

Are you ready?

We want to provide help and support to as many people as possible. Therefore before you agree to be referred to the Adult Weight Management service consider whether now is the right time for you. This will be discussed in more detail at your first appointment.

Things to think about:

- Can I commitment to regular appointments for the next 3-6months
- Have I got lots of holidays or events (such as moving house or having your kitchen re-fitted) that would make it hard to focus on losing weight over the next few months

If you decide to join the service all we ask is that you attend your appointments and let us know if you can't attend or wish to leave the service

What next?

If you are referred to the Adult Weight Management Service, you will be sent a letter inviting you to contact us to arrange an initial appointment to discuss the service in more detail and what options are available to you.

We aim to contact you within 14 weeks of receiving a letter from your doctor or practice nurse. If you have any questions about the Adult Weight Management Service, please telephone 01633 431741.

Thinking about joining or thinking it's not for you?

If you don't feel joining the service is right for you at the moment you can join a local healthy eating group called Foodwise (ask your GP or practice nurse for information) or go online for advice.

Useful Websites

www.change4lifewales.org.uk
www.nhs.uk/LiveWell/Loseweight
www.bdaweightwise.com



Adult Weight Management Service



Patient Information Leaflet

About the service

The Adult Weight Management Service offers support and advice to people wanting to lose weight in a healthy way. We can help you to improve your health & well being as well as support you to maintain the weight you lose. By losing weight you can improve your health, emotional well being and decrease the risk of diabetes and heart disease.

Losing weight is different for each individual but you don't have to go it alone. When the time is right for you, this service is here to help you make manageable changes in a way which is most suitable for you.

About the team

The team includes Dietitians, Clinical Psychologists, a Consultant and Nurses.

Who is the service for?

Adults (18yrs and over) who would like some help and support. You need to be able to commit to regular appointments or group sessions.

Your body mass index (BMI) must be over 30. You could ask your GP to work this out for you or go to online to the BMI healthy weight calculator at www.nhs.uk. Other free services such as Foodwise are available locally if your BMI is 25-29.

What to expect at your first appointment

The appointment will last about 30 minutes and you are welcome to bring along a friend or family member. We may ask you about problems you have that affect your weight, diets you have tried in the past and future weight goals. You will have the opportunity to ask any questions you might have about the service and decide if the service is something you would like to commit to. This is mostly an information gathering session to find what option suits you best. Written information to get you started on your weight loss journey can be provided.



What happens after the first appointment?

If you decide that you would like to try one of the options available to support you in losing weight then you will receive a letter inviting you to attend your chosen clinic or group. The option chosen is always a joint decision.

What options are available?

There are a number of options available which are held at various days, times and locations. Options include group programmes, as well as individual appointments with members of the Adult Weight Management team.

Groups

We hold a number of groups to help people lose weight, the group size is 10-15 people and you weigh in private. Many people enjoy the support that the groups provide, as well as the practical advice around portions sizes and meal ideas. The group programme provides support for up to 12 months.

Individual appointments

Individual appointments are available in a number of clinics as part of the service. These appointments can be with any member of the team. The number of appointments we can offer is limited but we aim to support you for 12 months in the dietetic led clinics and 24 months in the multidisciplinary clinic.