



# 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 Admin staff, Clinical Support Workers, Health Improvement Practitioners, Nurses, Physiotherapists, Dietitians, Clinical Psychologists and Consultants.
- Compassionate and non-judgemental team.
- Signposting to other support if needed.
- Caring and confidential approach in a safe, supportive environment.

## What do we expect from you?

- To be actively involved in your own weight management.
- Come to all sessions and appointments and to arrive on time.
- Tell us if you are unable to attend with acceptable notice.
- 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 10 week group programme which is run on either Tuesday evenings or Wednesday mornings. Sessions are based at Foulston Park (the old “Brickfields” Sports Centre) Madden Road, Devonport, Plymouth, PL1 4NE.

What the programme covers:

## How to be more active

How to get started, goal setting, and benefits of activity.

## 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 considered for further treatment programmes based on your individual needs to help you manage your weight long-term.



## Next step

1. If you wish to start the programme please contact 01752 434623.
2. If you get our answer machine, please leave your name and contact details and we will get back to you.
3. If you do not contact us within 1 week of this meeting, we will discharge you.
4. You will be expected to attend a 45 minute initial assessment appointment with one of our Health Improvement Practitioners before being booked onto the Core Programme. If you do not attend, we will assume you do not want to attend further appointments and discharge you.

**Groups are Tuesday evenings and Wednesday mornings**

**All are based at  
Foulston Park**

### **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



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