Weigh Forward Bucks

This is a specialist weight loss service for adults served by Buckinghamshire Clinical Commissioning Group.

The staff team includes dietitians, Cognitive Behavioural Therapists practitioners, psychological wellbeing practitioners, assitant psychologists, and an exercise specialist.

The team are from local services including the Community Dietetic Service and Healthy Minds.

Access to the Weigh Forward Bucks Programme

If after reading this leaflet you are interested in joining this programme then please contact your GP to discuss a referral.

Produced in partnership with:

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Cover image of cherry blossom courtesy of mrhayata via stockphoto.com

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Weigh Forward Bucks aims to help you:

- Have the confidence and skills to make permanent lifestyle changes required for long-term weight loss
- Make healthy choices in your eating behaviours
- Be able to make decisions about lifestyle in order to engage more fully with life, including physical activity
- Lose enough weight to improve your health. Weight loss of 5-10kg (11-22lbs) can significantly improve your health
- Successfully maintain your weight loss over time

Information about the service:

The programme involves 16 sessions over the course of one year with two additional one-to-one individual reviews. The programme is held in a community venue.

Throughout the programme, participants will have the opportunity to speak individually to members of the team. The team are from local services including the Community Dietetic Service and Healthy Minds.

Topics covered include nutrition and physical activity advice and psychological approaches to behavioural change.

Access to the service:

This service is for people who have a body mass index (BMI) of:

- 40 or more (38 or more for Asian adults)
- 30 or more if you suffer with weight related health problems (28 or more for Asian adults)

For a referral to the service, speak to your GP.

After our specialist GP has reviewed your referral and passed it to the team, you will be invited to attend a telephone assessment with one of the team members from Healthy Minds. This usually takes up to one hour and will include a discussion about:

- your dieting and weight history
- how you are feeling
- the problems you have that are associated with your weight
- your readiness to change aspects of your lifestyle in order to lose weight.

If this programme is likely to benefit you, you will then be invited to a preparation group session to find out more about the programme.

If the programme is unlikely to be the best approach for you, then other options will be discussed and you will be signposted or referred to an alternative service.

What people have said about our service:

- “It has given me a lot more confidence to lose weight.”
- “I’m not good in groups but was made to feel at ease.”
- “Staff took time to listen to people and make sure I they understand”
- “Explanations, motivation, no pressure, non-judgmental”