

Weigh Forward Bucks (WFB)

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

The staff team includes a dietitian, CBT practitioner (cognitive behavioural therapist), 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 referral.

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

أرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتنسيق مختلف.

আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে Bengali পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।

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 innym formacie, skontaktuj się z nami.

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

Produced in partnership with:



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An introduction to

Weigh Forward Bucks

Weight Management
Service

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.
- lose enough weight to improve your health. Weight loss of 5-10kg (11-22lbs) 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.

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."

"Explanations, motivation, no pressure, non-judgmental."

"Staff took time to listen to people and make sure people understand."

Access to the service:

The service is for people who have a body mass index (BMI) of 35kg/m² or more (33kg/m² in Asian adults) with associated health problems or BMI 40kg/m² (38kg in Asian adults) with or without health problems.

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

If you are accepted onto the programme, the first step is a telephone assessment with one of the team members based at the Healthy Minds wellbeing service. This usually takes up to one hour and will include a discussion around your dieting and weight history, activity levels, 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, you will then be invited to a preparation group 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.