

## How to make a referral

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

These can be emailed to  
Oxfordhealth.Healthyminds@nhs.net

The forms can also be posted to  
Healthy Minds, Weigh Forward Bucks  
2<sup>nd</sup> Floor  
Prospect House  
Crendon Street  
High Wycombe  
Bucks.  
HP13 6LA

For further information, please contact Healthy Minds on 01865 901600.

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

আপনি যদি এই তথ্যাদি অন্য কোন ভাষায় বা মাধ্যমে (ফরমেট) পেতে চান তবে দয়া করে আমাদেরকে বলুন

ਜੇ ਨਮੁਨੇ ਆ ਮਾਭਿਰੀ ਘੋੜੇ ਆਖਾਮਾਂ ਅਥਵਾ ਘੋੜੇ ਆਖਾਮਾਂ ਘੋੜੇ, ਨੇ ਕ੍ਰਿਯਾ ਕਰੀਨੇ ਅਮਨੇ ਪੁੱਛੀ  
यदि आपको यह जानकारी किसी दूसरी भाषा या आकार में चाहिए ही तो कृपया हम से पूछें

若您需要本信息的另一种语言或格式的版本，请与我们联系

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Produced in partnership with:



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NHS Trust



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 Group.

The staff team includes:

- a GPwSI (GP with a special interest) lead
- Dietitians
- CBT practitioners (psychologist or cognitive behavioural therapists)
- Psychological Wellbeing Practitioners and an Assistant Psychologist
- 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 30 or more (27.5 for individuals from Black, Asian or other ethnic minorities) with other associated health problems **or** BMI of 40 (or 37.5 for individuals from Black, Asian or other ethnic minorities) with or without health problems.

Adults who are pursuing NHS bariatric surgery and whose BMI is under 50 will need to complete our programme prior to tier 4 referral, as well as some adults whose BMI is 50 or more. Please check with the relevant bariatric surgery centre or CCG for more information about Tier 3 requirements if you wish to refer a person with a BMI of 50 or over for bariatric surgery.

## Referral criteria information

### Do not refer until:

- the person is able to attend and commit to 90% attendance throughout the year-long programme.
- The person is able to cope with participating in a group programme.
- The person has a history of 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:

- 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

This multidisciplinary team-run, lifestyle change programme takes place over 12 months. This starts with ten weekly (or alternate week) group sessions held in a community venue in either the North or South of the county, 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.

Evening groups are available.

We also offer the Oviva Way to Wellness remote weight management programme. This gives access to 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 person.