps)

Want to know more?

For more information, please speak to your GP or contact Shannon or Esther



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