

Weight Management

What people have said about the Weight Management programme

“A second chance at living the life I wanted”

“The team helped me to understand why I do the things I do and how to make the permanent changes that would help me change my relationship with my weight and food”

“Life changing and challenging making me a better person by realising how I was damaging my body”

“I’ve reduced my medication from 20 tablets a day to just 3 vitamin tablets”

Patient Information Leaflet

What can you expect from us?

The Weight Management service offers a programme that is a combination of both group and individual support, with sessions based at the Cumberland Centre, Devonport, Plymouth.

The service provided is person-centred and non-judgmental, delivered with a caring and confidential approach in a safe and supportive environment.

The multi-disciplinary team consists of an experienced administration team, specialist nurses, physiotherapists, dieticians, clinical psychologists, consultant endocrinologists and buddies (weight management volunteers).

All have a wealth of expertise in dealing with the complex problems associated with weight management.

What do we expect from you?

We encourage everyone to set their own lifestyle goals, as adult learners. We ask that you attend your planned sessions and appointments and can be actively involved in your own weight management. No-one can be 'sent' for weight management - unfortunately we can't do it for you!

The service is designed to support you in making changes so as to achieve better weight management long-term which requires significant diet, lifestyle, exercise and behavioural changes. Personal determination, commitment and motivation are the ongoing requisites for successful weight management and we will support you in your journey to develop these internal resources. There is a necessity to create the space for change and allowing the therapeutic programme time to work for you is fundamental for success.

What happens now?

You need to phone the team and book on to the two part group induction sessions which provide an overview of the programme and an understanding of the commitment to behaviour change required. This will give you some tools to get started. Following this you can then request an assessment appointment where you can choose the group time most convenient and available to you.

What people have said about the programme

“No more sleep apnoea!”

“Elimination of some of my diabetes medication and lowered blood pressure too!”

“From walking with an aid and the daunting prospect of knee surgery to mobilising independently and no knee surgery required!”

“A brilliant, talented and dedicated team of professionals.”

The programme also provides the route to bariatric surgery for those patients keen to pursue this option, and there are specific guidelines and referral criteria to be met for this.



Contact Details

Weight Management Service

Cumberland Centre
Damerel Close
Plymouth
PL1 4JZ

Tel. 01752 434623

Email. livewell.weightmanagement@nhs.net

www.livewellsouthwest.co.uk/weight-management



Livewell Southwest



@livewellsw

We support people to lead independent, healthy lives