

# Weight Management

## Patient Induction Information Leaflet



*We support people to lead independent, healthy lives*

## What can you expect from us?

- A specialised team consisting of nurses, physiotherapists, dietitians, clinical psychologists and consultants.
- Compassionate and non-judgemental approach.
- Group and 1 to 1 support.
- Signposting to other support if needed.
- Caring and confidential approach in a safe supportive environment.
- Both group and individual support.

## What do we expect from you?

- Attend and be actively involved in your own weight management.
- Come to all sessions and to arrive on time.
- Tell us if you are unable to attend.
- Increase your current physical activity.
- Be open minded to new ideas.
- Be patient. Weight management can't be rushed.
- Be kind to yourself and others.
- Acknowledge you may have a range of feelings throughout the programme. This is normal.

## The core programme

All patients will complete a 12 week group programme which is run on either Tuesday evenings or Friday mornings. The sessions are based at the Cumberland Centre and Brickfields Sports Centre.

### How to be more active

Includes an activity class for all!

### Healthy eating

Food labels, portions, meal and shopping planning.

### Food and feelings

Understanding habits, getting to know triggers, mindful eating how to maintain changes

On completion of the core programme and following your review appointment you will be offered further treatment programs based on your individual needs to help you manage your weight long-term.



## Next step

After part 2 of the induction:

1. If you wish to start the program please contact 01752 434623.
2. If you get our answer machine please leave your name and contact details and we will ring you back.
3. Alternatively you can email the team to request an appointment: [livewell.weightmanagement@nhs.net](mailto:livewell.weightmanagement@nhs.net).
4. If you do not contact us within 1 week of this meeting we will discharge you.
5. You will be expected to attend a one hour initial assessment appointment with one of our specialist practitioners.

**Groups are Friday day times and Tuesday evenings**

**All are based at the Cumberland Centre and  
Brickfields Sports Centre**

## Contact Details

### Weight Management Service

Cumberland Centre  
Damerel Close  
Plymouth  
PL1 4JZ

Tel. 01752 434623

Email. [livewell.weightmanagement@nhs.net](mailto:livewell.weightmanagement@nhs.net)

[www.livewellsouthwest.co.uk/weight-management](http://www.livewellsouthwest.co.uk/weight-management)



Livewell Southwest



@livewellsw