

Lymphoedema service

# Helping with weight loss

Information for patients



Leeds Cancer  
Centre



This leaflet has been compiled as a resource aimed at encouraging weight loss to help you improve and manage your symptoms better.

For some patients swelling is evident because weight is significantly impacting their circulation such as lower leg swelling. Losing weight would most likely improve symptoms and in some cases relieve symptoms altogether.

External resources are provided for information purposes only and Leeds Teaching Hospitals accepts no responsibility for accurateness and a change in information after production.

All information gathered has been in collaboration with Leeds Community Health Dietetics department.

All activity advice should be followed within your individual capability and comfort levels.

This leaflet is designed for patient information purposes and does not mean you have a diagnosis of lymphoedema.

Information provided by external sources are subject to change.

## NHS Somerset Patient Webinars



Scan or click the QR code to navigate to NHS Patient Webinars on **Weight Management**:

[www.patientwebinars.co.uk/condition/weight-management/webinars/](http://www.patientwebinars.co.uk/condition/weight-management/webinars/)

- Helpful videos with advice put together by Dietitians across Somerset.
- The Dieting Cycle.
- Regular Eating.
- Triggers to Eating.
- Diet Myth Busting.
- Balanced Eating.



## Nuffield Health Joint Pain Programme



Scan or click the QR code to navigate to the **Joint Pain Programme** on the Nuffield Health website:

[www.nuffieldhealth.com/about-us/our-impact/healthy-life/joint-pain-programme](http://www.nuffieldhealth.com/about-us/our-impact/healthy-life/joint-pain-programme)

- Support to exercise specifically for those with joint pain.
- This involves a 12-weeks course of 2 sessions a week in any Nuffield Health Centre.
- It also includes free access to gym/swim/classes with personal trainer support.
- Cost involved.

## Leeds Encouraging Activity in People (L.E.A.P)



Scan or click the QR code to navigate to the **Leeds Encouraging Activity in People** website:  
[www.active.leeds.gov.uk/active-leeds-health/leap](http://www.active.leeds.gov.uk/active-leeds-health/leap)

- GP referral system for patients who are physically inactive and have a long-term medical or mental health condition AND are likely to benefit clinically from regular exercise participation.
- And /or have multiple risk factors for developing cardiovascular disease. And /or have a BMI > 30.

### Target areas –

- Armley Area- Armley Hub, 2 Stocks Hill, Armley, Leeds LS12 1UQ.
- HATCH Area– Shine, Harehills Rd, Harehills, Leeds LS8 5HS.
- Hunslet and Middleton Area – St Georges Centre, St Georges Rd, Middleton, Leeds LS10 4TQ.
- West Leeds Area. - Bramley Baths, Broad Ln, Bramley, Leeds LS13 3DF
- You will be allocated a Health & Wellbeing Coach who will support you to increase your physical activity levels with a bespoke personalised plan and regular check ins.
- Discounted price £5 per month for 6 months (subject to change).

## Exercise Snacking



Scan or click the QR code to navigate to **Michael Mosley's podcast** on the BBC website:

[www.bbc.co.uk/programmes/m000zljp](http://www.bbc.co.uk/programmes/m000zljp)

- Switch up your snacks!
- Exercise less, more often. This is a podcast with useful 'exercise snacking' advice.

## Parkrun/ Jog/ Walk



Scan or click the QR code to navigate to the **Parkrun** website:

[www.parkrun.org.uk/](http://www.parkrun.org.uk/)

- **Free**, for everyone, forever.
- 9am every Saturday morning at a park near you.
- Parkrun is positive, welcoming and inclusive, there is no time limit and no one finishes last. Everyone is welcome to come along.
- Everyone is invited whether you walk, jog or run.



## NHS Digital Weight Management Programme (Hypertension and/ or Diabetes)



Scan or click the QR code to navigate to the NHS Digital **Weight Management Programme** website:  
[www.england.nhs.uk/digital-weight-management/](http://www.england.nhs.uk/digital-weight-management/)

- Free.
- Healthier You: NHS Diabetes Prevention Programme is free to people at risk of Type 2 diabetes.
- You may have been identified as at risk by your GP, a health professional or by using the Check Your Risk test.
- The programme will help you improve your health and lifestyle - and reduce your risk of developing Type 2 diabetes.
- The programme is designed to be informal, interactive and supportive. Everyone will be working together and supporting each other.



## NHS healthier You (Diabetes Prevention Programme) Your Journey



Scan or click the QR code to navigate to the **NHS Healthier You** website:

[www.healthieryou.reedwellbeing.com/](http://www.healthieryou.reedwellbeing.com/)

- The LEEDS Programme (Learning, Empowering, Enabling Diabetes Self-Management) is offered to anyone who has Type 2 Diabetes and is registered with a Leeds GP.
- The LEEDS programme runs in various venues across the city throughout the year. There is a choice of a full-day session or 3 sessions lasting 2 ½ hours over 3-weeks. These are run by a trained health professional. As well as being informative and educational, it is fun and interactive!

## NHS type 2 diabetes path to remission programme



Scan or click the QR code to navigate to the **NHS England** website:

[www.england.nhs.uk/diabetes/treatment-care/diabetes-remission/](http://www.england.nhs.uk/diabetes/treatment-care/diabetes-remission/)

- The NHS Type 2 Diabetes Path to Remission Programme is a joint initiative between NHS England and Diabetes UK available to eligible people in England.
- Eligible participants will be offered low calorie, total diet replacement products including soups and shakes consisting of 800 to 900 kilocalories a day for 12 weeks. During this time, participants will replace all normal meals with these products.
- See website for eligibility.

## Leeds United Football Club Foundation Health and Wellbeing Programmes



Scan or click the QR code to navigate to the **Leeds United Foundation** website:

[www.leedsunited.com/en/foundation/health-and-wellbeing](http://www.leedsunited.com/en/foundation/health-and-wellbeing)

- Fit generations.
- Healthy families.
- Walking football.
- Working out together.
- Over 50's social club.
- Corner flag café.
- Combat café.



## Leeds Mental Wellbeing Service (LMWS) - Depression, Low Mood and Sleep Group Classes



Scan or click the QR code to navigate to the **Leeds Mental Wellbeing Service** website:

[www.leedsmentalwellbeingservice.co.uk/group-classes/](http://www.leedsmentalwellbeingservice.co.uk/group-classes/)

- If depression, low mood and sleep are having any impact on weight or vice versa, Leeds Mental Wellbeing Service (LMWS) have some online group sessions or could be referred on for a1:1 session.

## Leeds Mental Wellbeing Service (LMWS) - Depression, Low Mood and Sleep Workshops



Scan or click the QR code to navigate to the **Leeds Mental Wellbeing Service** website:  
[www.leedsmentalwellbeingsservice.co.uk/group-classes/wellbeing-workshops/](http://www.leedsmentalwellbeingsservice.co.uk/group-classes/wellbeing-workshops/)

- If depression, low mood and sleep are having any impact on weight or vice versa, Leeds Mental Wellbeing Service (LMWS) have some online workshops.

## Weight Watchers



Scan or click the QR code to navigate to the **Weight Watchers** website:  
[www.weightwatchers.com/uk/how-it-works](http://www.weightwatchers.com/uk/how-it-works)

- Small changes.
- Long-term weight loss.
- Solutions for everyone.
- Cost involved.

## Slimming World

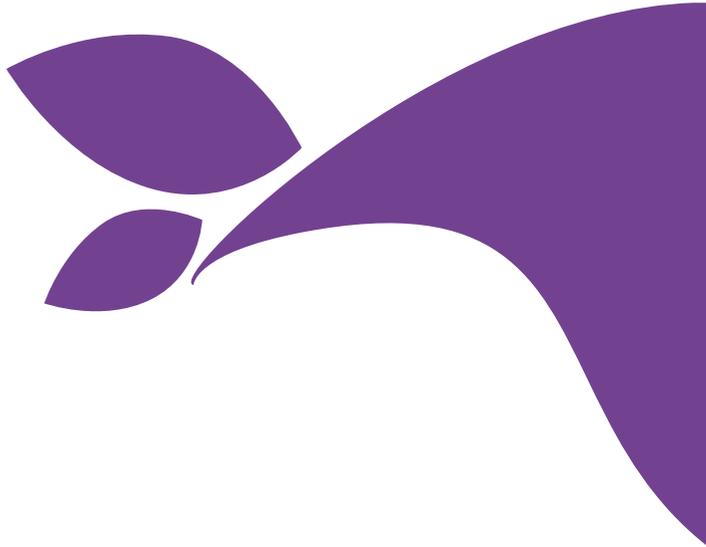


Scan or click the QR code to navigate to the **Slimming World** website:

[www.slimmingworld.co.uk/how-it-works](http://www.slimmingworld.co.uk/how-it-works)

- Will help you create food optimising plans.
- Join a motivating weekly group.
- Our join a flexible digital service.
- Cost involved.

You can contact the **Lymphoedema department** Monday to Friday during the day. Hours can vary; Tel: **0113 392 1807**



## What did you think of your care?

Visit: [www.leedsth.nhs.uk/patients/support/feedback-complaints/friends-family-test/](http://www.leedsth.nhs.uk/patients/support/feedback-complaints/friends-family-test/)

*Scan or click the QR code - Your views matter*

© The Leeds Teaching Hospitals NHS Trust • 1<sup>st</sup> Edition Version 1  
Developed by: Dawn McNiffe, Lymphoedema CNS and Team Manager  
Produced by: Medical Illustration Services • MID code: M20251029\_016/DG

LN006123  
Publication date  
03 / 2026  
Review date  
03 / 2029