

NW London Diabetes Programme  
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## **NWL Diabetes Path To Remission Programme (T2DR)**

To: NW London GP Practices/PCNs/ Borough Leads (sent by email)

**Subject: Important Update: Referral process to The New Diabetes Path To Remission Programme (T2DR) – Provider: Counter Weight**

Dear Colleagues,

We are writing to share an essential update regarding the NHS Type 2 Diabetes Path To Remission (T2DR) Programme, which supports your patients in achieving remission of type 2 diabetes.

After undergoing an evaluation and moderation process led by NHS England for the Type 2 Diabetes Path to Remission, and subsequent approval from the NHS Commercial Executive Group, Counterweight has successfully secured the NHS Type 2 Diabetes Path to Remission program contract for North West London ICS.

The NWL ICB has partnered with Counterweight to provide the NHS England Type 2 Diabetes Path to Remission Programme. With over 20 years of industry leadership in weight management, Counterweight has demonstrated that the most effective weight management approach involves balancing the science of meal replacements with the psychology of behavioural change.

This free 12-month program aims to offer eligible patients an opportunity to lose weight, reduce blood glucose levels, discontinue medications, and achieve remission of type 2 diabetes. It involves 12 weeks of total diet replacement (including soups, shakes, and porridge), followed by support to reintroduce food and sustain weight loss.

The service is currently accepting referrals and actively recruiting until January 2026. The current allocation is 250 service users per year. However, having discussed with NHSE, if there are more patients that benefit from your PCNs or practices, we are allowing opportunity to refer them, not worrying about any caps.

The T2DR Service in NW London is now live. The email address for Practices to send referrals to Counterweight is [cwt.t2dr.nwl@nhs.net](mailto:cwt.t2dr.nwl@nhs.net).

### **Referral forms can be accessed as follows:**

- NWL System One practices: The referral form (Diabetes Counterweight T2DR Referral) is available in the referral wizard/address book under the Diabetic Medicine Folder.
- NWL EMIS practices: The new referral form (NWL ICS Diabetes Counterweight T2DR Referral Form) is available in NWL Resource Publisher (NWL EMIS Enterprise S&R > Documents Template > Diabetes folder).
- NWL EMIS PCN Hub systems: The T2DR referral form will need to be manually imported. These will have been sent to hub contacts. If you do not receive these, please email the service desk ([nhsnwl.servicedesk@nhs.net](mailto:nhsnwl.servicedesk@nhs.net)).

For more information on the referral process and relevant resources, please visit: <https://www.counterweight.org/pages/t2dr-referrer-nwl>

Register your interest for the upcoming Webinar on **Tuesday the 16<sup>th</sup> of April at 6pm**, Counterweight team will be hosting a live webinar where you will learn more about the programme.

Here is the link for the webinar registration:

<https://web.knowdiabetes.org.uk/cn/afykj/webinar18042024>

For further information on the T2DR service, please contact:

Salma Mehar, NW London ICB LTC Project Delivery Lead, [smehar@nhs.net](mailto:smehar@nhs.net)

Counter Weight support via:

- Veronica Wessels, Project Manager, for general inquiries and engagement support via: [veronica.wessels@counterweight.org](mailto:veronica.wessels@counterweight.org)

Yours sincerely

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