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Practice Nurse Engagement

What's in your Practice Nurse Engagement Bulletin?

This weekly bulletin provides details of training, guidance, access to past editions and lots more. There's also helpful information on the web pages dedicated to our practice nursing colleagues. [Please click here to bookmark these pages.](#)



ShinyMind Resilience App- Licences Available

The ShinyMind App is a daily wellbeing and resilience app. ShinyMind originally started as a mindset programme called *Resilience; Your Mindset; Your Choice* designed specifically for NHS staff. The Programme received positive feedback, with it helping staff feel more resourced, less stressed and in control. In order to

reach a wider audience the app was developed. Further information on the app is available in the attached document.

NHS England and Improvement have a number of licences that they would like to share out amongst our PCNs, in the first instance, for our AHPs, GPNs and ANPs.

If you would be interested please contact sam.varo@nhs.net

Become an Early Adopter - The NHS Digital Weight Management Programme

The NHS Digital Weight Management Programme has been designed to support access to digital weight management services for those living with obesity as well as diabetes and/or hypertension. There will be a particular focus on reducing health inequalities by supporting groups who have higher rates of obesity, and groups less likely to complete behavioural and lifestyle change programmes. These groups include younger (working) age adults, people of non-white ethnicity, men, and those from more deprived communities.

The programme is available to refer into now. The referral templates allow for efficient automatic live referrals via the e-referral system (e-RS). The early adopter phase of the programme will be in place until July 2021.

To start referring into the NHS Digital Weight Management Programme and to access the referral templates, please contact the team at england.wmp-prevention@nhs.net

Eligibility Criteria

The NHS Digital Weight Management Programme is offered to adults with a diagnosis of diabetes (Type 2 or Type 1) and/ or hypertension with a BMI of 30+ kg/m² (adjusted appropriately for ethnicity). The programme will only be accessible to those who have a smartphone or computer with internet access. The patient will need to have an e-mail account to access the programme and get the full benefits. This programme is delivered exclusively digitally.

Referral Process

Patients are referred by their GP practice to a 'Referral Hub' and offered one of three levels of intervention. They then have a choice of provider offering a 12-week, digital weight management service.

Contact us. For general enquiries please email england.wmp-prevention@nhs.net

This bulletin has been produced by NHS Vale of York Clinical Commissioning Group.

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