

## What other things can I do to help my progress?

All patients will be given a pedometer when they attend their initial assessment and we suggest you wear this daily and monitor your step count.



Developing a more active daily lifestyle will be beneficial in burning more calories per day and your step counter (pedometer) will help you to monitor how active you are at home, work and in your daily chores.



Trying to include more daily activity is easy; walking to the shops, cycling to work, longer walks with the dog or children, gardening and manual housework all count as daily activity and will have benefits for your overall health as well as your waistline!



### What our patients say about the programme:

“I found the staff very caring, supportive and encouraging”

“The advice was tailor made and easy to follow, I have lost over a stone”

“The thought of living without so much pain has helped me make the necessary changes ”

“I was 145kg when I started the programme and now I am 125kg and will continue to lose the weight”

“I feel better in health, body and mind, the team gave me lots of useful support and kept me on track”

“The combination of exercise, counselling , health advice and positive reinforcement for any small success made me want to continue “

Contact us at the Weight Management Service

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## Information for Patients

Spire Southampton Hospital deliver an NHS specialist weight management service in several locations for Dorset patients referred by their GP.

A six month tailored programme aims to help you lose at least 5-10% of your body weight:



Nutrition and dietary support



Specialist psychological therapy



Physical activity sessions



Clinic locations in Ringwood, New Milton and Poole

Tel: 023 8076 4964

[www.theweighahead.com](http://www.theweighahead.com)

Email: [SPIRE.Tier3DorsetWMS@nhs.net](mailto:SPIRE.Tier3DorsetWMS@nhs.net)



The Weigh Ahead

## Vital Facts

A significant amount of the UK adult population has a Body Mass Index of over 25 (BMI), which is your height to weight ratio) putting them above the healthy weight range category (BMI 20-24.9).

Carrying excess body weight around the waist is associated with an increased risk of developing heart disease, stroke, type 2 diabetes, high blood pressure and some cancers.

**An increased risk is defined as a waist circumference measurement over:**

80cm for Women

94cm for Caucasian men

90cm for Asian men

### Benefits of 10% weight loss

Research has shown it can:

Improve existing health conditions, lower cholesterol and reduce blood pressure, reduce risk for many diseases, increase self-esteem and energy levels.

### Why have I been referred to this programme?

Your GP has referred you to 'The Weigh Ahead' Weight Management Service based on a number of criteria, including your Body Mass Index (BMI), existing health conditions and previous experience of managing your weight e.g. diets, medications etc.

### Where do I have to go?

The service offers clinics across a range of sites. These options will be made clear to you when booking your first appointment.

### What happens after the programme?

You will be discharged back to your GP along with a letter of recommendation based on your progress and may suggest a referral to surgery.

## About the Tier 3 Weight Management Service

- ◇ Delivered by Spire Southampton Hospital and run in several locations, we provide a service to Dorset NHS patients referred by their GP.
- ◇ The tailored programme will fully support patients who engage with the programme to achieve a weight loss of at least 5-10% of their excess body weight.
- ◇ The programme also aims to assist patients in setting their personal health goals and supporting them in making vital lifestyle changes.

### An example programme is likely to include:

- ◆ Initial assessment lasting 1 hour, and monthly follow up weigh ins with health advisor
- ◆ 3 'motivation and change therapy' sessions
- ◆ At least 6 facilitated physical activity sessions
- ◆ Attendance at an 'Eat Well' session
- ◆ Attendance at specialist/support group sessions
- ◆ Final assessment with your health advisor



The Weigh Ahead

### Multi-disciplinary team includes :

- Health & Nutrition Advisors
- Dietitian and nutritionists
- Psychological therapists
- Specialist GP's
- Physical Activity specialists

## Top tips for weight loss success:

**Motivation**– be ready to make the change, be prepared to set goals and our team can support you with this.

**Commit to change**– engage with all elements of the programme, attending all appointments. Be prepared to make small changes to your lifestyle, a slow steady weight loss is the key ideally 1-2lb per week.

**Planning**– plan ahead what you are going to eat for the week– make a shopping list!

**Eating** a healthy diet combined with regular physical activity will help to reduce and maintain weight.



### Important please read

All patients will be required to attend all of their scheduled sessions before they can be considered for surgery. Failure to attend appointments will result in a discharge from the programme back to your GP. We would recommend you are fully ready to make a lifestyle change and commit yourself to the six month programme prior to referral .

We will try our hardest to accommodate your needs with clinic sites and appointment times, and this will be discussed with your health advisor during your initial appointment.