Nottingham and Nottinghamshire Healthy Weight & Nutrition JSNA Profile Pack

Asset/service/Intervention Mapping

Introduction

An asset mapping exercise was undertaken in January and February 2026 seeking to document assets/interventions and services that support healthy weight and nutrition across Nottingham and Nottinghamshire. This document has been organised into 3 sections;

- **Community** – this section gives a flavour of the kind of work that is happening across communities in Nottingham and Nottinghamshire
- **Local Authorities** - This section details projects, services, partnerships and funding, where Nottingham City Council and Nottinghamshire County Council, or District/Borough Councils play a significant role, whether that is through the commissioning or delivery of services or leading work with other partner organisations.
- **NHS** - This section details the clinical and specialist weight management services which the local NHS commissions or delivers for residents of Nottingham and Nottinghamshire. It also includes national NHS programmes.

Information gathered has been organised into City & County, City and County and every effort has been made to make sure the information provided is accurate and up to date.

Community

This section gives a flavour of the kind of work that is happening across communities in Nottingham and Nottinghamshire in relation to supporting healthy weight and good nutrition. This is not a complete picture of all the activities, more information about activities in communities can be found on the new community directory for Nottingham and Nottinghamshire 'Your Notts Directory' available: Your Notts Directory *(NB this has replaced the previous Notts Help Yourself and Ask lion online community directories)*

The Nottinghamshire Sustainable Food Network Padlet serves as a shared digital space where partners across the county can access key resources, updates, and information related to the work of the Sustainable Food Network. It brings together materials that support efforts to tackle food insecurity, strengthen community resilience, and develop a healthier, fairer, and more sustainable food system for Nottinghamshire. By hosting documents, links, and collaboration tools in one place, the Padlet makes it easier for organisations, including councils, the NHS, voluntary groups, universities, and food projects, to stay connected, informed, and aligned with the wider ambitions of the Nottinghamshire Sustainable Food Network. For more information use this link: Nottinghamshire Sustainable Food Network

City & Council

Name of Service/intervention/offer	**Social eating in Nottingham & Nottinghamshire**
Name of provider *(if applicable)*	
Website details	Further information on local provision in Nottingham City can be found here: View all service listings https://www.socialeatingnetwork.org/
Description of service offer *(brief - max 250 words)*	There are many different models of social eating initiatives operating across Nottingham & Nottinghamshire which provide free or low-cost meals. There is a Nottingham/Shire network which shares best practice, and promotes the benefits of eating together in groups, food sharing, the use of surplus food, community cohesion and collaboration over food. Food acts as an enabler to reduce social isolation and loneliness, bringing people, communities, projects, and services together whilst also importantly providing nutritious hot meals to people who struggle to cook for themselves. Meals are made and served by volunteers for a small cost or for free and is often food that is being redistributed and saved from going to landfill. Social eating also helps the environment and prevents food waste.
Eligibility *(if any)*	Not applicable
Geography *(e.g. City/County/District/Borough)*	Nottingham & Nottinghamshire
Target population *(if any)*	All communities
How people can access the offer *(Referral pathways - self/professionals, if any)*	No referral
Delivery mode *(Face to face, digital etc.)*	Face to face
Service impact *(brief overview e.g. in 2024/25 this service received x number of referrals and supported x number of people)*	n/a
Working with others *(Do you co-deliver or work with other organisations? If so, who?)*	Many individual organisations collaborate widely across the food system and are connected closely to City and County Food partnerships
Anything else you want to tell us?	A 'public restaurant' will be piloted in 2026 in Nottingham as part of a new research project (DISHED) that will evaluate whether this approach can help improve public health and wellbeing and tackle health inequalities by providing everyone with access to high-quality food. The project is co-designed with residents and partners including Nottingham City Council & Nottinghamshire County Council to create a community-led public restaurant model that integrates affordable, sustainable and healthy food provision in Nottingham/ shire. The DISHED public restaurants pilot is led by the Institute of

	Development Studies in partnership with the University of Nottingham/shire , Nourish Scotland, and the University of Sussex. It is funded as part of a UK-wide initiative from UKRI to tackle growing food inequality and will help support the broader aims of the NHS 10-year plan. Previously research conducted locally after the pandemic highlighted the health and wellbeing benefits of the social eating model as people emerged back into their communities and gained confidence to socialise through food highlighting the importance of commensality (the social act of eating together) and embed eating behaviours e.g. sitting together to eat at mealtimes. (Social Eating .pdf)

Name of Service/intervention/offer	**Community Food Growing Networks in Nottingham & Nottinghamshire**
Name of provider *(if applicable)*	Nottingham Growing Network (NGN) Nottinghamshire Community Gardens Network (NCGN)
Website details	Nottingham Growing Network - Nottingham City Council/ The Big Green Book Growing your own food | Nottinghamshire County Council
Description of service offer *(brief - max 250 words)*	Nottingham Growing Network is a long-standing initiative that builds links between 25 community food growing groups in Nottingham, with a focus on healthy eating, wellbeing, sustainable gardening and biodiversity, offering support, guidance, and advocacy. Nottinghamshire Community Garden Network is an umbrella group that supports community gardens and food growing spaces across the county. It provides training on a variety of topics, sharing information and mutual support through monthly meetings. Hosted by Feel Good Gardens, the meetings are friendly and informal. Community food growing groups can share learning, knowledge and support each other to build vibrant and inclusive food growing in local communities. This group has been instrumental in liaising with Integrated Care Board on behalf of many community growing spaces and a key stakeholder in the evaluation of Green social prescribing in Nottinghamshire. www.notts.icb.nhs.uk/your-health/personalised-care-2/green-social-prescribing/
Eligibility *(if any)*	Not applicable
Geography *(e.g. City/County/District/Borough)*	NGN Nottingham City & south NCGN Nottinghamshire
Target population *(if any)*	All community growing groups
How people can access the offer *(Referral pathways - self/professionals, if any)*	No referral

Delivery mode *(Face to face, digital etc.)*	Face to face meetings throughout the year
Service impact *(brief overview e.g. in 2024/25 this service received x number of referrals and supported x number of people)*	NGN 25 groups/ members NCGN 30 groups/ 70 email members
Working with others *(Do you co-deliver or work with other organisations? If so, who?)*	Both organisations collaborate widely across the food system and are connected closely to City and County Food partnerships
Anything else you want to tell us?	Examples of Community food growing in Nottinghamshire Feel Good Gardens run accessible, weekly gardening sessions on growing fresh produce, how to cook the affordable healthy food that has been grown on-site and craft sessions. They recognise the multiple health and social benefits of growing, cooking and eating together, and have supported several neighbourhood community gardens to develop in some of the most deprived areas of Mansfield such as the Northfield Avenue Community Allotments (Facebook) Nottinghamshire based, the Urban Work is a CIC with a mission to increase principles of vermiculture and encourage food growing and recycling of food waste by individuals, community groups, businesses and anchor organisations. The Urban worm has worked alongside schools and businesses in Nottinghamshire to increase the use of wormeries, improve healthy food growth and food education. NCC owned Brooke Farm supports day service horticultural therapeutic learning for people with Learning disabilities and Autism. www.nottinghamshire.gov.uk/business-community/services-you-can-buy/brooke-farm The Farm provides opportunities to have practical experience of growing, training opportunities, selling food & making food in the café to the public

Name of Service/intervention/offer	**Surplus food redistribution**
Name of provider *(if applicable)*	Fare Share Midlands
Website details	https://www.faresharemidlands.org.uk/
Description of service offer *(brief - max 250 words)*	FareShare Midlands is the region's largest food redistribution charity. Good-to-eat surplus food from the food industry is distributed to Members – frontline charities and community groups all over the Midlands. These local organisations turn the food into food parcels, affordable shopping and delicious meals for people of all ages.
Eligibility *(if any)*	There are two options for getting food – a paid for service with a FareShare Community Food Membership or the opportunity to collect free surplus food from local supermarkets and restaurants

	through FareShare Go. Due to increased demand for fresh produce Fareshare have recently started the Community Greens Membership where members can order deliveries of fresh produce (from business or Farmers)
Geography *(e.g. City/County/District/Borough)*	Fareshare work across District City and County
Target population *(if any)*	n/a
How people can access the offer *(Referral pathways - self/professionals, if any)*	Food businesses can self-refer to donate good to eat food surplus and community groups and organisations can apply for the paid for service by contacting Fareshare on their website or enquiries@faresharemidlands.org.uk
Delivery mode *(Face to face, digital etc.)*	Face to face
Service impact *(brief overview e.g. in 2024/25 this service received x number of referrals and supported x number of people)*	Between early 2024 to late 2025 the distribution of fruit and veg increased by 17 tonnes. In 2025 311.87K of food was moved, serving 63 charities. This equates to 742.55K meals with 7,245 estimated beneficiaries.
Working with others *(Do you co-deliver or work with other organisations? If so, who?)*	Fareshare works closely with partner organisations through individual memberships, participation with Food Partnerships within districts, the City and County and to improve system working and identify where targeted work would improve access to fresh healthy produce.

City

Name of Service/intervention/offer	**Community Kitchen**
Name of provider *(if applicable)*	Salaam Shalom Kitchen
Website details	***www.salaamshalomkitchen.co.uk***
Description of service offer *(brief - max 250 words)*	Serve 180+ hot meals every Wednesday night between 5- 6.30pm, to those in need in Hyson Green, Nottingham from The Himmah Hub on Gregory Boulevard. Guests are a diverse group of individuals: some are experiencing food poverty or loneliness. Some may be experiencing homelessness, mental health issues or substance misuse; we also serve meals to refugees and asylum seekers as well as those with low-income or benefits issues. While most are adults, we also regularly have families with children attending. SaSh offers a warm and friendly environment, a hot meal and company, often accompanied by musical entertainment and sometimes talks.
Eligibility *(if any)*	No information is asked for from guests when they arrive and there is no charge for food, but donations are welcomed from those who are able.
Geography *(e.g. City/County/District/Borough)*	Nottingham City
Target population *(if any)*	N/A
How people can access the offer *(Referral pathways - self/professionals, if any)*	There is no referral process
Delivery mode *(Face to face, digital etc.)*	Face to face
Service impact *(brief overview e.g. in 2024/25 this service received x number of referrals and supported x number of people)*	There are between 120 and 140 guests each week and serve drinks with a cake, access to a bag of groceries and a hot vegetarian meal to eat in and/or take away.

Working with others *(Do you co-deliver or work with other organisations? If so, who?)*	There is collaboration with local agencies, including Framework, the Nottingham Refugee Forum, POW, Arimethea Trust and local GPs. However, many people come to us through word of mouth and everyone is welcome.

Name of Service/intervention/offer	**St Ann's Community Orchard, Play Grow and Eat**
Name of provider *(if applicable)*	STAA
Website details	www.staa-allotments.org.uk
Description of service offer *(brief - max 250 words)*	Play, Grow and Eat sessions run each Wednesday during the school holidays and provide a healthy nutritious meal, made from produce grown on our Community Harvest Project to local children and families. Meals are cooked in our outdoor kitchen and families can watch and ask questions about the produce, recipes etc. Along with tasty food, children (and adults) can run around, play, use slack lines, try orienteering, play swingball, plus many more outdoor play options. Families can learn about food growing, through gardening activities in our little garden.
Eligibility *(if any)*	Free for local families
Geography *(e.g. City/County/District/Borough)*	St Ann's, Nottingham City
Target population *(if any)*	Local families experiencing or at risk of food poverty
How people can access the offer *(Referral pathways - self/professionals, if any)*	Book via Eventbrite or turn up on the day
Delivery mode *(Face to face, digital etc.)*	Face to Face
Service impact *(brief overview e.g. in 2024/25 this service received x number of referrals and supported x number of people)*	1243 free meals served in the last year 12 free family activities delivered
Working with others *(Do you co-deliver or work with other organisations? If so, who?)*	Other partners are invited to join sessions including Epic Partners, Ignite.
Anything else you want to tell us?	There is often feedback that children eat vegetables and fruit that they would never usually eat at home. Parents/ carers take an active interest in the food preparation and ingredients used. Many excellent conversations take place about how produce is used in different cultures.

Name of Service/intervention/offer	**STAA, Community Harvest Project**
Name of provider *(if applicable)*	STAA
Website details	www.staa-allotments.org.uk
Description of service offer *(brief - max 250 words)*	Community Harvest grows fresh produce, fruit, vegetables and cut flowers specifically to distribute free of charge into the local community via STAA events, local foodbanks and social eating projects. Each Tuesday and Wednesday, on the Nursery Plot and the Heritage Display Garden, volunteers come together to sow, plant, grow and harvest over 500kg of fresh produce which goes directly into the community.
Eligibility *(if any)*	
Geography *(e.g. City/County/District/Borough)*	St Ann's, Nottingham City
Target population *(if any)*	Local families experiencing or at risk of food poverty
How people can access the offer *(Referral pathways - self/professionals, if any)*	Via STAA's projects on St Ann's Allotments or local foodbanks and social eating projects. New partners are always welcome.
Delivery mode *(Face to face, digital etc.)*	Face to Face , on site, and each Friday alongside Foodprint on Wheels and deliveries to partners
Service impact *(brief overview e.g. in 2024/25 this service received x number of referrals and supported x number of people)*	Reduces the costs for local social eating projects. Estimated that 3000 meals provided with Community Harvest produce. Local people have access to fresh locally grown produce free of charge.
Working with others *(Do you co-deliver or work with other organisations? If so, who?)*	MTVH, Foodprint on Wheels, The Good Grub Club, St Ann's Advice Centre (currently)

Name of Service/intervention/offer	**STAA, Young Roots**
Name of provider *(if applicable)*	STAA
Website details	www.staa-allotments.org.uk
Description of service offer *(brief - max 250 words)*	Young Roots is STAA's youth project that runs every Thursdays 5-6.30pm on St Ann's Community Orchard. Young people aged 11-14 join us for games, den building, whittling, hide and seek and star gazing. What they love to do most is make and eat food! In our outdoor kitchen the group get involved in making healthy snacks; they make pizza in the pizza oven and make jacket potatoes on an open fire.
Eligibility *(if any)*	Local young people aged 11-14
Geography *(e.g. City/County/District/Borough)*	St Ann's, Nottingham City

Target population *(if any)*	Local young people
How people can access the offer *(Referral pathways - self/professionals, if any)*	Just turn up
Delivery mode *(Face to face, digital etc.)*	Face to Face
Service impact *(brief overview e.g. in 2024/25 this service received x number of referrals and supported x number of people)*	Young people connect with the natural environment and engage in free play in a safe green space. They develop an understanding of where food comes from and how to prepare simple snacks and meals.

County

Name of Service/intervention/offer	**Affordable food clubs, social supermarkets and pantries**
Name of provider *(if applicable)*	Various organisations
Website details	
Description of service offer *(brief - max 250 words)*	There are multiple different models of hubs/ clubs, social supermarkets and pantries across Nottingham/shire. These are run by many different organisations including community groups and housing providers. This eco system of low-cost models helps to build community resilience, ensure dignity, and to improve the sustainability of services and groups. This is an evolving sector where mapping is often patchy and dynamic. Affordable food clubs are an important part of a wider network of food support and an alternative to emergency food parcels received from Food Banks and often require referral) Nottinghamshire County Council recognised the need for support and guidance in setting up and maintaining affordable food clubs. A toolkit was produced as part of the Food Redistribution Grants in 2022 and is accessible through NCC platforms www.ncc-toolkit-how-to-set-up-a-food-redistribution-scheme.pdf
Eligibility *(if any)*	One off membership and weekly low cost per bag/ box
Geography *(e.g. City/County/District/Borough)*	Nottinghamshire county
Target population *(if any)*	Not applicable
How people can access the offer *(Referral pathways - self/professionals, if any)*	Each organisation operates its own system but usually operates a self-referral mechanism
Delivery mode *(Face to face, digital etc.)*	Face to face

Service impact *(brief overview e.g. in 2024/25 this service received x number of referrals and supported x number of people)*	Not available
Working with others *(Do you co-deliver or work with other organisations? If so, who?)*	Most work effectively with other parts of the food eco system eg food growers often provide surplus to social supermarkets and pantries. Many of these organisations are part of local and county Networks and are members of food redistribution schemes such as Fareshare, Olio etc.
Anything else you want to tell us?	Examples of these initiatives are: The Social Supermarket | Social Action Hub Jigsaw's First Community Grocers Opens in Nottinghamshire - Jigsaw Homes Group

Name of Service/intervention/offer/activities/community groups	**FOOD Clubs in Bellamy, Oak Tree and Mansfield Woodhouse** Also: Fuel Your Finances project
Name of provider *(if applicable)*	Family Action
Website details *(if applicable)*	www.family-action.org.uk
Description of service offer *(brief - max 250 words)*	Food On Our Doorstep (FOOD) Clubs - Providing good-quality food at a low cost, while also reducing food waste. It costs just £1 a year for a family to become a member. Once joined, you can purchase a bag of tasty food items every week worth approx. £15 for just £4! Fuel Your Finances - Helping to maximise people's finances; reduce financial pressures and stress; increase skills, knowledge and confidence around cooking, eating and heating in an energy efficient and healthy way; reduce energy use and savings on energy bills; increase awareness around gas safety and the dangers of carbon monoxide; and increase awareness of and engagement with other local support services.
Eligibility *(if any)*	Living / working in Mansfield
Geography *(e.g. City/County/District/Borough)*	Mansfield
Target population *(if any)*	As above
How people can access the offer *(Referral pathways - self/professionals, if any)*	Contact the service to find out more – details here: https://family-action.org.uk/food-clubs/ https://family-action.org.uk/services/fuel-your-finances/

Delivery mode *(Face to face, digital etc.)*	Face to face
Service impact *(brief overview e.g. in 2024/25 this service received x number of referrals and supported x number of people or wider impact)*	Over the last year the FOOD Club weekly sessions out of the venues below and also delivered a wide range of interactive Fuel Your Finances sessions – these have supported people to learn more about energy safety and efficiency. Carbon monoxide alarms, heated blankets, slow cookers etc. have been distributed too.
Working with others *(Do you co-deliver or work with other organisations? If so, who?)*	FOOD clubs work in and around the following venues: • The Meadows Community Centre, Slant Lane, Mansfield Woodhouse, Mansfield, NG19 8EY • Oak Tree Leisure Centre (community room) , Jubilee Way South, Mansfield, Nottinghamshire, NG18 3RT • Trowell Court Community Centre, Trowell Court, Mansfield, Nottinghamshire, NG18 4NT
Risk/challenges *(funding providers & support, facilities, resources, sustainability etc.)*	FOOD clubs are continually applying for funding to enable to sustain delivery.

Name of Service/intervention/offer/activities/community groups	**Friends United Pleasley**
Name of provider *(if applicable)*	Sharron Hartshorn
Website details *(if applicable)*	
Description of service offer *(brief - max 250 words)*	1. Safe space to meet friends and discuss issues relating to everyday issues, life style and changes. 2. Weekly food parcels to support those most in need.
Eligibility *(if any)*	Age 18+
Geography *(e.g. City/County/District/Borough)*	Pleasley Mansfield Nottinghamshire
Target population *(if any)*	18+
How people can access the offer *(Referral pathways - self/professionals, if any)*	self
Delivery mode *(Face to face, digital etc.)*	Face to face

Service impact *(brief overview e.g. in 2024/25 this service received x number of referrals and supported x number of people or wider impact)*	Attendees 30 weekly Impact in-direct on wider community, family and friends
Working with others *(Do you co-deliver or work with other organisations? If so, who?)*	Yes. The New Houghton Community Hub, Jigsaw Mental Health Support Scheme, Co-op, Farmillo Primary School
Risk/challenges *(funding providers & support, facilities, resources, sustainability etc.)*	Funding, volunteers, facilities.

Name of Service/intervention/offer	**Broxtowe Borough Community food assets**
Name of provider *(if applicable)*	
Website details	
Description of service offer *(brief - max 250 words)*	Cooking skills and classes in the Broxtowe area, particularly around Beeston and Eastwood, are well-supported through community groups, schools, and community centres, offering a range of food related activities **Cooking Schools & Adult Classes** • Bees Knees Deli & Cookery School (Eastwood): Run by Elaine and Rachael Harrison, this school offers a wide range of classes for adults and children, focusing on homemade pastries, cakes, and patisserie. • The School of Artisan Food (Near Welbeck/Worksop): While slightly outside immediate Broxtowe, this is a major local centre for high-level skills, offering courses in baking, butchery, cheesemaking, and preserving. They also host a four-week "Artisan Summer School" covering bread, pizza, and pastry. • Inspire Adult Learning (Stapleford & Online): Provides various courses, including cooking classes, as part of their community learning programs. They often have low-cost or free courses, including those focused on budgeting. https://www.inspireculture.org.uk/skills-learning/courses-by-category/ • Chop It Like It's Hot (Nottinghamshire/Broxtowe): A weekly training initiative for adults with additional needs, focusing on independent living skills, kitchen safety, and preparing lunches.

	Children's Cookery Clubs • The Pearson Centre (Beeston): Offers a Cookery Club for primary school children (ages 5–11) on Tuesdays (4-5 pm) and a session for school years 6-9 on Fridays. These sessions focus on healthy, savoury, and sweet recipes. • Cook With Della (Nottingham/Broxtowe): Provides mixed age group classes for children (Years 3-6) on Mondays, Tuesdays, and Wednesdays after school. • Fun Little Foodies Nottingham Central: Runs preschool, after-school, weekend, and holiday sessions to teach children, with sessions active at St Luke's Church. **Community & Cultural Food** • Cooking and Culture Project: A local initiative where nine Broxtowe businesses (including The Victoria Hotel, Glass Orchid, and Beeston Brownie) shared recipes, culminating in an award-winning international recipe book. • Social Prescribing (Broxtowe Borough Council): Offers community-based workshops, such as "cooking on a budget". **Local Culinary Highlights** • Artisan Producers: Broxtowe has a strong, independent food scene, including Beeston Brownie Company, Charlie's On The Hill, and Blue Monkey Brewery, often influencing local tastes.
Eligibility *(if any)*	n/a
Geography *(e.g. City/County/District/Borough)*	Broxtowe Borough
Target population *(if any)*	n/a
How people can access the offer *(Referral pathways - self/professionals, if any)*	n/a
Delivery mode *(Face to face, digital etc.)*	Mostly Face to face
Service impact *(brief overview e.g. in 2024/25 this service received x number of referrals and supported x number of people)*	n/a
Working with others *(Do you co-deliver or work with other organisations? If so, who?)*	Broxtowe Borough council work closely with many community groups and organisations providing food-related provision and providing system leadership through the district-wide Health partnership. Broxtowe Borough Council are key partners in the Nottinghamshire Sustainable Food Network and have a recently established local Food partnership with a focus on food insecurity which brings together Food clubs, food banks and pantries.

Name of Service/intervention/offer	**Gedling Borough**
Name of provider *(if applicable)*	Various community groups
Website details	
Description of service offer *(brief - max 250 words)*	Community food banks and food clubs are delivered by different community organisations across Gedling
Eligibility *(if any)*	Various
Geography *(e.g. City/County/District/Borough)*	Gedling Borough
Target population *(if any)*	Various
How people can access the offer *(Referral pathways - self/professionals, if any)*	n/a
Delivery mode *(Face to face, digital etc.)*	Face to face
Service impact *(brief overview e.g. in 2024/25 this service received x number of referrals and supported x number of people)*	Arnold Foodbank - Arnold Foodbank | Helping Local People in Crisis Carlton Foodbank - Food Bank Trussell Trust Carlton Netherfield Foodbank - Food Bank - Bethesda Ministries Community Hall Arnold Food Club – Arnold Methodist Church – Monday 1-3pm Calverton Core Food Pantry – Calverton Core Centre – Tuesday 9:30am-10:30am Newstead Food Pantry – The Newstead Centre – Monday 10:30am -12:30pm Killisick Community Grocery – Killisick Community Centre - Friday 1pm – 2:30pm Netherfield Food Club – Bethesda Community Hall – Thursday 12:30 -2:30pm Carlton Food Club - Carlton Community Hub – Thursday 12:00pm – 2:00pm The Bread-and-Butter Thing – Carlton – Re Church – Thursday 2-2:30pm Bethesda Slow Cooker course – Bethesda Church, Netherfield. Delivered by ABL and Your CVS Eagles Nest Breakfast Club – Run during school holidays at Killisick Community Centre. Families can get a free Breakfast and packed lunch to take home with them every Monday, Wednesday and Friday,
Working with others *(Do you co-deliver or work with other organisations? If so, who?)*	Gedling Borough Council work closely with many community groups and organisations providing food-related provision. Gedling Borough Council are key partners in the Nottinghamshire Sustainable Food Network.

Name of Service/intervention/offer/activities/community groups	**The School of Artisan Food**
Name of provider *(if applicable)*	The School of Artisan Food
Website details *(if applicable)*	www.schoolofartisanfood.org
Description of service offer *(brief - max 250 words)*	The School of Artisan Food delivers community-based food education initiatives to improve nutrition, cooking confidence, and healthy eating habits across Nottinghamshire. The flagship Best Food Forward programme works with schools and community groups to embed practical food skills and nutrition education into everyday life. Activities include hands-on cooking workshops, food budgeting sessions, and interactive lessons linking classroom learning with real-world food experiences. They also run Air Fryer courses designed to promote affordable, healthy home cooking. These sessions teach participants how to prepare balanced meals using energy-efficient appliances, reducing cost and improving diet quality. The social impact work prioritises accessibility and sustainability, supporting families, young people, and vulnerable communities to develop lifelong healthy eating habits.
Eligibility *(if any)*	Open to schools, community groups, and individuals referred through local networks. Some programmes target families eligible for free school meals or those identified through public health initiatives.
Geography *(e.g. City/County/District/Borough)*	Nottinghamshire (including Worksop and surrounding districts)
Target population *(if any)*	Children, young people, families, and adults in areas of health inequality.
How people can access the offer *(Referral pathways - self/professionals, if any)*	Referral via schools, local authority partners, or community organisations. Some sessions are open for direct booking.
Delivery mode *(Face to face, digital etc.)*	Face-to-face workshops in community venues and schools; occasional digital resources.
Service impact *(brief overview e.g. in 2024/25 this service received x number of referrals and supported x number of people or wider impact)*	In 2024/25, Best Food Forward delivered significant outcomes across Nottinghamshire and Derbyshire: **Schools & Young People:** • Engaged 6,056 secondary school students through practical and theoretical food education, an 81% increase from the previous year. • Delivered 40+ workshops, including RSHE-aligned sessions and Year 9 drop-down days at The School of Artisan Food.

	• Partnered with 10 secondary schools, 4 SEND schools, and provided bespoke sessions for vulnerable learners. • Improved food knowledge and cooking skills by 18–28% during interventions. • Distributed staple ingredient boxes and recipe resources, with 75% of students cooking at home post-intervention. **Healthcare Professionals:** • Trained 35 healthcare professionals in CPD-accredited nutrition and food education sessions (down from 141 in 2023–24 due to NHS restructuring). • Achieved confidence gains of 22–46% in areas such as meal planning, preparation, and behaviour change integration. • Participants rated sessions 9.3/10 for likelihood of recommending to colleagues. • Estimated 232 secondary beneficiaries through improved patient engagement. **Community Impact:** • Delivered air fryer courses to promote affordable, healthy cooking. Between September and December 2025, 194 engagement opportunities were offered. • Continued strategic partnerships with Nottinghamshire Sustainable Food Network, Bassetlaw Food Insecurity Network, and NHS Health Inequalities Forum.
Working with others *(Do you co-deliver or work with other organisations? If so, who?)*	Collaboration with local authorities, public health teams, schools, and voluntary sector partners.
Risk/challenges *(funding providers & support, facilities, resources, sustainability etc.)*	Funding sustainability and capacity to meet growing demand.
Anything else you want to tell us?	The approach combines food expertise with public health priorities, ensuring interventions are practical, culturally relevant, and evidence-based.

Local Authorities

This section details projects, services, partnerships and funding relating to healthy weight and nutrition, where Nottingham City Council and Nottinghamshire County Council or District/Borough Councils play a significant role, whether that is through the commissioning or delivery of services or leading work with other partner organisations.

County & City

Name of Service/intervention/offer	**Nottingham City Sustainable Food Partnership (NCSFP)** **Nottinghamshire Sustainable Food Network (NSFN)**
Name of provider *(if applicable)*	
Website details	The Sustainable Food Network | Nottinghamshire County Council Nottinghamshire Sustainable Food Network Nottinghamshire Food Charter | Nottinghamshire County Council
Description of service offer *(brief - max 250 words)*	**The Nottingham City Sustainable Food Partnership (NCSFP)** is a city-wide, multi-sector collaboration designed to transform Nottingham's food system through a whole-systems and *more-than-food* approach. Its purpose is to tackle food insecurity, strengthen the local food economy, support sustainable food procurement, support local growing, and promote healthy eating across the life course. The Partnership has brought together community, council and university representatives committed to promoting the access to healthy, sustainable food in the city, supporting Eating and Moving for Good Health. The Partnership coordinates activity across key thematic workstreams, including: 1. Food Secure & Financially Resilient Nottingham 2. Grow & Eat Nottingham 3. Local & Sustainable Food Sourcing 4. Cultivating Young People 5. Future Food Workforce 6. Joined-up Nottingham **Nottinghamshire Sustainable Food Network (NSFN)** brings together groups and organisations such as local authorities, the NHS, the voluntary and community sector, and other stakeholders such as

	universities, food producers and businesses throughout the County. NSFN takes a more than food approach to improve the whole food system thereby reducing health inequality and making healthy affordable food accessible for all. NSFN works collaboratively with city, regional and national stakeholders and food partnerships. In 2024 the NSFN achieved the Sustainable Food Places Bronze award. The NSFN drives forward the ambitions in the Food Charter and Food Plan for Nottinghamshire as a Sustainable Food Place. Place based food networks form part of the County wide food infrastructure and feed into the NSFN. 5 locality Networks have a strong focus on addressing food insecurity but look at wider system change eg food supply, catering and procurement etc. within their local plans. These plans which align with the priorities in the Nottinghamshire Food plan and to their District health plans.
Eligibility *(if any)*	
Geography *(e.g. City/County/District/Borough)*	Nottingham City Nottinghamshire County
Target population *(if any)*	
How people can access the offer *(Referral pathways - self/professionals, if any)*	Membership involves organisations across public sector, community, private sector and academia. As above
Delivery mode *(Face to face, digital etc.)*	NCSFP meets regularly. NSFN holds quarterly Network meetings and the strategy group meets quarterly to align respectively.
Service impact *(brief overview e.g. in 2024/25 this service received x number of referrals and supported x number of people)*	**NCSFP** • Strengthened coordination of Nottingham's food insecurity response and benchmarking of food bank activity. • Mapping of food insecurity levels, identifying drivers of poor nutrition and health. • Development of a public procurement roadmap supporting sustainable and local sourcing. • Rollout of the Seed-to-Fork Education Guide • Representation of Nottingham Growers' Network within the partnership structure • Articulation of a 'Pathways Out of Food Insecurity & Poverty' model **NSFN** • Codesigned the Nottinghamshire Food Charter • Achieved SFP Bronze award • Codesigned the Nottinghamshire Food Plan 2025-2028 • Delivered the Food Summit 2024

	• Collaborated on the public procurement roadmap supporting sustainable and local sourcing • Developed the Food for the Planet workstream • Developed Nottinghamshire Community Growers Network • Development of the food environment toolkit for Planners • Collaborated in academic studies contributing to a local evidence base
Working with others *(Do you co-deliver or work with other organisations? If so, who?)*	The NCSFP is, by design, a multi-sector collaboration. Key partners include: • Nottingham City Council (Public Health, Achieve Well team) • Nottingham Trent University • University of Nottingham • Nottingham Financial Resilience Partnership (inc. Food Bank Group) • Community food organisations: FareShare Midlands, Himmah, Nottingham Social Eating Network, Hope Nottingham, Trussell Trust partners • Nottingham Growing Network & Urban Agriculture Consortium • Regional partners including EMCCA • Collaboration with NSFN NSFN- • National organisations- Feeding Britain; Fareshare • Academic institutions-UoN Food systems Institute; Nottingham Trent University; West Notts College, ATTFE • Local VCSE- BCVS; School of Artisan food; Hope; District food Networks; Nottingham Social Eating Network, NCGN • Local authority County, District & Borough – Public Health; Planning; C&F team, Trading standards and business development; ESHWH
Anything else you want to tell us?	NCSFP and NSFN are collaborating on Civil Food Resilience initiative linking to Local Resilience Forum, emergency planning and EMMCA and through this work are facilitating regular East Midlands Regional Food Partnerships meetings. NCSFP will be co-developing the Nottingham Food Charter with local organisations in 2026. In January 2026 Nottinghamshire County Council have completed the Sustain Good Food Local survey which follows the SFP framework and aligns well to the Nottinghamshire Food plan and

	NSFN workstreams. Although this is for Local Authorities to complete it highlights and tracks improvement on LA activity in the food policy space providing leverage for collaboration with Food partnerships.

Name of Service/intervention/offer	**Food Related Community grants** Nottingham City Council Public Health Community Grant Nottinghamshire County Council Food Redistribution Grant (FRG)2022-2025
Name of provider *(if applicable)*	Nottingham City Council Public Health Nottinghamshire County Council
Website details	Not applicable
Description of service offer *(brief - max 250 words)*	Nottingham City Council Public Health offers a range of grant opportunities for voluntary, community and not-for-profit organisations working in Nottingham City to improve local health and wellbeing. Funding is available through three routes: Small Grants of up to £1,000 for activities aligned to local health and wellbeing priorities including eating and moving for good health, Medium Grants of up to £5,000 focused on increasing social connection and reducing loneliness, and the Community Grant of up to £24,000 for longer-term sustainable projects delivered over one year. All grants open on 1 April 2026, with the Community Grant closing on 13 May 2026 and Medium Grants closing on 10 June 2026. The Nottinghamshire FRG launched in 2022 as part of the Local Communities Fund. This scheme provides grants to community organisations to redistribute surplus food and establish food hubs. These projects aim to improve access to affordable, nutritious food and reduce health inequalities. This ends in 2026 and will be evaluated on completion. www.nottinghamshire.gov.uk/business-community/community-and-voluntary-sector/the-local-communities-fund-lcf/food-redistribution-grant
Eligibility *(if any)*	• Nottingham Voluntary or community sector organisations • Deliver a range of health and wellbeing activities over a sustained period of time • Include volunteering opportunities and the chance for volunteers to develop skills and experience

	Food Redistribution Grant criteria includes : Nottingham/ Shire based organisations. Beneficiaries living in the County. Health and wellbeing activities & sustainability criteria
Geography *(e.g. City/County/District/Borough)*	Nottingham City & Nottinghamshire County
Target population *(if any)*	Nottingham city residents Nottinghamshire county residents
How people can access the offer *(Referral pathways - self/professionals, if any)*	For more information or support with an application, please contact handwcommunitychampions@nottinghamcity.gov.uk **or visit** Health and Wellbeing Community Champions and Public Health Grants – Health & Wellbeing Applications have closed for the FRG, and the LCF wider community grants scheme is under review
Delivery mode *(Face to face, digital etc.)*	N/A
Service impact *(brief overview e.g. in 2024/25 this service received x number of referrals and supported x number of people)*	Since 2023, £25,634 has been awarded to 28 local projects delivering on outcomes in their programmes for Eating and Moving for Good Health. FRG- Overall investment for the period 2022-26 is £210,000 with 42 applications awarded in total.
Working with others *(Do you co-deliver or work with other organisations? If so, who?)*	FRG was jointly delivered by Public Health & Communities teams.
Anything else you want to tell us?	In 2025, 5 cooking clubs and healthy eating programmes were funded by Nottingham City Public Health Community Grants, with a total grant of £6,000. These programmes primarily supported adults aged 50+, with some open to all age groups. The programmes focused on improving food skills and supporting healthy eating, with some incorporating some form of exercise to support healthy ageing among older people. FRG-Consideration is being made moving forwards as to how food will be considered through the council's VCSE grant schemes which are currently under review. This investment has had a positive impact and improved the quality of redistributed surplus food in the County. The redistribution of fruit and veg from Fareshare has increased by 17 tonnes in the last 2 years in Nottinghamshire. Improved partnership working and feedback loop has improved the quality and quantity of the fresh food provided by Fareshare to food support providers such as

	social supermarkets, food hubs etc across Nottinghamshire. (see Fareshare Community Greens membership) The implementation of a small grants scheme in Nottinghamshire between 2020 and 2025 has enabled and strengthened over 250 community led interventions to address skills, knowledge and confidence in cooking and growing food: strengthen and expand a food infrastructure through capacity building and improving access to affordable healthy food. Other funding streams such as the Nottinghamshire Public Health investing in Communities grants have also supported some food initiatives but were not designed specifically around food.

Name of Service/intervention/offer	**Healthy Start Scheme**
Name of provider *(if applicable)*	Nottingham City and Nottinghamshire County
Website details	Healthy Start
Description of service offer *(brief - max 250 words)*	Healthy Start is a means-tested scheme in the UK that supports pregnant women and families with children under four years old in purchasing healthy food and vitamins. Eligible families receive £4.25 each week for each child between 1 and 4 years old. If you are eligible, you would be sent a Healthy Start card with money on it that you can use in some UK shops. Money is added onto this card every 4 weeks. In Nottinghamshire the Healthy Start scheme is regularly promoted through: •Information given to everyone who is pregnant by maternity staff, when distributing free Healthy Start vitamins (information shared through the digital 'badgernet' system) •Information shared by Healthy Family Teams at birth and other key contact points (using Recap Health digital platform). Healthy Start is also promoted through Healthy Family Teams social media channels. •Family Hubs regularly share Healthy Start information through leaflets, posters and Facebook pages. •Families Information Service regularly post Healthy Start videos and information on social media (Instagram and Facebook).

	•Healthy Start is embedded in the Nottinghamshire Best Start for Life offer, in both pregnancy and birth-aged 2 sections. The scheme is also promoted in the monthly Best Start communications calendar, shared widely with partners.
Eligibility *(if any)*	Healthy Start Scheme is available to eligible pregnant women and children under 4 who are entitled to certain benefits
Geography *(e.g. City/County/District/Borough)*	Nottingham & Nottinghamshire
Target population *(if any)*	Pregnant women and children under 4
How people can access the offer *(Referral pathways - self/professionals, if any)*	If you're receiving a qualifying benefit and are pregnant or have parental responsibility for at least one child under the age of 4, you can apply online now for the NHS Healthy Start card (opens in a new tab).
Delivery mode *(Face to face, digital etc.)*	Debit style card is sent to eligible people who can then use it to help buy healthy food and milk in shops and supermarkets.
Service impact *(brief overview e.g. in 2024/25 this service received x number of referrals and supported x number of people)*	In December 2025, 3,099 women and children received healthy start vouchers in Nottingham City. Due to current national data issues accurate uptake data is not available.
Working with others *(Do you co-deliver or work with other organisations? If so, who?)*	In Nottinghamshire the scheme is promoted widely with system partners utilizing existing Networks and online platforms

Name of Service/intervention/offer	**Provision of free universal Healthy Start vitamins throughout pregnancy**
Name of provider *(if applicable)*	Funded by PH in city and county and delivered by midwives in all three hospital Trusts (SFH, NUH and DBH-Bassetlaw only).
Website details	Not applicable
Description of service offer *(brief - max 250 words)*	Free Healthy Start vitamins, containing vitamins C, D and Folic Acid, are given to everyone who is pregnant in Nottingham/Nottinghamshire and receiving maternity care from SFH, NUH or DBH. The vitamins are purchased and distributed by maternity staff as early as possible following booking and people receive enough vitamins to last throughout their pregnancy. Taking vitamins in pregnancy is recommended by the UK government to support good health outcomes for both mothers and babies and reduce the risk of serious fetal developmental problems. The provision of free vitamins was introduced locally due to the low uptake of Healthy Start vitamins amongst eligible families and

	the high number of families on low incomes falling outside of the Healthy Start eligibility criteria and impacted by food insecurity.
Eligibility *(if any)*	Everyone who is pregnant in Nottingham and Nottinghamshire and receiving maternity care from SFH, NUH and DBH.
Geography *(e.g. City/County/District/Borough)*	City and county.
Target population *(if any)*	People who are pregnant.
How people can access the offer *(Referral pathways - self/professionals, if any)*	Vitamins are given to people directly by maternity staff at booking or as soon as possible afterwards, within routine appointments.
Delivery mode *(Face to face, digital etc.)*	Face to face
Service impact *(brief overview e.g. in 2024/25 this service received x number of referrals and supported x number of people)*	A 2024 evaluation study showed 75% of people accepting the vitamins. This equates to over 8,000 people. A qualitative study showed that the universal vitamins offer in pregnancy was welcomed by midwives and pregnant people. It enabled discussion of the importance of nutrition during pregnancy and cut through some of the barriers to the delivery of the Healthy Start vitamins scheme. Quote-pregnant person *"I think it's a truly wonderful way to make sure women can look after themselves and their baby through pregnancy, and because not everyone can afford to buy them, I think it's very fair that everyone is offered them. I really appreciate being given the vitamins as opposed to having to buy them."* Quote-midwife *"It is an expense for pregnant women that already have financial pressure when pregnant, so although they may want to take vitamins during pregnancy the cost can sometimes be an issue. I feel we are catching a much larger proportion of our pregnant community by offering these free vitamins which is obviously hugely beneficial to the babies too."*
Working with others *(Do you co-deliver or work with other organisations? If so, who?)*	Delivered in partnership with SFH, NUH and DBH and funded by both councils-city and county.
Anything else you want to tell us?	Funding has been confirmed from both city and county to continue the scheme until the end of March 2028.

Name of Service/intervention/offer	**Food education/ Ensuring schools are enabling eating for good health In Nottingham City Nottinghamshire County (See School of Artisan Food and Schools Health HUB) Nottinghamshire County Council Waste and Recycling Team**
Name of provider *(if applicable)*	Nottingham City Council's Public Health team & Veg Power
Website details	Veg Power
Description of service offer *(brief - max 250 words)*	**Nottingham** City Council's Public Health team has partnered with Veg Power to deliver the Eat Them to Defeat Them and Growing to Love Tomatoes campaigns in Nottingham schools to get more children eating vegetables. **Nottinghamshire** County Council have encouraged food literacy through tackling food waste. Residents are encouraged to minimise food waste by using leftovers, storing food correctly and by home composting. Online resources include the Notts Sustainable Cookery Book and short films of cooking simple healthy meals using the most thrown away food products www.nottinghamshire.gov.uk/waste-and-recycling/recycling-and-disposing-of-waste/check-what-you-can-take-to-our-recycling-centres/food Campaigns such as Food Waste Action Week-The County Council actively participates in national campaigns such as Love Food Hate Waste's annual Food Waste Action Week, sharing practical tips on reducing household food waste and promoting sustainable behaviours www.nottinghamshire.veolia.co.uk/campaigns/fwaw-2025
Eligibility *(if any)*	n/a
Geography *(e.g. City/County/District/Borough)*	Nottingham City Nottinghamshire county
Target population *(if any)*	Schools in Nottingham City
How people can access the offer *(Referral pathways - self/professionals, if any)*	n/a
Delivery mode *(Face to face, digital etc.)*	Face to face & digital
Service impact *(brief overview e.g. in 2024/25 this service received x number of referrals and supported x number of people)*	n/a

Working with others *(Do you co-deliver or work with other organisations? If so, who?)*	In addition, Nottingham City Public Health and the Achieve Well Team have launched a schools grant scheme to enable schools to bid for funding to deliver initiatives that improve the school food environment. Nottinghamshire County Council work with local partners including NSFN and Veolia

Name of Service/intervention/offer	**School Meals**
Name of provider *(if applicable)*	Vertas Nottinghamshire Limited (VNL) Nottingham City Catering
Website details	Vertas Nottinghamshire Limited - Vertas Nottingham Schools - Nottingham City Council
Description of service offer *(brief - max 250 words)*	• VNL provides catering services to Nottinghamshire County Council across a Schools portfolio (both Primary and Secondary) • Nottingham City Catering believes in putting children first, ensuring they enjoy a healthy, balanced and freshly prepared school meal with locally sourced food that meets School Food Standards. Using fresh ingredients, the Catering teams prepare 11,200 meals per day from scratch. The service has achieved Food for Life Bronze accreditation and provides daily meat free menu options. **National Breakfast club scheme**- 31 schools in Nottingham and Nottinghamshire will be receiving Government funding from April 2026 to set up free breakfast clubs as part of the National breakfast club scheme these are: **Nottingham (10)** • Rufford Primary and Nursery School • Sycamore Academy • St Ann's Well Academy • Djanogly Strelley Academy • Edale Rise Primary & Nursery School • Brocklewood Primary and Nursery School • Springfield Academy • Warren Primary Academy

	• Crabtree Farm Primary School • William Booth Primary and Nursery School **Nottinghamshire (21)** • St Joseph's, Retford - (Bassetlaw) • William Lilley Infant and Nursery School - (Broxtowe) • Hallcroft Infant and Nursery School - (Bassetlaw) • Larkfields Junior School – (Nottingham North and Kimberley) • Misterton Primary School – (Bassetlaw) • Arnold Mill Primary – (Gedling) • Orchard Primary School - (Ashfield) • Holly Primary School – (Mansfield) • Woods Foundation C of E Primary School – (Gedling) • Normanton on Soar Primary School – (Rushcliffe) • St Peter's C of E Primary Academy – (Mansfield) • Skegby Junior Academy • Eastlands Junior School (Welbeck Federation of Schools) • Newlands Junior School • Sunnyside Spencer Academy • Netherfield Infant School (Welbeck Federation of Schools) • Mattersey Primary school • Misterton Nursery and Infant school • The Carlton Infant Academy • The Carlton Primary Academy • Hucknall National church of England primary school
Eligibility *(if any)*	Various
Geography *(e.g. City/County/District/Borough)*	Nottinghamshire Nottingham City
Target population *(if any)*	Primary and secondary schools
How people can access the offer *(Referral pathways - self/professionals, if any)*	self-referral via council's website

Delivery mode *(Face to face, digital etc.)*	Digital and face to face
Service impact *(brief overview e.g. in 2024/25 this service received x number of referrals and supported x number of people)*	VNL was commissioned by Nottinghamshire County Council in September 2025 for: • Production of school meals for over 175 Schools across Nottinghamshire • 96% of produce from local suppliers In 2024/25, 29.8% of pupils in Nottingham were eligible and receiving free school meals. Free School Meals (FSM) eligibility in Nottingham has significantly increased from 2019/20, when 21.7% of pupils were eligible for FSM.
Working with others *(Do you co-deliver or work with other organisations? If so, who?)*	Nottingham City Catering work closely with NCSFP and have engaged with Fareshare and Academic partners on bespoke pilot projects.
Anything else you want to tell us?	One of the commitments for Nottingham City Council in 2026 is to introduce an opt-out model for FSM to ensure all eligible pupils receive FSMs.

Name of Service/intervention/offer	**Nottingham City Council Free Fun and Food programme** **Nottinghamshire Holiday Activities and Food**
Name of provider *(if applicable)*	Nottingham City Council, funded by Department for Education (DfE) Nottinghamshire County Council funded by Department for Education (DfE)
Website details	Holiday Activities and Food (HAF) - Nottingham City Council www.nottinghamshire.gov.uk/education/holiday-activities-and-food/what-is-the-holiday-activities-and-food-programme
Description of service offer *(brief - max 250 words)*	The Free Fun and Food programme, also called Holiday Activity Fund (HAF) is a national scheme which supports the wellbeing of children between 5 to 16 years by providing a variety of free activities and food during school holiday. The programme is for children who receive benefit-related free school meals during school holidays. Each day of the programme includes a healthy meal, snacks and a selection of activities, ranging from sports, enriching and physical activities, food workshops and much more.
Eligibility *(if any)*	Children and young people Reception–Year 11 eligible for benefits-related Free School Meals.
Geography *(e.g. City/County/District/Borough)*	Nottingham City

	Nottinghamshire County
Target population *(if any)*	
How people can access the offer *(Referral pathways - self/professionals, if any)*	To book a place for your child at an activity, you will need to be in receipt of a HAF voucher. Nottingham City schools will issue these vouchers to eligible families who get benefits-related free school meals. See more information on I'm a parent – Holiday Activities
Delivery mode *(Face to face, digital etc.)*	Face-to-face
Service impact *(brief overview e.g. in 2024/25 this service received x number of referrals and supported x number of people)*	The 2024–2025 delivery of Free Fun and Food in **Nottingham** marked a year of deepening community impact. With £1.8 million in funding from the Department for Education, Nottingham City Council successfully coordinated a city-wide programme that reached over 7,600 children and young people, primarily those eligible for Free School Meals (FSM), during Easter, summer, October half-term, and winter holiday periods of 2024. The 2024–25 Free Fun and Food programme continued to offer a diverse and appealing range of hot and cold meals, ensuring children and young people had access to nutritious and enjoyable food throughout the holidays. Children and young people were actively encouraged to get involved in preparing food. Activities such as chopping vegetables or assembling their own meals were especially popular. In 2024 **Nottinghamshire** HAF had 50,528 attendances in 153 venues with 15,510 individuals reached. 72 school sites delivered HAF and 85% of venues provided freshly prepared meals to children.
Working with others *(Do you co-deliver or work with other organisations? If so, who?)*	Schools, VCS organisations, youth providers, SEND providers, food providers. The City programme partnered with Thriving Nottingham and supported 741 children and 1,000 adults during the school summer holidays to improve eating behaviours and physical activity. HAF partnerships include District councils, Coop, Boots, Asda, Morrisons Tesco, Samworth Brothers, Fareshare and Feeding Britain as well and multiple external providers and internal council teams such as the Nottinghamshire Sustainable Food Network, Integrated Children's Disability service and youth service.

Name of Service/intervention/offer	**Crisis Resilience Fund (CRF), formerly known as Household Support Fund**
Name of provider *(if applicable)*	Nottingham City Council, funded by UK government. Nottinghamshire County Council, funded by UK government
Website details	Household Support Fund - Nottingham City Council Crisis and Resilience Fund | Nottinghamshire County Council
Description of service offer *(brief - max 250 words)*	**Nottingham** City Council will use the CRF to provide a safety net for those on low incomes who encounter financial shock, whilst also investing in local financial resilience to enable communities to better deal with crises in the long-term, reducing dependence and repeat need. Previously, Nottingham City Council used the Household Support Fund to fund city foodbanks and food pantries to increase access to healthy nutritious food. The Council also funded social supermarkets, including mobile provision and supported social eating projects by subsidising Fareshare memberships, providing essential items and helping new organisations join. Through the HSF, Nottingham City Council provided supermarket vouchers to residents in need and free school meal vouchers during holiday periods. The Council also launched a programme to support residents with air-fryer cooking sessions, upskilling the knowledge and confidence of residents to prepare and cook healthy, nutritious meals. Nottingham City Council used the Household Support Fund to support older residents and residents with disabilities with funds for taxis to help them access supermarkets and help integrate residents within communities. In **Nottinghamshire** County, the new guidance for the CRF is being reviewed and a revised scheme to start in April 2026. This will deliver impact based results and fulfil the ambition to reduce the need for emergency food parcels by building resilience. A Cash first approach has been adopted in new guidance and recognises that by improving financial building block the choices to buy healthier food improve for those with less income. This approach can also encourage income to be spent in local shops, for example a Healthy Start payment for fruit and vegetables, an economic advantage for the commercial sector. Crisis and Resilience Fund: Guidance for local authorities in England (1 April 2026 to 31 March 2029) - GOV.UK
Eligibility *(if any)*	

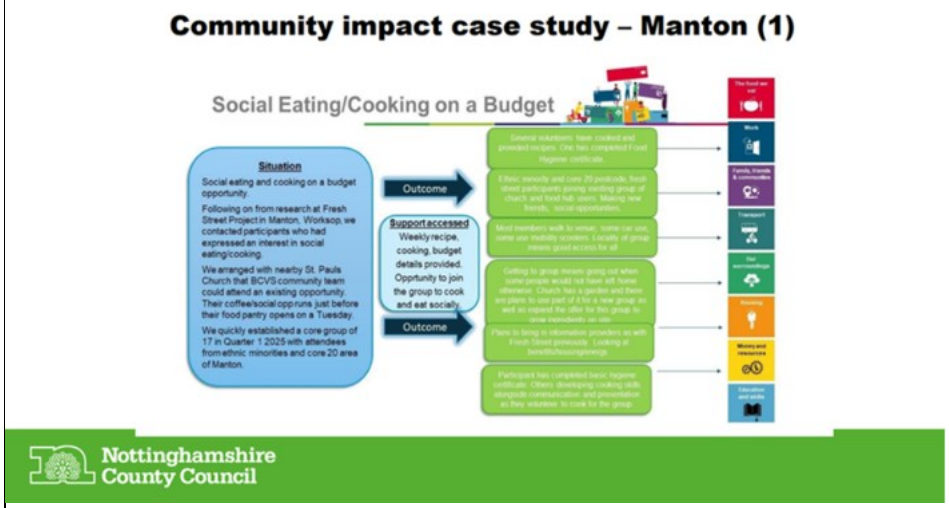
Geography *(e.g. City/County/District/Borough)*	Nottingham City Nottinghamshire County
Target population *(if any)*	Low-income and vulnerable households
How people can access the offer *(Referral pathways - self/professionals, if any)*	Online application via City Council website, support available via community organisations. Nottinghamshire- TBC
Delivery mode *(Face to face, digital etc.)*	
Service impact *(brief overview e.g. in 2024/25 this service received x number of referrals and supported x number of people)*	The City Council has distributed the money to (i) support the supply of food to vulnerable households through food banks, social supermarkets and social eating spaces; and (ii) pay for energy and supermarket vouchers to distribute in partnership with advice centres, housing associations and charities.
Working with others *(Do you co-deliver or work with other organisations? If so, who?)*	Community organisations including food banks, pantries, social eating projects, Fareshare, etc.

Name of Service/intervention/offer	**National/ Local Research participation**
Name of provider *(if applicable)*	N/A
Website details	https://www.nottinghamshire.gov.uk/care/health-and-wellbeing/nottinghamshire-good-food/sustainable-food-place
Description of service offer *(brief - max 250 words)*	Nottinghamshire County Council are currently working closely with academic partners to champion innovation and an insight led and evidence-based approach. • Public Health and Trading standards teams are currently participating as a case study in national research to better understand legislation on HFSS foods in convenience and retail stores through both ECON and Enthuse studies www.blogs.city.ac.uk/conveniencestorestudy/ ECON- aims to find out the impact the marketing of HFSS food legislation has on the diets of consumers who typically use convenience stores, the benefits and costs (time and financial) to convenience stores, and the workload of local government teams. The study will also find and share solutions that can help convenience stores offer healthier options to their customers without effecting their profits. The sister research ENTHUSE extends the existing convenience store evaluation to also evaluate supermarkets, discount retail stores (e.g. B&M and Poundland) and other qualifying businesses who may sell HFSS (garden centres etc.).

- Nottingham City and County are working in partnership with University of Nottingham DISHED research with a commitment to address inequalities through working with restaurants to establish affordable meals and adopt a canteen culture approach in 2 sites- Dundee and Nottinghamshire DISHED Designing innovative Infrastructure for Sustainable, Healthy and Equitable Diets BBSRC DISHED project | co-Designing innovative Infrastructure for Sustainable, Healthy and Equitable Diets

- The Disability and access to healthy food study in Nottingham/shire 2024-2025 has been delivered by University of Nottingham and will be published in 2026.

- The Nottinghamshire Fresh Street pilot was a place- based approach with support from NCC PH Investing in Communities was led by third sector partner BCVS. This multi sector partnership tested bringing a local fruit & vegetable retailer into an isolated community at a community garden in Manton, Bassetlaw. The project saw an increase in Fruit & Veg consumption with the families targeted and a building of community networks with follow on activity shown in the slide below. www.freshstreet.uk/fresh-street-community-garden



	• Food and Nutrition security study (FANSS) was conducted in 2023-2025 by University of Nottingham. The FANSS project aimed to provide detailed data on the prevalence, severity and drivers of food and nutritional security in the region and to build locally relevant insight. *The study is due to be published in Feb 2026*
Eligibility *(if any)*	NA
Geography *(e.g. City/County/District/Borough)*	Nottingham City and County
Target population *(if any)*	NA
How people can access the offer *(Referral pathways - self/professionals, if any)*	NA
Delivery mode *(Face to face, digital etc.)*	NA
Service impact *(brief overview e.g. in 2024/25 this service received x number of referrals and supported x number of people)*	More details of these and other studies can be found on the website link above
Working with others *(Do you co-deliver or work with other organisations? If so, who?)*	These studies have collaborated through the Food partnerships and with LA departments where appropriate to the information /engagement needed

Name of Service/intervention/offer	**National Child Measurement Programme**
Name of provider *(if applicable)*	Healthy Families Team, Nottinghamshire Healthcare Trust (Nottinghamshire) Children's Public Health 0-19 Nursing Service, Nottingham CityCare (City)
Website details	Child measurement programme | Nottinghamshire County Council Healthy Family Teams | Nottinghamshire Healthcare NHS Foundation Trust Children's Public Health 0-19 Nursing Service :: Nottingham City Care
Description of service offer *(brief - max 250 words)*	The National Child Measurement Programme (NCMP) is a nationally mandated public health programme in England. It provides data to monitor the patterns and trends, and the prevalence, of underweight, healthy weight, overweight and obesity in children as well as data on child height. It is widely used both nationally and locally to inform action to promote healthy growth and weight in children. To help monitor national trends and to tackle individual problems the National Child Measurement Programme (NCMP) measures the height and weight of every child in reception year (aged 4 to 5) and Year 6 (aged 10 to 11 years) in all primary schools.

	Every child who is measured receives the results. If there are any concerns over the results, parents are invited to speak to a health professional for advice. The information collected is confidential and anonymous. It is not used to identify individual children except to send the results out. The height and weight measurements are given to the NHS information centre who put together a national picture.
Eligibility *(if any)*	The National Child Measurement Programme (NCMP) measures the height and weight of children in Reception class (aged 4 to 5) and year 6 (aged 10 to 11), to assess overweight and obesity levels in children within primary schools.
Geography *(e.g. City/County/District/Borough)*	County and city wide to all primary schools.
Target population *(if any)*	Reception class (aged 4 to 5) and year 6 (aged 10 to 11)
How people can access the offer *(Referral pathways - self/professionals, if any)*	The programme is a national one and all city and county schools are eligible and offered the programme. Schools have the option to opt out if they choose to.
Delivery mode *(Face to face, digital etc.)*	Face to face
Service impact *(brief overview e.g. in 2024/25 this service received x number of referrals and supported x number of people)*	Local: For 2023/24 all but one school in Nottinghamshire participated in the programme. For 2023/24 all but one school in Nottingham City participated in the programme. National: The Office for Health Improvement and Disparities (OHID) has published the NCMP 2024/25 report and updated the Obesity, physical activity and nutrition profile with 2024/25 NCMP collection year data. This online tool displays prevalence of obesity, severe obesity, overweight, healthy weight and underweight at local, regional and national level over time; for children in Reception (aged 4 to 5 years) and Year 6 (aged 10 to 11 years). Disparities in child obesity prevalence by sex, deprivation quintile, and ethnic group for local authorities are also displayed in the tool.
Working with others *(Do you co-deliver or work with other organisations? If so, who?)*	County • Nottinghamshire Healthcare Trust • ABL Health -Your Health Notts • Public Health Data Analysts • Schools Health Hub

	• Public Health Commissioners City • City NCMP Delivery Team • Public Health • Public Health Data & Intelligence Team • Thriving Nottingham (TN) • Schools • Parents and Carers • Office for Health Improvement and Disparities (OHID) – • Healthy Weight / Weight Management Pathways • School Nursing Teams
Anything else you want to tell us?	• The County provider who delivers the programme have been nationally recognised for the resources they have developed. • The Public Health data analysts have developed a local NCMP prioritisation tool to analyse the annual data. This informs a list that is created for ABL colleagues to utilise in targeting schools for those identified as overweight.

City

Name of Service/intervention/offer	**Child and Family Weight Management and Healthy Lifestyle Programme and Healthy Lifestyle Schools Programme**
Name of provider *(if applicable)*	Thriving Nottingham
Website details	www.thrivingnottingham.org.uk
Description of service offer *(brief - max 250 words)*	Thriving Nottingham is Nottingham City Council's commissioned health and wellbeing service. It provides a range of programmes including weight management, stop smoking, children and family wellbeing and moving more. • Child and Family Weight Management and Healthy Lifestyle Programme Children take part in activities including ice skating, trampolining, kickboxing, multisports etc for 45mins and then come together with the grown ups to do a healthy lifestyle activity and set healthy

	missions for the week. Whilst the kids are exercising, parents and carers can learn tips and get advice from a trained health mentor to improve family health and wellbeing, discussing topics such as; picky eating and unhealthy habits, healthy snacking, portion sizes, food labelling and more. For teenagers we can fund a 3-month activity of their choice and meet them there to support them with coaching, nutrition advice and motivation, or offer virtual support if preferred. • Schools programme The primary school programme covers nutrition / hydration / movement / mind / sleep. This can be tailored according to a school's needs, offering one-offs or 5-week programmes. Also offered is parental support at school coffee mornings and parents evenings. For older children education, support and healthy lifestyle activities in colleges and secondary schools is delivered.
Eligibility *(if any)*	• For weight management: 1 child from a family to be ≥91st centile & either: GP in city / school in city /city postcode For schools & colleges: City based
Geography *(e.g. City/County/District/Borough)*	City
Target population *(if any)*	Children aged 5-17yrs and their families
How people can access the offer *(Referral pathways - self/professionals, if any)*	Self-referrals - website / phone / email Clinical referrals – Systm 1 / EMIS / website For schools: Email Kathryn.pyer@thrivingnottingham.org.uk
Delivery mode *(Face to face, digital etc.)*	Predominately F2F groups Some support for teens 121 Can offer virtual support where appropriate
Service impact *(brief overview e.g. in 2024/25 this service received x number of referrals and supported x number of people)*	April 25 – Feb 26 – 24 weight management programmes delivered, with c.500 people supported April 25 – March 26 - Schools programme delivered to 1635 CYP April 25 - March 26 HAF delivery – 1295 CYP
Working with others *(Do you co-deliver or work with other organisations? If so, who?)*	Collaborate and co-deliver with a number or organisations including Red Kangaroo, Nottingham Ice Centre, Notts Forest Football Club, Advantage Kickboxing, Epic Partners, Pythian Club, Nottingham Climbing Centre, Evolve CIC and more.
Anything else you want to tell us?	Deliver activities for CYP at Holiday, Activity and Food clubs around the city. The offer is council funded so all delivery is free to the user.

Name of Service/intervention/offer	**Adult Weight Management**
Name of provider *(if applicable)*	Thriving Nottingham
Website details	www.thrivingnottingham.org.uk
Description of service offer *(brief - max 250 words)*	Thriving Nottingham is Nottingham City Council's commissioned health and wellbeing service. It provides a range of programmes including weight management, stop smoking, children and family wellbeing and moving more. Clients can choose one of the following programmes as part of the Adult Weight Management Pathway: • Gloji Groups A 12-week face-to-face programme delivered in local venues. Sessions are led by a practitioner and focus on Mind, Alcohol, Sleep, Nutrition, and Movement to support sustainable lifestyle changes. • Health Coaching (including Specialist Health Coaches) Six 1-to-1 sessions over 12 weeks. Clients work with a health coach to create a personalised health plan, set achievable goals, and build long-term healthy habits. Specialist Health Coaches provide tailored support for priority groups. • Gloji Digital A 12-week online programme accessed via our web-app, including interactive videos on the same topics as Gloji Groups, plus three 1-to-1 telephone support sessions with a Gloji Mentor. Clients also get access to hundreds of online articles and a digital recipe book. • Slimming World (Partner Programme) Clients can attend 12 weekly sessions at Slimming World, fully funded by Thriving Nottingham. Using a voucher code, clients contact their preferred local group directly and receive all resources and support. • Man v Fat Football (Partner Programme) A 14-week league combining weight loss support with weekly football matches. Players are

	weighed before each game and receive brief lifestyle advice. Team league positions are based on a combination of weight loss points and match results.
Eligibility *(if any)*	Client to live/work in Nottingham City or registered with a Nottingham City GP. BMI 25+ (23+ for certain ethnic minorities) No active eating disorder
Geography *(e.g. City/County/District/Borough)*	Nottingham City
Target population *(if any)*	Priority groups include: • Individuals living in areas of high deprivation • Global majorities • Women planning pregnancy, pregnant women, and new mums and their partners (male and female) • Individuals (and their carers) with physical disabilities • Individuals (and their carers) with learning disabilities
How people can access the offer *(Referral pathways - self/professionals, if any)*	Self-referrals - website / phone / email Clinical referrals – System 1 / EMIS / website
Delivery mode *(Face to face, digital etc.)*	Face to face groups or 121 health coaching support. Remote telephone 121 health coaching support. Digital support.
Service impact *(brief overview e.g. in 2024/25 this service received x number of referrals and supported x number of people)*	In the first year (2024/25) the service received 1,742 referrals for Adult Weight Management. 1,097 started a programme. 45% of completers achieved 5% weight loss.
Working with others *(Do you co-deliver or work with other organisations? If so, who?)*	Previously co-produced groups with Mencap Nottingham, Raleigh PCN (T2D pilot), Beeston Unity Centre (working with Muslim women). Partnered with Slimming World and MAN v FAT.
Anything else you want to tell us?	Funded by Nottingham City Council, so all delivery is free to the user.

Name of Service/intervention/offer	**Healthy Lifestyle Pathway**
Name of provider *(if applicable)*	Children's Public Health 0-19 Nursing Service - Nottingham CityCare
Website details	
Description of service offer *(brief - max 250 words)*	The Healthy Lifestyles 0-19 pathway.

	Babies and toddlers grow and change shape so fast, sometimes it can be difficult to spot when they are gaining weight a little too quickly and keep up with their changing nutrition and activity needs. Older children often require dietary input to maintain a healthy weight. The Healthy Lifestyles 0-19 universal and targeted offer is available to help. The 0-19 service works with babies, children and young people across Nottingham City, working with families in their homes to set realistic goals that are tailored to the family and will benefit their child's health to: • Create healthy habits that families can stick by • Get the whole family active together • Support healthy, balanced eating habits Advice can be offered about: • Food groups and portion sizes • Sugar, fat and salt intake • Food labelling • Fussy eating and healthy recipes • Physical activity • Sleep, screen time and routines
Eligibility *(if any)*	Parents/Caregivers with children aged 0-19
Geography *(e.g. City/County/District/Borough)*	Nottingham City
Target population *(if any)*	A Universal and targeted offer for all
How people can access the offer *(Referral pathways - self/professionals, if any)*	• Contacting the Children's Health Advice Hub on 0300 300 0040 (Monday to Friday 8.30am to 5pm) • Talking about a referral to a Children's Public Health 0-19 Nursing Service at a child's next development review. • Discussing with a GP. For Health Professionals can contact the Children's Health Advice Hub on 0300 300 0040 (Monday to Friday 8.30am to 5pm)
Delivery mode *(Face to face, digital etc.)*	Mixed delivery methods; in homes, groups, schools, clinics and some virtual group delivery
Service impact *(brief overview e.g. in 2024/25 this service received x number of referrals and supported x number of people)*	Now an integral part of the 0-19 Healthy Child Programme delivery offer

Name of Service/intervention/offer	**The Nottingham Seed-to-Fork Education Guide**
Name of provider *(if applicable)*	
Website details	Achieve Well - Draft Seed To Fork Toolkit
Description of service offer *(brief - max 250 words)*	The Nottingham Seed-to-Fork Education Guide has been developed in partnership with Nottingham Trent University, the University of Nottingham, Nottingham City Council's Achieve Well team, Public Health Nottingham City, local schools, community gardens and the Nottingham Growing Network. It is designed to help schools embed a whole school approach to food education by linking growing, cooking, eating and sustainability across teaching, the school environment and the wider community. The framework provides support for clear planning and self-evaluation so that schools can offer coherent and meaningful gardening and growing food experiences for all pupils.
Eligibility *(if any)*	
Geography *(e.g. City/County/District/Borough)*	Nottingham City
Target population *(if any)*	Nottingham City schools
How people can access the offer *(Referral pathways - self/professionals, if any)*	Schools can access the Education Guide online.
Delivery mode *(Face to face, digital etc.)*	It's an online tool.
Service impact *(brief overview e.g. in 2024/25 this service received x number of referrals and supported x number of people)*	The Seed-to-Fork Education Guide will be launched in Spring 2026.
Working with others *(Do you co-deliver or work with other organisations? If so, who?)*	The Guide links schools to community gardens and other providers in Nottingham City.

Name of Service/intervention/offer	**Nottingham City Libraries**
Name of provider *(if applicable)*	As above
Website details	https://www.nottinghamcitylibraries.co.uk
Description of service offer *(brief - max 250 words)*	Library members may access a wide range of book stock including titles on health and wellbeing, physical activity and cookery books supporting healthy diets. Customers are also signposted to trusted online information resources such as the NHS website on our library computers or WiFi. From time to

	time, health-related events are organised to support particular campaigns such as Health Information Week, often working with local partners to promote services available to the community.
Eligibility *(if any)*	Anyone living, working or studying in the city
Geography *(e.g. City/County/District/Borough)*	12 libraries across the city
Target population *(if any)*	Nottingham City residents
How people can access the offer *(Referral pathways - self/professionals, if any)*	Self-service
Delivery mode *(Face to face, digital etc.)*	Face to face & digital
Service impact *(brief overview e.g. in 2024/25 this service received x number of referrals and supported x number of people)*	1800 health and wellbeing books (including exercise) borrowed* 460 healthy eating cookbooks borrowed* *April 25-Feb 26
Working with others *(Do you co-deliver or work with other organisations? If so, who?)*	Examples of partnership events include hosting Ridewise Dr Bike sessions outside libraries; Oral Health Improvement Team and Thriving Nottingham for Health Information Week; Age Friendly Nottingham for Dementia Action Week and International Day of Older People

Name of Service/intervention/offer	**Achieve Well**
Name of provider *(if applicable)*	
Website details	Achieve Well - Achieve Well
Description of service offer *(brief - max 250 words)*	Achieve Well is Nottingham City Council's dedicated healthy schools programme, supporting schools to embed whole-school approach to health and wellbeing, including healthy eating and nutrition. The service provides free resources, training, awards, and networks to help schools create healthy environments and improve pupil knowledge, skills, and behaviours related to healthy eating. Key components of the Healthy Eating & Nutrition offer include: • Monthly newsletters to share updates and good practice. • Healthy Eating Impact Award (launching September 2026) to support and recognise schools delivering outstanding food education and dining environments. • Pupil led Healthy Eating & Nutrition Grant Scheme (12 schools funded in 2025/26; renewing in 2026/27). • Co-developed the Seed to Fork Education Guide with Nottingham universities, Public Health, community growers and primary schools supporting schools to strengthen their food education and growing offer.

	• Workshops delivered at Nottingham Healthy Child Conferences (2024 & 2025) focusing on picky eating, school meal uptake, food & mood, allergies, etc. • OnDemand training, Padlet resource bank, and Nottingham Healthy Child posters. • Sharing updates and good practice with schools through networks and on demand training • Support for schools to develop comprehensive PSHE, including teaching about healthy eating and nutrition
Eligibility *(if any)*	All schools in Nottingham City
Geography *(e.g. City/County/District/Borough)*	Nottingham City
Target population *(if any)*	
How people can access the offer *(Referral pathways - self/professionals, if any)*	Schools sign up directly via the Achieve Well website. All services are free to schools. Schools can also email achievewell@nottinghamcity.gov.uk
Delivery mode *(Face to face, digital etc.)*	Face-to-face networks, training, conferences, and school visits Digital resources via website, Padlet & newsletters
Service impact *(brief overview e.g. in 2024/25 this service received x number of referrals and supported x number of people)*	• 30 schools are currently engaged in the Achieve Well Awards • 46 schools attended the Nottingham Healthy Child Conference 2025 • 15 schools achieved the Foundation Award and are eligible to begin an Impact Award • 12 schools funded through 2025/26 pupil-led Healthy Eating & Nutrition grants • Padlet Healthy Eating Resources
Working with others *(Do you co-deliver or work with other organisations? If so, who?)*	Nottingham City Council Public Health Thriving Nottingham School catering teams Members of the Nottingham City Sustainable Food Partnership including Nottingham Trent University and Nottingham Growing Network Challenge Nottingham

County

Name of Service/intervention/offer/activities/community groups	**Your Health Notts** Weight Management (Adults and Children & Young People), Healthy Weight in Pregnancy Support
Name of provider *(if applicable)*	ABL Health
Website details *(if applicable)*	Home - Your Health Nottinghamshire
Description of service offer *(brief - max 250 words)*	Your Health Notts is a FREE Integrated Wellbeing Service commissioned by Nottinghamshire County Council, committed to reducing health inequalities and promoting healthy behaviours through community driven support services. The evidence-based 12-week weight management programmes are delivered to support individuals to lose weight, underpinning key behaviour change techniques provided by qualified healthy lifestyle advisors.
Eligibility *(if any)*	*Adult Weight Management- 18 years +, BMI 30-50 *Family Weight Management (FAB)- 4 years+, over the 91st centile *Maternity- Staying Healthy in Pregnancy- Aged 18 years +, pregnant, with a BMI over 30. Live, work or study in Nottinghamshire
Geography *(e.g. City/County/District/Borough)*	Nottinghamshire County
Target population *(if any)*	Focus on providing services to areas of higher deprivation
How people can access the offer *(Referral pathways - self/professionals, if any)*	Referrals can be self-referrals via phone 0115 772 2515, Website-Home - Your Health Nottinghamshire and also professional referrals can be made by F12/Ardens or via YHN Website- Professional Referral - Your Health Nottinghamshire
Delivery mode *(Face to face, digital etc.)*	Healthy weight support services are delivered through face-to-face groups sessions, one to one telephone appointments, virtual zoom groups, and also through digital applications.
Service impact *(brief overview e.g. in 2024/25 this service received x number of referrals and supported x number of people or wider impact)*	In 2024/25, the service supported over 1400 individuals to achieve a significant weight loss outcome, with over 3000 individuals becoming more physically active. The service delivered over 2,000 weight management clinics, whilst also supporting over 3000 children and young people through FAB provisions, through FAB Intervention (T2 provision), FAB roadshows in schools, Active Explorers and Food Explorers provision.
Working with others *(Do you co-deliver or work with other organisations? If so, who?)*	Examples of working in partnership include: • Your CVS to support their Best Years Hubs for over-50s, delivering weight management and falls prevention across six hubs.

	• Local mental health units, and have supported patients at the Farndon Unit (Newark) and Sherwood Oaks (Mansfield) to make sustainable lifestyle changes. • Adult Social Care services, running healthy eating workshops and game-based physical activity at day centres in Broxtowe and Bassetlaw. • Various community organisations; Vibrant Warsop, Mansfield CVS, ATTFE, and Thrive, to host cookery workshops in Warsop and Bellamy Estate. • Workplaces to support staff with healthy lifestyle changes • Kings Mill Hospital's pre-operative department, creating a referral pathway that enables patients to access weight management services to support weight loss ahead of elective surgery. • Everyone Active, the leisure provider in Ashfield, to engage children and families through weekly NinjaTag sessions. • Thrive Together, a Neurodiversity organisation to co-deliver an air fryer cooking course. • Family Hubs across Nottinghamshire, to co-deliver mums and bumps groups, supporting pregnant women with prenatal exercises and healthy eating. • Women's Aid and Polish Village Organisation to co-deliver bespoke maternity programmes within Newark and Bassetlaw.

Name of Service/intervention/offer	**Nottinghamshire Family Hubs**
Name of provider *(if applicable)*	N/A
Website details	Family Hub Networks | Nottinghamshire County Council
Description of service offer *(brief - max 250 words)*	Weaning – 4 x 1-hour weekly sessions (3 sessions cover weaning + additional session Save a Baby's Life, currently provided by, Royal Life Saving Society UK. ✓ Signs that your baby is ready to start weaning. ✓ What time of the day is best to offer first solid foods. ✓ How much should I feed my baby. ✓ When to introduce cow's milk.

	✓ When to introduce a cup. ✓ Baby- led weaning. ✓ New recipe ideas. ✓ Comparison of shop bought versus homemade food, including looking at nutritional values. ✓ The Eatwell guide. ✓ Portion sizes. Health Promotion activities and interventions: ✓ Change for Life. ✓ Food and Nutrition, inc fussy eating ✓ Generic information, advice and guidance both in 1:1 FS and groups ✓ Healthy Start ✓ Physical activity
Eligibility *(if any)*	Weaning: These groups target parents/carers of babies age between 2 and 6 months old. Information, advice and guidance both universal and as part of targeted need identified via assessment Fussy eating: needs led.
Geography *(e.g. City/County/District/Borough)*	County
Target population *(if any)*	Target population: Priority groups but needs led
How people can access the offer *(Referral pathways - self/professionals, if any)*	Self refer Professionals referral – with parental consent
Delivery mode *(Face to face, digital etc.)*	Face to face or group dependent upon intervention and need – see above
Service impact *(brief overview e.g. in 2024/25 this service received x number of referrals and supported x number of people)*	1305 families were referred for and offered weaning (group intervention) in 2024/25
Working with others *(Do you co-deliver or work with other organisations? If so, who?)*	Not currently doing joint delivery with others
Anything else you want to tell us?	Healthy eating is explored as part of our 1:1 family assessments, and all Family Hubs follow a healthy lifestyle approach. This includes considering healthy options within group activities, such as snack choices provided at stay-and-play sessions.

Name of Service/intervention/offer	**Early Years Service- NCC**
Name of provider *(if applicable)*	n/a
Website details	Early years and family hubs | Nottinghamshire County Council
Description of service offer *(brief - max 250 words)*	The Early Years service provides statutory duties for childcare in Early Years and wrap around provision. This includes; • quality and improvement support for providers of childcare and early education including providing training and support packages, • promotion and assessment of free childcare schemes to help improve attainment levels and support parents into employment • annual childcare sufficiency assessments to create more childcare places where they are needed • improving the attainment levels for our most disadvantaged and vulnerable children including those with special educational needs and disabilities This offer ensures there is adequate and quality EY provision, including: • supporting settings to understand and embed the Early Years Foundation Stage (EYFS) framework, including; safe eating embedded in safeguarding policies and healthy eating guidelines. They use an evaluation tool to support setting to self reflect and achieve current national EYFS guidance rather than a set audit • Connecting and convening the EY sector through communications (monthly bulletins), peer collaboration (termly hosted meetings) and training opportunities (staff development). • Early Years specialist teachers also sit within this team to support EY settings to embed food and nutrition as per curriculum guidelines
Eligibility *(if any)*	Universal offer
Geography *(e.g. City/County/District/Borough)*	County
Target population *(if any)*	Early years and wrap around provision
How people can access the offer *(Referral pathways - self/professionals, if any)*	Settings/providers can engage with the team through termly convening spaces, monthly bulletins or training opportunities
Delivery mode *(Face to face, digital etc.)*	Face to face, information support, digital collaboration

Name of Service/intervention/offer	**Education, Safeguarding, Health &Wellbeing Hub (ESHAWH)**
Name of provider *(if applicable)*	n/a
Website details	Healthy Eating | NCC Schools Portal, Education, Safeguarding, Health and Wellbeing Hub (ESHAWH) | The East Midlands Education Support Service
Description of service offer *(brief - max 250 words)*	Offer anonymised consultations to schools to support them to identify strategies and resources to support the physical health, wellbeing and safeguarding of children and young people (CYP). Can signpost to commissioned services and have digital resources to support with a whole school approach as part of the relationships, sex and health education (RSHE) curriculum. Do not case-hold but facilitate consultation and co-production with CYP on a range of topics which affect their lives.
Eligibility *(if any)*	Any educational setting in Nottinghamshire (statutory school age)
Geography *(e.g. City/County/District/Borough)*	County wide
Target population *(if any)*	5-19
How people can access the offer *(Referral pathways - self/professionals, if any)*	Email the eshawh@nottscc.gov.uk to request an anonymised consultation or access to resources
Delivery mode *(Face to face, digital etc.)*	Digital-MS Teams calls, Padlets, webpages, monthly newsletter
Service impact *(brief overview e.g. in 2024/25 this service received x number of referrals and supported x number of people)*	n/a It is not possible to provide a breakdown of support provided to all schools as we do not undertake direct work with CYP on this topic.
Working with others *(Do you co-deliver or work with other organisations? If so, who?)*	A member of the team links with NCMP colleagues and the HFT. They have been working together to develop and deliver some training for parents/carers and school staff.
Anything else you want to tell us?	 NCC ESHAW Hub Directory Schools and Early Years Healthy Eating Resource Pack The National Child Measurement Programme (NCMP) Schools & Early Years Active Lives Resource Pack ESHAWH and SCIEO Newsletters

Name of Service/intervention/offer	**Food and moving more in the built environment**
Name of provider *(if applicable)*	Nottinghamshire County council
Website details	Nottinghamshire Spatial Planning and Health Framework | Nottinghamshire County Council
Description of service offer *(brief - max 250 words)*	Planning plays a critical role in fostering healthier communities by creating environments that encourage physical activity, improve access to healthy food, and enhance overall wellbeing. Thoughtful urban design can promote walkable neighbourhoods with bike lanes, parks, and recreational spaces, which increase physical activity and reduce sedentary lifestyles. Nottinghamshire County Council Public Health and Planning Policy teams working alongside planning teams in District and Boroughs have developed and implemented resources to support these health improvement aims through the built environment. This work has included: • The refreshed Nottinghamshire Spatial Planning and Health Framework • The development and use of the Rapid Health Impact Assessment • Public Health is expected to respond to planning applications, and planning policy consultations • Ensure a considered and evidence-based input into the development of District and Borough Local Plans • Development of a Food Environment toolkit for Planners (in progress)
Eligibility *(if any)*	Not applicable
Geography *(e.g. City/County/District/Borough)*	Nottinghamshire
Target population *(if any)*	Communities within Nottinghamshire
How people can access the offer *(Referral pathways - self/professionals, if any)*	No applicable
Delivery mode *(Face to face, digital etc.)*	digital
Service impact *(brief overview e.g. in 2024/25 this service received x number of referrals and supported x number of people)*	Not applicable
Working with others *(Do you co-deliver or work with other organisations? If so, who?)*	The Spatial planning and health workstream of Healthy & Sustainable Places (HSP) aims to create communities that support healthy lifestyles and meet the needs of current and future generations without compromising natural resources. The HSP Team works with Partners in District and Borough councils, Office for Health, Improvement and Disparities (OHID), UK Health Security Agency (UKHSA) Town & Country Planning Association (TCPA)

Anything else you want to tell us?	Related links: https://www.gov.uk/government/publications/health-and-wellbeing-a-guide-to-community-centred-approaches https://www.sustainweb.org/reports/hot_food_takeaways/ https://www.nottinghamshire.gov.uk/care/health-and-wellbeing/nottinghamshire-good-food Building Health Equity: The Role of the Property Sector in Improving Health - IHE

Name of Service/intervention/offer	**Inspire Libraries**
Name of provider *(if applicable)*	Inspire: Culture, Learning & Libraries
Website details	https://www.inspireculture.org.uk/ https://www.inspireculture.org.uk/reading-information/health-and-wellbeing/
Description of service offer *(brief - max 250 words)*	All Nottinghamshire Libraries offer free and supported access to health information resources. This includes signposting to specialist providers including Your Health Notts and the numerous books, eBooks, enewspapers and emagazines which provide information on healthy eating, diet, exercise and cooking, including budget cookery.
Eligibility *(if any)*	Free access to all members of the public
Geography *(e.g. City/County/District/Borough)*	Nottinghamshire County
Target population *(if any)*	All members of the public
How people can access the offer *(Referral pathways - self/professionals, if any)*	Any method
Delivery mode *(Face to face, digital etc.)*	Face to face at 58 libraries and 3 mobile libraries, or by telephone on email through Ask Inspire.
Service impact *(brief overview e.g. in 2024/25 this service received x number of referrals and supported x number of people)*	Do not separate enquiry statistics into subjects, however in 2025/206 Ask Inspire has had 40702 contacts with customers to date, and there have been 24018 events/sessions in libraries which include health and wellbeing events as well as reading and cultural events.
Working with others *(Do you co-deliver or work with other organisations? If so, who?)*	Your Health Notts, Inspire Learning
Anything else you want to tell us?	Link to e-resources offer, which includes magazines such as BBC Good Food and Men's Health https://www.inspireculture.org.uk/reading-information/digital/

	Link to library catalogue where people can look for and reserve books https://nottslibraries.inspireculture.org.uk/ Access is free to all with a library card, which can be taken out by anyone who lives and work in Nottinghamshire The Reading Well for Teens Reading Well List (a national scheme with specific health and wellbeing books) includes titles on body image and eating disorders. https://www.inspireculture.org.uk/reading-information/health-and-wellbeing/reading-well/

Name of Service/intervention/offer	**Inspire Learning**
Name of provider *(if applicable)*	Inspire: Culture, Learning & Libraries
Website details	https://www.inspireculture.org.uk/
Description of service offer *(brief - max 250 words)*	• Meal Planning on a Budget – free ingredients sourced from food banks and hubs • Fit for Good course offered in local community groups – referred – closed group • Principles of Coaching Sport Level 1 – delivered in community closed groups • Personal Physical Fitness Level 2 – online
Eligibility *(if any)*	19+
Geography *(e.g. City/County/District/Borough)*	County
Target population *(if any)*	
How people can access the offer *(Referral pathways - self/professionals, if any)*	Direct enrolments through our website, referrals from DWP, Food Banks/Hubs, social prescribers
Delivery mode *(Face to face, digital etc.)*	Face to Face, and online
Service impact *(brief overview e.g. in 2024/25 this service received x number of referrals and supported x number of people)*	2024/2025 over 4500 learners
Working with others *(Do you co-deliver or work with other organisations? If so, who?)*	Work with DWP, Family Hubs, local community groups, day services

NHS

This section details the clinical and specialist weight management services which the local NHS commissions or delivers for residents of Nottingham and Nottinghamshire. It also includes national NHS programmes.

Children and Young People

Name of Service/intervention/offer/activities/community groups	**Nottingham and Nottinghamshire SPOA (Single Point of Access)**
Name of provider *(if applicable)*	ABL Health
Website details *(if applicable)*	Notts Children SPOA – Supporting Nottingham and Nottinghamshire Children
Description of service offer *(brief - max 250 words)*	The Single Point of Access (SPOA) provides a streamlined referral pathway for children and young people across Nottingham City and Nottinghamshire County, ensuring timely and appropriate access to health and lifestyle support services. The SPOA acts as a central hub, receiving and processing referrals from a range of professionals and services to reduce delays and improve consistency in how children and families access support. All referrals received through the SPOA are reviewed and triaged by trained staff to determine the most appropriate level of care.
Eligibility *(if any)*	Inclusion Referral Criteria • Children aged 1 – 17 (up to 18th Birthday) with a BMI above the 85th centile. • Referral will also be accepted for children whose BMI is less than 85th centile if you have a concern about the child's weight (please provide details of concern). • Children must be a resident of Nottingham City or Nottinghamshire County and/or be registered with a GP in Nottingham and Nottinghamshire. • For children under 16 years old they must be supported by the Parent/Guardian/Carer to attend the weight management programme. Exclusion Criteria • Children not residing in Nottingham City and Nottinghamshire County or not registered with a GP in Nottingham and Nottinghamshire. • Children under the 85th centile (unless you have a weight related concern).

	• Age (over 18 years of age)
Geography *(e.g. City/County/District/Borough)*	Nottingham City/ Nottinghamshire County
Target population *(if any)*	
How people can access the offer *(Referral pathways - self/professionals, if any)*	Professional referrals/ self-referrals.
Delivery mode *(Face to face, digital etc.)*	Range of deliveries, depending on the service referred to.
Service impact *(brief overview e.g. in 2024/25 this service received x number of referrals and supported x number of people or wider impact)*	Since the launch of the SPOA in May 2024, a total of 828 referrals have been received. In 2025, the three areas with the highest referral rates are Ashfield, Nottingham City, and Mansfield.
Working with others *(Do you co-deliver or work with other organisations? If so, who?)*	Referrals are sent across all Tiers within Nottingham City/ Nottinghamshire County -Tier 2 Thriving Nottingham, Tier 2 Your Health Notts (FAB), Tier 2+ Choose to Change and Tier 3 (Complication of Excess Weight - CEW)

Name of Service/intervention/offer/activities/community groups	**Choose to Change (C2C) Tier 2+**
Name of provider *(if applicable)*	ABL Health
Website details *(if applicable)*	Choose to Change - Your Health Nottinghamshire
Description of service offer *(brief - max 250 words)*	Community-based Specialist Healthy Living (Weight Management) Service for Children and Young People (CYP). The multidisciplinary team includes a paediatrician GP, specialist dietitian, specialist lifestyle lead, and psychologist, all working together to provide holistic, family-centred care. The advisors offer encouragement, guidance, and practical support to help families take a positive and sustainable approach to managing weight and health-related behaviours, tailoring to individual needs. The support includes advice on healthy eating, age-appropriate physical activity delivered by qualified professionals, reducing sedentary behaviours, and strategies to help families develop positive, long-term healthy habits. Psychological support and one-to-one interventions aim to help children and parents better understand the link between thoughts, emotions, and behaviours.

	Medical assessments and ongoing GP support are available to address any health needs that may impact a child's lifestyle or weight.
Eligibility *(if any)*	Children & Young People aged 4-17 years old (up until their 18th Birthday) Children must be a resident of Nottingham City or Nottinghamshire County and/or be registered with a GP in Nottingham and Nottinghamshire. >99.6th (BAME >98) with NO weight related co-morbidities. >98th – 99.5th with existing co-morbidities & vulnerabilities.
Geography *(e.g. City/County/District/Borough)*	Nottingham City/ Nottinghamshire County
Target population *(if any)*	
How people can access the offer *(Referral pathways - self/professionals, if any)*	Professional Referrals/and through SPOA
Delivery mode *(Face to face, digital etc.)*	1:1 Face to Face clinics, School sessions, online sessions
Service impact *(brief overview e.g. in 2024/25 this service received x number of referrals and supported x number of people or wider impact)*	Since launching in May 2024, the C2C Tier 2+ Programme has received 588 referrals, demonstrating strong demand for the service. In 2025 alone, 383 referrals led to 250 children and young people starting the programme, with 112 completing it to date. Nearly 70% of participants have additional needs. Our personalised one-to-one approach, using adapted resources and tailored sessions, has been instrumental in successfully engaging and supporting this group. Six- and twelve-month reviews show sustained positive outcomes, with 90–100% of children and young people maintaining healthy lifestyle habits and increased nutritional knowledge. In addition, 70–90% of participants at follow-up are maintaining or reducing their BMIz, highlighting the programme's effectiveness in supporting long-term behaviour change and health outcomes.

Name of Service/intervention/offer	**CEW – Complications of Excess Weight (Tier 3)**
Name of provider *(if applicable)*	Nottingham University Hospitals (NUH)
Website details	
Description of service offer *(brief - max 250 words)*	The CEW clinic is a specialist, multidisciplinary clinical service for children with severe obesity and complex needs using a holistic approach to treating the complications relating to obesity. Children receive specialist treatment and tailored care packages developed with their family, which could include

	diet plans, mental health treatment and coaching. Group sessions are provided with a full clinical team, including support from dietitians, psychologists, specialist nurses, social workers, youth workers and a paediatrician to ensure all health needs of each child are met.
Eligibility *(if any)*	Referral criteria: ≥99.6 Centile (BAME ≥98 Centile) + one or more co-morbidities SDS≥5 for children 11 and below SDS≥4 for children 12 and above
Geography *(e.g. City/County/District/Borough)*	City and County
Target population *(if any)*	Children aged 1 – 17 (up to 18th Birthday)
How people can access the offer *(Referral pathways - self/professionals, if any)*	Referrals from clinicians through the single point of access (SPOA) (www.nottschildrenspoa.co.uk)
Delivery mode *(Face to face, digital etc.)*	Face to face
Service impact *(brief overview e.g. in 2024/25 this service received x number of referrals and supported x number of people)*	Commissioned for 100 children per year across Nottingham, Nottinghamshire, Derbyshire and Lincolnshire

Adults

Name of Service/intervention/offer	**NHS Digital Weight Management Programme**
Name of provider *(if applicable)*	
Website details	NHS England » Information for healthcare professionals
Description of service offer *(brief - max 250 words)*	The programme offers online access to weight management services to people living with obesity who also have a diagnosis of either diabetes, hypertension, or both. With three levels of support and a choice of providers, it is designed to offer service users a personalised level of support to help them manage their weight and improve longer term health outcomes.
Eligibility *(if any)*	Referrals to the programme are only for people that meet the following criteria: • are over the age of 18

	• have a body mass index (BMI) of 30 or more (adjusted to ≥27.5 for people from black, Asian and ethnic minority backgrounds) • have a diagnosis of diabetes (type 1 or type 2), hypertension or both. Who cannot be referred? Any person that meets any of the following exclusion criteria should not be referred to the programme: • recorded as having moderate or severe frailty • is pregnant • has an active eating disorder • has had bariatric surgery in the last two years • people for whom a weight management programme is considered to pose greater risk of harm than benefit. For people aged over 80 years old, the referrer will need to confirm on the referral form that a weight management programme is considered likely to pose greater benefit than harm. *Eligibility for this service may be extended in 2026/27, however details of this were not available at time of writing*
Geography *(e.g. City/County/District/Borough)*	Nationwide
Target population *(if any)*	
How people can access the offer *(Referral pathways - self/professionals, if any)*	General practices and community pharmacies can refer members of the public to the NHS Digital Weight Management Programme
Delivery mode *(Face to face, digital etc.)*	Digital
Service impact *(brief overview e.g. in 2024/25 this service received x number of referrals and supported x number of people)*	1100/annum allocated spaces for Nottingham and Nottinghamshire. Uptake at 29% of allocation/369 referrals

Name of Service/intervention/offer	**Primary Care Weight Management Services (Tirzepatide)**
Name of provider *(if applicable)*	N/A
Website details	Weight management services - NHS Nottingham and Nottinghamshire ICB

Description of service offer *(brief - max 250 words)*	See NICE TA for tirzepatide plus NICE Guidance for managing overweight and obesity https://www.nice.org.uk/guidance/ng246 Prescribing for weight loss must be provided (and are licensed to be provided) alongside wrap-around support, to support people's good nutrition and physical activity. People are referred for wrap-around support at the point of prescribing and have a choice in how they engage with the wrap-around support.
Eligibility *(if any)*	>=40 (-2.5 for ethnic groups) 4/5 qualifying comorbidities; hypertension, dyslipidaemia, obstructive sleep apnoea, CVD, type 2 diabetes
Geography *(e.g. City/County/District/Borough)*	City & County
Target population *(if any)*	The prescribing of tirzepatide is for those of the highest clinical need as outlined in the NICE Funding Variation. Access to tirzepatide is being rolled out through a national cohorting approach over a three-year period (2025-2028) starting with people with a BMI of 40 or above who have four or more listed health conditions. Nationally, 220,000 people will be eligible to access tirzepatide by the end of the three-year period. From 2026/27, GP practices will be able to prescribe tirzepatide through a Quality and Outcomes Framework (QOF) within this existing cohorting approach.
How people can access the offer *(Referral pathways - self/professionals, if any)*	Following GP referral, people meeting the nationally defined eligibility criteria for tirzepatide and want to access them, must first have an assessment to determine whether weight loss medicines are the right intervention.
Delivery mode *(Face to face, digital etc.)*	F2F and digital
Service impact *(brief overview e.g. in 2024/25 this service received x number of referrals and supported x number of people)*	480 in year 1 - based on GP data

Name of Service/intervention/offer	**Specialist weight management service (tier 3 service and criteria for accessing t4)**
Name of provider *(if applicable)*	NHS
Website details	Weight management services - NHS Nottingham and Nottinghamshire ICB
Description of service offer *(brief - max 250 words)*	Specialist Weight Management Services are led by a multidisciplinary team, offering a combination of nutritional, psychological and surgical interventions, and medicines. The referral criteria are those set

	by Derby Burton Hospitals and are used for referral to the service provider which is a digital specialist weight management service. Once in the service individuals are assessed for medicines, behavioural pathway or surgery.
Eligibility *(if any)*	• Criteria 1 BMI > 40 (or appropriate ethnicity adjustment) AND b) Type 2 diabetes AND c) either one of the following: Inadequate Control (HBA1c >64mmol/mol) on maximal oral therapy Presence of nephropathy (eGFR 10mg/mmol) Metabolic dysfunction associated Steatohepatitis (MASH - aka as NASH) Onset of diabetes under the age of 40yrs old Insulin resistance (>2units/kg/day) • Criteria 2 BMI >35 (or appropriate ethnicity adjustment) AND b) requiring time sensitive surgery/procedure: 10 e.g. Organ transplant, arthroplasty because of immobility, spinal surgery, cardiac surgery, cancer surgery, limb or sight saving surgery, abdominal wall hernia repair, fertility treatment (N.B. this list is not restrictive and subject to discretion of MDT team) • Criteria 3 BMI >40 kg/m2 (or appropriate ethnic adjustment -see note 1) AND b) at least two of the following significant comorbidities: BMI >50 kg/m2 Sleep apnoea requiring CPAP Systolic or diastolic cardiac dysfunction (i.e. heart failure) Resistant hypertension (3 or more blood pressure tablets) Idiopathic intracranial hypertension Metabolic dysfunction associated Steatohepatitis (MASH - aka as NASH) Atrial fibrillation • Criteria 4 BMI >50 kg/m2 Sleep apnoea requiring CPAP Systolic or diastolic cardiac dysfunction (i.e. heart failure) Resistant hypertension (3 or more blood pressure tablets) Idiopathic intracranial hypertension Metabolic dysfunction associated Steatohepatitis (MASH - aka as NASH) Atrial fibrillation
Geography *(e.g. City/County/District/Borough)*	City & County
Target population *(if any)*	
How people can access the offer *(Referral pathways - self/professionals, if any)*	Referral from GP
Delivery mode *(Face to face, digital etc.)*	Face to face and digital
Service impact *(brief overview e.g. in 2024/25 this service received x number of referrals and supported x number of people)*	2081 referrals for first year and 95% retention rate at 3 months

Diabetes

It is recognised that diabetes risk, prevention and management are connected with weight, diet and lifestyle. Therefore, this section details the clinical and specialist diabetes education programmes which the local NHS commissions or delivers for residents of Nottingham and Nottinghamshire. It also includes national NHS programmes.

Adults - Diabetes

Name of Service/intervention/offer	**Healthy Living**
Name of provider *(if applicable)*	
Website details	www.healthyliving.nhs.uk
Description of service offer *(brief - max 250 words)*	Digital structured education service for people living with Type 2 Diabetes to improve knowledge and management of condition. Can use alongside weight management services if appropriate.
Eligibility *(if any)*	18 years + No weight related criteria Must have type 2 diabetes or be a carer for someone with Type 2 diabetes
Geography *(e.g. City/County/District/Borough)*	Nottingham and Nottinghamshire
Target population *(if any)*	
How people can access the offer *(Referral pathways - self/professionals, if any)*	Self-referral
Delivery mode *(Face to face, digital etc.)*	Online

Name of Service/intervention/offer	**DESMOND** (Diabetes Education and self-management of ongoing and new diagnosed diabetes)
Name of provider *(if applicable)*	
Website details	Nottingham City: Desmond – Diabetes Education and Self-Management of On-going and Newly Diagnosed. :: Nottingham City Care Nottinghamshire County: www.nottinghamshirehealthcare.nhs.uk/desmond-programme-for-type-2-diabetes
Description of service offer *(brief - max 250 words)*	Structured group education programme (6 hours) designed to increase knowledge of Type 2 Diabetes. The course will also help patients to develop skills to effectively self-manage their condition.
Eligibility *(if any)*	Aged 18+ Must have Type 2 diabetes

Geography *(e.g. City/County/District/Borough)*	Nottingham City Nottinghamshire County (excl Bassetlaw)
Target population *(if any)*	
How people can access the offer *(Referral pathways - self/professionals, if any)*	Self-referral
Delivery mode *(Face to face, digital etc.)*	The programme delivers full-day and half-day face-to-face workshops.

Name of Service/intervention/offer	**My DESMOND**
Name of provider *(if applicable)*	
Website details	MyDesmond | Prevent or Manage Type 2 Diabetes
Description of service offer *(brief - max 250 words)*	MyDesmond brings together the content and research evidence from the face-to-face DESMOND programme to a portable interactive web-based platform. Also offers prevention and gestational diabetes programmes
Eligibility *(if any)*	Aged 18+ Must have Type 2 diabetes
Geography *(e.g. City/County/District/Borough)*	Nottingham City Nottinghamshire County (excl Bassetlaw)
Target population *(if any)*	
How people can access the offer *(Referral pathways - self/professionals, if any)*	Self-referral
Delivery mode *(Face to face, digital etc.)*	Online

Name of Service/intervention/offer	**XPERT**
Name of provider *(if applicable)*	
Website details	X-PERT Health Diabetes Education and Weight Loss Programmes
Description of service offer *(brief - max 250 words)*	Structured education service for people living with Type 2 Diabetes to improve knowledge and management of condition (15 hours)
Eligibility *(if any)*	18 years+ Must have Type 2 diabetes
Geography *(e.g. City/County/District/Borough)*	Bassetlaw
Target population *(if any)*	

How people can access the offer *(Referral pathways - self/professionals, if any)*	Referral from clinician
Delivery mode *(Face to face, digital etc.)*	Face to face 6 x 2.5hour sessions

Name of Service/intervention/offer	**NHS Diabetes Prevention Programme**
Name of provider *(if applicable)*	
Website details	
Description of service offer *(brief - max 250 words)*	Free sessions delivered over nine months: face-to-face at local venues, via a digital app or remotely for some participants.
Eligibility *(if any)*	• Aged 18 or over - HbA1c in the last 12 months 42-47 mmol/mol or FPG 5.5-6.9 mmols/l. • History of Gestational Diabetes - HbA1c can be below 42mmol/mol or FPG below 5.5mmols/l. • Benefits need to outweigh risk if aged 80 or over. • Exclusions • Pregnancy • Current or previous diagnosis of Type 2 diabetes
Geography *(e.g. City/County/District/Borough)*	National
Target population *(if any)*	
How people can access the offer *(Referral pathways - self/professionals, if any)*	GP or health professional
Delivery mode *(Face to face, digital etc.)*	Face to face and digital

Name of Service/intervention/offer	**Type 2 Diabetes Path to Remission (formerly known as NHS Low Calorie Diet)**
Name of provider *(if applicable)*	
Website details	
Description of service offer *(brief - max 250 words)*	The NHS Type 2 Diabetes Path to Remission Programme is a free, one-year program for eligible people in England with type 2 diabetes and excess weight, designed to help them lose weight, improve blood sugar levels, and potentially achieve remission by reducing or stopping medication. The program

	involves a 12-week total diet replacement using low-calorie soups and shakes, followed by 8 months of support to reintroduce healthy foods and maintain long-term weight loss.
Eligibility *(if any)*	• Type 2 Diabetes (diagnosis within the last 6 years) • BMI >=27 • >=25 (South Asian, Chinese, other Asian, Middle Eastern, Black African or African-Caribbean family background • Age 18-65 years
Geography *(e.g. City/County/District/Borough)*	City & County
Target population *(if any)*	
How people can access the offer *(Referral pathways - self/professionals, if any)*	GP or self-referral
Delivery mode *(Face to face, digital etc.)*	Face to face or digital
Service impact *(brief overview e.g. in 2024/25 this service received x number of referrals and supported x number of people)*	40-50 referrals per month/ commissioned for 500 per annum

Name of Service/intervention/offer	**DAFNE and KAREN Type 1**
Name of provider *(if applicable)*	
Website details	https://dafne.nhs.uk
Description of service offer *(brief - max 250 words)*	Free online and/ or group face -to-face self-management programme and structured education pathway for adults with Type 1 Diabetes.
Eligibility *(if any)*	• Aged 17 or over diagnosed with Type 1 • Type 1 diabetes diagnosis EXCLUSIONS •Diagnosis of Type 2 diabetes.
Geography *(e.g. City/County/District/Borough)*	National
Target population *(if any)*	
How people can access the offer *(Referral pathways - self/professionals, if any)*	Healthcare professionals and other care providers refer to the https://dafne.nhs.uk.

Delivery mode *(Face to face, digital etc.)*	online and/ or group face -to-face

Name of Service/intervention/offer	**My Type 1 Diabetes**
Name of provider *(if applicable)*	
Website details	
Description of service offer *(brief - max 250 words)*	Free online platform to help manage type 1 diabetes: mytype1diabetes.nhs.uk.
Eligibility *(if any)*	Adults diagnosed with Type 1 diabetes.
Geography *(e.g. City/County/District/Borough)*	National
Target population *(if any)*	
How people can access the offer *(Referral pathways - self/professionals, if any)*	Self-referral (mytype1diabetes.nhs.uk)
Delivery mode *(Face to face, digital etc.)*	Digital

Children and Young People

Name of Service/intervention/offer	**DigiBete (young Type 1)**
Name of provider *(if applicable)*	
Website details	www.DigiBete.org
Description of service offer *(brief - max 250 words)*	A free online service to support children and young people to manage their Type 1 diabetes at home and in the community. Enables patients to access age appropriate, structured self-management education, store diabetes information and care plans, schedule and receive appointment reminders and messages from their local diabetes team.
Eligibility *(if any)*	Children and young people diagnosed with Type 1 diabetes up to age 25 and their families
Geography *(e.g. City/County/District/Borough)*	National
Target population *(if any)*	

How people can access the offer *(Referral pathways - self/professionals, if any)*	Diabetes care teams signpost families to Digibete. Healthcare professionals will provide a unique clinic code to download the Digibete Type 1 App for free. The website www.DigiBete.org is open access. However, the open access website does not provide the full functionality (it can't store ratios, add appointments, or receive clinic communications).
Delivery mode *(Face to face, digital etc.)*	Digital

Maternity (Diabetes)

Name of Service/intervention/offer	**Maternity Diabetes Team NUH**
Name of provider *(if applicable)*	N/A
Website details	N/A
Description of service offer *(brief - max 250 words)*	Diabetes service for pregnant women with all forms of diabetes including pre-existing diabetes and gestational diabetes
Eligibility *(if any)*	Any pregnant women with diabetes
Geography *(e.g. City/County/District/Borough)*	Any pregnant woman booking at NUH
Target population *(if any)*	Any pregnant woman with diabetes booked at NUH
How people can access the offer *(Referral pathways - self/professionals, if any)*	Women with known pre-existing diabetes should be referred by their GP or diabetes team as soon as they know they are pregnant Women diagnosed with gestational diabetes are referred via antenatal services at the point of diagnosis
Delivery mode *(Face to face, digital etc.)*	Mixed
Service impact *(brief overview e.g. in 2024/25 this service received x number of referrals and supported x number of people)*	About 10% of women who book at NUH
Working with others *(Do you co-deliver or work with other organisations? If so, who?)*	Works with the main NUH diabetes team and other areas of the maternity service. Some input with specialist chronic disease services

Name of Service/intervention/offer	**Diabetes Antenatal MDT team Sherwood Forest Hospital Trust**
Name of provider *(if applicable)*	Sherwood Forest Hospital Trust
Website details	N/A
Description of service offer *(brief - max 250 words)*	Diabetes antenatal service for pregnant people with pre-existing diabetes (all forms) and gestational diabetes. Also offer occasional preconception appointments either with the diabetes specialist nurse team.
Eligibility *(if any)*	Any person planning a pregnancy with pre-existing diabetes, or pregnant people with diabetes of any form
Geography *(e.g. City/County/District/Borough)*	Any person booking or planning to book a pregnancy at SFH (mixture of Nottinghamshire, Derbyshire and Lincolnshire usually)
Target population *(if any)*	Any person booking or planning to book a pregnancy at SFH
How people can access the offer *(Referral pathways - self/professionals, if any)*	People with known pre-existing diabetes should be referred by their GP, community midwife or diabetes team as soon as they know they are pregnant. People can also self-refer directly to the diabetes specialist nurse team (usually people who have had pregnancies before and therefore have contact details for the antenatal team). Currently do not have a formal referral pathway for pre-conception care, and this service is offered usually when people are seen in the hospital diabetes services. People diagnosed with gestational diabetes are referred via antenatal clinic or pregnancy day care at the point of diagnosis
Delivery mode *(Face to face, digital etc.)*	Mixture or face-to-face and telephone contacts. Dietician initially appointment is delivered via video contact (attend anywhere)
Service impact *(brief overview e.g. in 2024/25 this service received x number of referrals and supported x number of people)*	Diabetes in pregnancy affects just over 10% of all pregnancies booked at SFH
Working with others *(Do you co-deliver or work with other organisations? If so, who?)*	The service is multidisciplinary therefore involves the general diabetes specialist nurses, consultant endocrinologist, consultant obstetricians and a dietician. Utilise the maternal medicine network where required and would liaise with other specialists at other organisations occasionally for specialist care and eye clinic patients.

Anything else you want to tell us?	Eager to develop a formal referral pathway for pre-conception care to optimise diabetes prior to pregnancy as a priority.