# **NHS Low Calorie Diet Programme**

Invitation templates for eligible patients identified by a register search

* Text (below)
* Letter (overleaf)

Dear <Title> <Lastname>,

A <Practicename> screening has identified that you may be eligible for the new NHS Low Calorie Diet Programme. This one year programme helps you to lose weight, improve your blood sugar levels and reduce medication. You can find more information at this link <replace with bitly - <https://momentanewcastle.com/patient-lcd-somerset>>. The programme is free of charge.

When you have read it, if you are interested in taking part please call the practice on <Practicenumber> and ask for an appointment to discuss the NHS Low Calorie Diet.

As there are a limited number of places available in Somerset please get in touch quickly.

Best wishes,

<HCPname>



*[On GP Practice letterhead]*

<Patient Address & Postcode>

**The NHS Low Calorie Diet Programme**

Dear <Title> <Firstname> <Lastname>,

We are writing to you because we have identified that you may be eligible for the new NHS Low Calorie Diet Programme. This one-year programme supports people to lose weight, improve their blood sugar levels, reduce diabetes-related medication, live a healthier lifestyle and even put their Type 2 diabetes into remission.

It is being rolled out across Somerset and is available for our patients now.

**How it works**

The NHS Low Calorie Diet is a three-phase programme over one year – all at no cost to you. For the first 12 weeks you will replace all your food with 800 calories per day of formula products, including soups and shakes

After this, you’ll get help to re-introduce healthy food and support to keep your weight down up to 12 months. The 20 sessions are designed to be informative, fun and engaging. Trained Coaches deliver to groups of 10-15 participants in-person at a local venue. You will also be given high-quality Workbooks, recipes, a pedometer and 12 months of premium access to the EXi physical activity app.

**The whole programme, including the products, is funded by the NHS and completely free-of-charge to you.**

**Find out more**

Please read the enclosed leaflet for more details – or visit [momentanewcastle.com/patient-lcd-somerset](https://momentanewcastle.com/patient-lcd-somerset) If you would like to discuss a referral to the programme, please contact us at the practice as soon as possible so we can discuss whether the programme is suitable for you and get you referred.

**Please do this quickly as places are limited.**

Your sincerely,

<Name of healthcare professional>