

Weigh Forward Bucks (WFB)

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

The staff team includes dietitians, CBT practitioners (psychologist or cognitive behavioural therapist), psychological wellbeing practitioners, a psychology assistant, and an exercise specialist.

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

Access to WFB programme

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

Please contact us if you would like the information in another language or different format.

Arabic يُرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتسيق مختلف.

Bengali আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।
Urdu اگر آپ یہ معلومات دیگر زبان یا مختلف فارمیٹ میں چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کریں۔

Chinese 若要以其他語言或格式提供這些資訊，請與我們聯繫

Polish Aby uzyskać informacje w innym języku lub w innej formie, skontaktuj się z nami.

Portuguese Queira contactar-nos se pretender as informações noutra idioma ou num formato diferente.

Produced in partnership with:



Oxford Health NHS Foundation Trust

Trust Headquarters

Warneford Hospital

Headington

Oxford

OX3 7JX

Switchboard: 01865 901000

Email: enquiries@oxfordhealth.nhs.uk

Website: www.oxfordhealth.nhs.uk

Cover image of cherry blossom courtesy of mrhayata via stockphoto.com
CY 019.14



Oxford Health
NHS Foundation Trust



Buckinghamshire Healthcare
NHS Trust



An introduction to

Weigh Forward Bucks

Information for patients

Weigh Forward Bucks (WFB) aims to help you:

- to have the confidence and skills to make permanent lifestyle changes required for long-term weight loss.
- to make healthy choices in your eating behaviours.
- to be able to make decisions about lifestyle in order to engage more fully with life including physical activity.
- To lose enough weight to improve your health. Weight loss of 5-10% of your body weight can significantly improve your health.
- to 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, if needed. The team are from local services including the Community Dietetic Service and the Healthy Minds Wellbeing Service

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

Remote option

Another option is a remote weight management programme, which can be accessed via Weigh Forward Bucks. Oviva Way to Wellness offers individuals the support of a dietitian and psychologist through the use of an app, phone calls or video calling. This programme is ideal for those who find it difficult to get to appointments or for those who enjoy using technology to support their health. Oviva Way to Wellness is a bespoke service and will create a nutritional plan and support package to suit each individual.

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 [they] understand”

“Explanations, motivation, no pressure, non-judgmental”

Access to the service:

This service is for people who have a body mass index (BMI) of 30 or more (or 27.5 for individuals from Black, Asian or other ethnic minorities) with associated health problems or a BMI of 40 (37.5 for individuals from Black, Asian or other ethnic minorities) with or without health problems.

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 based in the Healthy Minds Wellbeing Service. 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 and your readiness to change aspects of your lifestyle in order to lose weight. If this programme is likely to benefit you, your assessor will let you know of available courses.

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