

# NHS Cheshire and Merseyside, Sefton

## Update Report

February 2025

Please find below a summary of current NHS Cheshire and Merseyside ICB, Sefton Place updates. If you would like more information about any of the items contained in this update, if you have any questions about local health services, or any particular issues you would like to raise, please call 0151 317 8456.

### Adult Diabetes Initiatives in Sefton

(for more information contact: [sarah.mcgrath@cheshireandmerseyside.nhs.uk](mailto:sarah.mcgrath@cheshireandmerseyside.nhs.uk))

#### Diabetes prevalence in Sefton

There are approximately 1,000 adult Sefton residents with Type 1, 16,000 with Type 2, 10,000 pre-diabetic. (CIPHA 3.2.25).

#### Strategic work

Sefton Place is working with Sanofi who are providing project management and analytical skills to compare population health, models of diabetes care and outcomes across Sefton, Knowsley and Liverpool. Findings and recommendations are expected early 2025/26.

#### Population offers

A range of services is available to meet individual needs and preferences in preventing and managing diabetes.

- i) **National Diabetes Prevention Programme *Healthier You*** - Sefton has highest referral rates in Cheshire and Merseyside to this 9 -month lifestyle change programme for people with pre-diabetes. Programme completion is associated with a 37% relative risk reduction in developing type 2 diabetes.
- ii) **Active Lifestyles Exercise referral** - This is a 12-week supported physical activity programme for people with cardiovascular conditions including individuals with diagnosed diabetes and pre-diabetes.
- iii) **Structured Education** - The *Diabetes and You* programme is delivered by Mersey Care NHS Foundation Trust using group face to face and virtual sessions to promote self-management for newly diagnosed Type 2 patients.
- iv) **Type 2 young onset project** - offers enhanced support from general practice to those in the 18-39 age group. This takes the form of accurate diagnosis, support with glycaemic control, lifestyles advice, planning for pregnancy and promotion of psychological wellbeing. The initiative is to be extended to the 15-17 age group for the next financial year. 68% of Sefton practices are currently participating.
- v) **Path to Remission programme** - now available for people with type 2 diabetes who are overweight or obese and is based on low calorie meal replacement for 12 weeks. The expected outcome is that 32% of completers will put their type 2 diabetes into remission, with an average weight loss of almost 16kg.

- vi) **Norwood Surgery, Southport** - (Dr David Unwin) This approach, using a low carbohydrate diet coupled with psychological support, is being evaluated alongside other published evidence through NICE for potential inclusion in future recommendations for prevention and management of type 2 diabetes.

Other offers are available to support maintaining a healthy weight which reduces the risk of developing Type 2 diabetes, such as the Sefton *Weigh Forward* programme and online services such as the *NHS Digital Weight Management Programme*, *NHS Better Health*.

### **Ongoing management in primary care**

Once diagnosed, patients with diabetes should be offered 8 care processes in primary care covering review of weight, smoking status, blood pressure, urine and blood tests for glucose control and other cardiovascular risk factors and foot checks. Retinal screening is also offered.

## **NHS operational planning and contracting guidance**

On 30<sup>th</sup> January 2025, NHS England published the 2025/26 Priorities and Operational planning guidance along with Better Care Fund policy framework

Further information is available here:

[NHS England » NHS operational planning and contracting guidance](#)

[Better Care Fund policy framework 2025 to 2026](#)

## **Proposed Changes to Gluten Free Prescribing**

NHS Cheshire and Merseyside Integrated Care Board (ICB) has launched a public consultation on a proposal to stop making gluten free bread and bread mixes available on prescription.

These products are sometimes prescribed to individuals who live with coeliac disease, or other diagnosed conditions which mean that people have to follow a gluten free diet.

**The public consultation takes place between 28 January and 11 March 2025. The feedback received will be used to make a final decision about the proposal.**

Currently, access to prescriptions for gluten free products is not the same across all areas of Cheshire and Merseyside, so the NHS has been looking at the best way to address this variation. If the change went ahead, it would bring arrangements into line with those for people with other food allergies and intolerances, who do not receive food products on prescription.

People can find more information about the public consultation and how to take part on the NHS Cheshire and Merseyside website: [www.cheshireandmerseyside.nhs.uk/glutenfree](http://www.cheshireandmerseyside.nhs.uk/glutenfree).

## Latest NHS Cheshire and Merseyside Board meeting

The next NHS Cheshire and Merseyside Board meeting takes place on 27 March 2025 9.30am to 12.30pm. Location: The Olde Barn, Bellhouse Lane, Grappenhall, Cheshire, WA4 2SG

All Board meetings held in public are live-streamed via our YouTube channel to enable those who are unable to attend in person to observe the meeting, with recordings of these meetings also made accessible via our Meeting and Event Archive.

You can find the link to the NHS Cheshire & Merseyside YouTube channel here

<https://www.youtube.com/@NHSCandM/streams>

You can find details of all forthcoming meetings here:

<https://www.cheshireandmerseyside.nhs.uk/get-involved/upcoming-meetings-and-events/>

Papers from all previous meetings can be found here:

<https://www.cheshireandmerseyside.nhs.uk/get-involved/meeting-and-event-archive/>

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