

Do you want to lose weight?

Glasgow and Clyde Weight Management Services can help.



Take the first steps towards a healthier, happier you.

Being physically active and eating a healthy balanced diet are important for not only our physical health, but also our emotional and mental health. NHS Greater Glasgow & Clyde's Weight Management Service can provide individuals with the support they need to make lasting changes to their lifestyle and improve their overall health and wellbeing.

What are the benefits of losing weight?

Losing weight for you might be about feeling better, having more energy or fitting into your favourite clothes. All of these are great reasons to lose weight but did you know research demonstrates that a weight loss of 5kg results in immediate health benefits such as:

- Lower blood pressure
- Lower blood cholesterol
- Improved blood sugar control
- Improved mobility and reduced aches and pains, quality of life, self-esteem and depression may also improve, even with small amounts of weight loss



Community Weight Management Service

What will I get with my referral?

With your NHSGGC referral you will get a free 12 week membership which gives you access to a blend of in-person and online support from one of our two external partners (Slimming World or WeightWatchers). This support includes:



Weekly face-to-face workshops with a coach



A timetable of virtual workshops



An app providing tracking of diet / physical activity / sleep



Thousands of recipes



Equipment-free workouts



Social community - 24/7 access to a coach

We'll provide you with detailed instructions on how to access and make the most of your workshops and the app. If you regularly attend workshops and are successful in losing weight you could be eligible for a further 12 week membership.



The Specialist Weight Management Service

The Specialist Weight Management Service is delivered by a team of dietitians, psychologists and physiotherapists.

Psychological approaches and physical activity guidance is provided alongside dietary advice, tailored to your needs. This approach will help you to identify ways to overcome barriers to weight loss. Weight loss medication and surgery may be considered as part of the programme where appropriate.





What will I get with my referral?

- An initial telephone assessment
- Online group sessions with tailored advice and the opportunity to ask questions
 - » A personal diet prescription based on a flexible healthy eating plan
 - » Guidance about physical activity
 - » Behaviour change approaches, including dealing with lapses
 - » Peer support within the group
 - » Written and online resources to support you
- Psychological approaches to support weight loss are available, with education talks, groups and one to one support
 - » Physiotherapy telephone consultation and resources to support or increase your fitness levels, muscle strength and endurance

Referral information

There are two referral pathways to the Weight Management Service:

- If you have Diabetes, Heart Disease or have previously had a Stroke and are overweight then you can self-refer on our website
- Or you can speak to your health professional (e.g. GP, Nurse, Dietitian or Physiotherapist) about our service and referral options

Once we have received your referral you will be contacted by NHSGGC staff to appoint you to the most appropriate service) and answer any questions you may have. You can also call us on:

 **0141 211 3379**

(Monday-Friday, 8.00am-4.00pm). Interpreters can be provided.

If you are overweight and have recently been diagnosed with **Type 2 Diabetes** you will be automatically contacted by the Type 2 Diabetes hub to discuss your options for attending a weight management service. You can also call us on:

 **0141 531 8901**

(Monday-Friday, 8.30am-4.30pm).

Visit  www.nhsggc.scot/weightmanagement

or scan the QR code if you require further information around the service or accessible format, such as large print, braille or a community language.



Which service will I attend?

Depending on your medical history and personal needs, our NHSGGC staff will direct you to the most appropriate service within your area.

How much will it cost me?

Nothing! This service is free to patients living in the Greater Glasgow and Clyde area who are overweight and have a range of related health conditions.

Monitoring your health

It is important that you continue to monitor your health conditions and seek guidance from your GP or health professional. The Weight Management Service do not monitor or treat specific conditions such as diabetes.

If you have concerns about your condition, always discuss this with your GP or health professional.



Contact Details

 0141 211 3379

 www.nhsggc.scot/weightmanagement