

## Weigh To Go (WTG) Referral Scheme

<p><b>Service Aim</b></p>	<p><b>The Weigh to Go 24 Week Programme</b></p> <p>The key aims are:</p> <ol style="list-style-type: none"> <li>1. To engage young people who are overweight and/or concerned about their weight, and provide support for them to reduce their BMI and increase their physical activity levels.</li> <li>2. As part of the package of support, provide access to commercial weight management services.</li> <li>3. Ensure that programme delivery is targeted at SIMD 1 and 2 and to those in need of additional support.</li> <li>4. To provide wrap-around support to those young people who are identified as requiring additional support, e.g. self-esteem, resilience, employability etc.</li> <li>5. To ensure that the programme is flexible and meets the needs of young people.</li> </ol>
<p><b>Service Provision</b></p>	<p>This clinical service is managed &amp; provided within the Youth Health Service in North West Locality (Glasgow City HSCP) and on an Outreach basis across Glasgow City (North East / South) &amp; in each of the other HSCP areas within GGC Board ..</p>
<p><b>Referral Criteria</b></p>	<ul style="list-style-type: none"> <li>• BMI of greater than 25</li> <li>• The patient must be aged between 12 and 18.</li> <li>• Lives in NHS Greater Glasgow &amp; Clyde Board Area</li> <li>• Have consented to referral.</li> </ul>
<p><b>Who can refer</b></p>	<p>Weigh To Go operates an open referral system. This facilitates referrals from G.Ps, patients, carers, parents/guardians, other health care professionals, social work services, Education &amp; Third sector organisations.</p> <p>Informal enquiries are welcome.</p>
<p><b>Process</b></p>	<p>Referrals to the service will be received through a single point of access during the hours of 8.30 – 4 pm on 0141 451 2727.</p>

<b>Location/Hours of service</b>	<p>Current available sites for Weigh To Go.</p> <p><b>East Dunbartonshire:</b> <i>(venues alternate each week)</i></p> <ul style="list-style-type: none"> <li>• Kirkintilloch Health &amp; Care Centre: Alternate Tuesday 2:30pm - 5:00pm</li> <li>• Kersland House Surgery (G62 8BT) : Alternate Tuesday 2:30pm - 5:00pm</li> </ul> <p><b>East Renfrewshire:</b> <i>(venues alternate each week)</i></p> <ul style="list-style-type: none"> <li>• Barrhead Health &amp; Care Centre: Alternate Mondays 2:30pm - 5:00pm</li> <li>• Eastwood Health &amp; Care Centre: Alternate Mondays 2:30pm - 5:00pm</li> </ul> <p><b>Glasgow North East:</b></p> <ul style="list-style-type: none"> <li>• Easterhouse Health Centre: Tuesday 2pm - 5:00pm</li> <li>• Shettleston Health Centre: Wednesday 2pm - 4:30pm</li> </ul> <p><b>Glasgow North West:</b></p> <ul style="list-style-type: none"> <li>• Drumchapel Health Centre: Tuesday 6:00pm - 8.30pm</li> <li>• Possilpark Health and Care Centre: Wednesday 6:30pm – 9:00pm</li> <li>• Maryhill Health and Care Centre: Thursday 6:30pm – 9:00pm</li> </ul> <p><b>Glasgow South:</b></p> <ul style="list-style-type: none"> <li>• Cardonald College Campus*: Tuesday 11:30am - 1:30pm</li> <li>• Pollok Health Centre: Thursday 10:30am - 1:00pm</li> <li>• Castlemilk Health Centre: Thursday 2:30pm - 5:00pm</li> </ul> <p><b>Inverclyde:</b> (venues alternate each week)</p> <ul style="list-style-type: none"> <li>• Izone Port Glasgow: Alternate Wednesday 3:00pm – 5:00pm</li> <li>• Izone Greenock: Alternate Wednesday 3:00pm – 5:00pm</li> </ul> <p><b>Renfrewshire:</b></p> <ul style="list-style-type: none"> <li>• Johnstone Health Centre: Thursday 2:15pm-4:45pm</li> </ul> <p><b>West Dunbartonshire:</b> <i>(venues alternate each week)</i></p> <ul style="list-style-type: none"> <li>• Vale Centre for Health and Care: Alternate Wednesday 3:00pm - 5:30pm</li> <li>• Y Sort It Youth Centre (Clydebank): Alternate Wednesday 3:00pm- 5:30pm</li> </ul> <p>*non students can also attend college campuses</p>
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