

Case study: Gayle, 64

Context

Momenta Newcastle is delivering the NHS Low Calorie Diet (LCD) Programme across the North East and North Cumbria. The programme is delivered in-person to groups of up to 15 people in local accessible venues.

Gayle's background

Gayle is medically retired after suffering two strokes and becoming less mobile. Ever since then she's experienced weakness down her left hand side and her weight kept going up until she was diagnosed with Type 2 diabetes in 2020.

During a routine appointment her GP told her about the NHS LCD Programme. The GP explained the programme and what would happen – and Gayle agreed to give it a go.



Gayle's journey

Even though Gayle said she'd give it a try she wasn't entirely sure about whether it'd be for her, especially because of her reduced mobility. She was doing chair-based aerobics amongst other things but they weren't really working for her. However, she was determined to make the most of the opportunity her GP had given her.

Starting the programme

After the first 2 weeks Gayle was shocked at how easy she found the programme and the products and that this could be working for her.

'After 2 weeks on the shakes I couldn't believe I was only having 800 calories as I was never hungry.'

Gayle also noticed her mood quickly improved and, by the end of the third week, she started to feel really good about herself.



How has life improved?

As her mobility was an issue, this was the one thing Gayle wanted to work on more than anything.

*'After **2 months** on the programme I felt like I could do so much more. And I kept **pushing myself** to do more – something I never thought would be **possible**.'*

Her weight has kept coming down at every session. So far Gayle's lost **14%** of her starting weight and keeps pushing herself.

*'For 3 years I've been unable to get around without my walker. **Now I'm walking with sticks** and **progressing more** each and every day.'*

Gayle found one of the biggest benefits of the programme was the support from the group:

*'When I came into the session **without my walker**, the group erupted with how pleased they were for me. **It meant so much**. I can now **join in the group activities** and discussions at the table instead of contributing from the sides and relying on my walker.'*

As well as weight and mobility, Gayle says she feels much better, she has much more energy and her sleep patterns have been so much better since attending the programme.



What's next?

Gayle is currently in Phase 3 of the programme – and still working hard to continue her journey to diabetes remission – as well as working on her mobility and moving more every day.

*'This programme's **been amazing for me** – and I've achieved things **I didn't think were possible**. To anyone who's thinking about this programme, **I'd say do it!** 800 calories doesn't sound like much but **the products are so good** and you'll be surprised just **how good you'll feel**.'*



NOTE: The Momenta LCD programme has 20 group sessions and one individual phone-call in three phases over 12 months, including an initial 12 weeks of Total Diet Replacement (TDR) products including shakes, soups, bars and pot meals. Referred participants must meet NHSE eligibility criteria and comply with medication adjustment advice given by their GP at referral.