

includes one evening group in each area per year; the majority of the groups are held either in the morning or afternoon.

This type of multidisciplinary team lifestyle change programme is mandatory for patients prior to weight loss surgery according to NHS England who now fund bariatric surgery.

How to make a referral

Electronic referral forms for this service are on EMIS in all Bucks GP surgeries.

These can either be emailed to cvhealth.weighforward@nhs.net or faxed to 01494 522 591.

You can also post to:

CV Health ref MDT weight management
Weigh Forward Bucks
Unit 4 Lancaster Road
Cressex
High Wycombe
Bucks
HP12 3QL

For further information please call CV Health on 01494 412525

If you need the information in another language or format please ask us

Nëse ky informacion ju nevojitet në një gjuhë apo format tjetër, ju lutem na kontaktoni

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An introduction to

Weigh Forward Bucks

Information leaflet
for healthcare
professionals

Weigh Forward Bucks (WFB)

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

The staff team includes:

- a GPwSI (GP with a special interest) lead
- a dietitian
- a CBT practitioner (cognitive behavioural therapist)
- psychology assistants
- an exercise specialist

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

Who is WFB for?

The WFB service is for adults who have a body mass index (BMI) of 35 or more (33 in Asian adults) with associated health problems or BMI of 40 (or 38 in Asian adults) with or without health problems.

Referral criteria information

Do not refer until:

- the ability and commitment to 90% attendance throughout the year-long programme.

- the ability to cope with participating in a group programme.
- unsuccessful weight loss or maintenance at Tier 2 (structured weight management programme, for example Weight Watchers or dietitian's clinic).

The following exclusion criteria apply:

Exclusions:

- Pregnancy or breastfeeding
- Uncontrolled hypertension/ heart condition /medical condition preventing increase in activity-level
- Previous Bariatric Surgery (unless reversed/ removed as there will be different nutritional needs)
- Eating disorder more appropriately treated by specialist services
- Significant concern about risk to self or to others
- Currently open to therapy through mental health services

Only refer once stable:

- Psychiatric illness (additional notes: where there is a history of severe and enduring mental health problems, then advice should be sought from the care co coordinator or GP in

helping to decide whether the individual is likely to be able to cope with this group programme where a change in lifestyle including eating behaviours will be encouraged.)

- Hypothyroidism
- Cushing's syndrome
- Significant physical health problems that could affect participation in the programme

Programme information

The programme takes place over 12 months. This starts with ten weekly (or alternate week) group sessions held in a community venue, followed by an individual review.

The course then continues once a month for six group sessions and a final individual review at the end of 12 months.

Throughout the programme, participants will have an opportunity to speak individually to members of the team if needed.

Interventions include nutrition and physical activity advice, but with a strong emphasis on psychological approaches to behavioural change.

The WFB service provides programmes in Aylesbury and High Wycombe – this