



Healthy Minds
Buckinghamshire IAPT

Improving Access to
Psychological Therapies



Way Forward Bucks
Healthier Lifestyle Choices

Do feel like you could benefit from professional support to meet your health and weight loss goals?

Our effective and free NHS service can provide you with tailored professional support to help you achieve your wellness goals.

NUTRITION • PSYCHOLOGY • MOVEMENT



Way Forward Bucks is provided by
Oxford Health NHS Foundation Trust and
Buckinghamshire Healthcare NHS Trust

Information for Patients

Way Forward Bucks (WFB)

Way Forward are a specialist weight loss service for adults living in Buckinghamshire. The team are from local services including the Community Dietetic Service and the Healthy Minds Wellbeing Service.

The WFB staff team includes Dietitians, Clinical Practitioners (Psychologist or Cognitive Behavioural Therapists), Psychological Wellbeing Practitioners, a Psychology Assistant, and a Physical Activity Specialist.

Way Forward Bucks (WFB) aims to help you:

- Develop the confidence and skills to make permanent lifestyle changes required for long-term weight loss
- Make healthier dietary choices
- To make beneficial lifestyle changes to improve your quality of life, such as increasing physical activity
- Lose enough weight to improve your health. Weight loss of 5-10% of your body weight can significantly improve your health
- Successfully maintain your weight loss over time

Information about the service


Way Forward Bucks is a specialist Tier 3 weight management service that encourages sustainable weight loss by supporting lifestyle change in 3 key areas – nutrition, physical activity, and emotional wellbeing. In order to access the Way Forward Bucks programme, you must have previously accessed support with community weight loss support services, such as Slimming World or seeing a dietitian.

The programme takes place over 12 months and is made up of 16 sessions in total. Our experienced and specialist team will be able to offer you support and guidance throughout the course within their specialist areas.

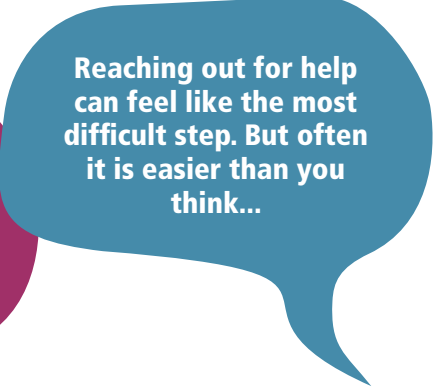
Digital or Remote Working

The WFB team provide support through in-person groups or through our newly developed digital group platform. Both mediums have been found to be engaging and effective for our service users.

We are also able to offer treatment through “Oviva Way to Wellness” who offer individuals the support of a Dietitian and Psychologist using an app, phone calls or video calling. This is a bespoke service and will create a nutritional plan and support package personalised to your needs.



I would really recommend it. At the start I was anxious but as the sessions progressed each week, the more I felt the benefit.



Reaching out for help can feel like the most difficult step. But often it is easier than you think...

Accessing 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, please speak to your GP or health professional.

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

Terms and conditions of accessing our service

For information on our Terms and Conditions please visit our website by scanning this QR Code:



Website: **www.oxfordhealth.nhs.uk/healthyminds**

email: **healthy.minds@oxfordhealth.nhs.uk**

Telephone: **01865 901600**

Patient Advice and Liaison Service (PALS),

The Whiteleaf Centre, Bierton Road, Aylesbury, Buckinghamshire HP20 1EG

Freephone: **0800 328 7971**

Email: **pals@oxfordhealth.nhs.uk**

Oxford Health NHS Foundation Trust

Trust Headquarters, Littlemore Mental Health Centre,
Sandford Road, Littlemore, Oxford OX4 4XN

If you would like to have this information translated into a different language, please contact the Equality and Diversity Team at:
equalityandinclusion@oxfordhealth.nhs.uk

إذا كنتم ترغبون في الحصول على المعلومات مترجمة إلى لغة أخرى، يُرجى التواصل مع فريق عبر Healthy Minds البريد الالكتروني:

equalityandinclusion@oxfordhealth.nhs.uk

আপনি এই তথ্য অন্য ভাষায় অনুবাদ করতে চাইলে, অনুগ্রহ করে হেল্দিথ মাইন্ডস্ টিম-এর সাথে এই ই-মেল ঠিকানায় যোগাযোগ করুন:
equalityandinclusion@oxfordhealth.nhs.uk

如需将此信息翻译成其他语言，请联系 Healthy Minds 团队：
equalityandinclusion@oxfordhealth.nhs.uk

Jeśli chcesz uzyskać informacje przetłumaczone na inny język, skontaktuj się z zespołem Healthy Minds pod adresem:
equalityandinclusion@oxfordhealth.nhs.uk

Se pretender traduzir esta informação para outro idioma, contacte a equipa Healthy Minds através do endereço:
equalityandinclusion@oxfordhealth.nhs.uk

اگر آپ کسی مختلف زبان میں اس معلومات کا ترجمہ چاہتے ہیں تو برائے مہربانی ہیلڈی مائنڈز ٹیم سے اس پر رابطہ کریں:
equalityandinclusion@oxfordhealth.nhs.uk