

# The first step on the journey to a healthier, happier you.



# 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 that a weight loss of 5kg can result in immediate health benefits such as:

- > Lower blood pressure
- > Lower blood cholesterol
- > Improved blood sugar control
- > Improved mobility
- > Improved quality of life, self-esteem and mood.



## How the Greater Glasgow and Clyde Weight Management Service can help you

Our service is here to support you to make lasting lifestyle changes which will improve your overall health and wellbeing. A referral will give you free access to the right service based on your medical history and needs, including:

- > Self-help resources
- > Community Weight Management Service
- > Specialist Weight Management Service.

Please note: NHS Greater Glasgow and Clyde Weight Management Service does not prescribe weight loss injectable medications (such as GLP1 medications) and cannot provide a route to accessing these within NHS Greater Glasgow & Clyde.

# Community Weight Management Services

With your NHSGGC referral to the Community Weight Management Service, you will get a free 12 week membership to a blend of in-person and online support from Slimming World or Weight Watchers. **Support will include:**



Weekly face to face or online sessions



A timetable of virtual sessions



A free APP offering food planners, activity & weight loss trackers



Online, quick, simple and healthy recipes



Easy, equipment-free workouts



Social community  
- 24/7 access

Our staff will give you simple instructions to get started and make the most of your referral and we'll fully support you on your weight loss journey.

If you regularly attend sessions and are successful in losing weight, you could be eligible for a further 12 week membership.

**Slimming  
World**

**WEIGHT WATCHERS**

# The Specialist Weight Management Service

The Specialist Weight Management Service helps you learn about healthy eating, activity, and wellbeing. Specialist dietitians, psychologists and physiotherapists deliver the support.

Support comes mostly through group sessions as many people find it easier to make lasting changes when they are with others on a similar journey.

## What We Offer

Our programme can help you make realistic, longterm changes to your lifestyle. We offer simple information and support on areas that can affect your weight, such as:

- > **Eating patterns and a personal eating plan**

We will work with you to create a flexible, healthy eating plan that suits your needs, preferences, and any health conditions.

- > **Psychological strategies**

You will learn practical tools to understand your relationship with food, build motivation, and overcome barriers to making changes.

- > **Physical activity support**

Our team will help you find safe, achievable ways to increase your movement and activity levels.



## Your Assessment

Before starting the programme, you will complete a screening questionnaire. This helps us understand the factors that can affect your weight and allows us to match you to the most suitable treatment plan.

### We will ask about:

- > your diet and weight history
- > any health conditions
- > your activity levels
- > your mood and wellbeing
- > your goals and motivation

We may offer a further assessment with a Clinical Psychologist or Physiotherapist to ensure you receive the most appropriate support.

# How to access the Weight Management Service



## Self referral

- > If you are overweight and have diabetes, Heart Disease or have previously had a Stroke, you can **self-refer** by scanning the QR code here or online through our website [www.nhsggc.scot/weightmanagement](http://www.nhsggc.scot/weightmanagement)

## Health professional referral

You can speak to your health professional (Nurse, GP, Dietician, or Physiotherapist) about our service and referral options. Our staff will then link you with the right part of the team and answer any questions you have.

**You can also call the Weight Management Hub for more information on referring to the service on: 0141 211 3379**  
Monday - Friday. 8.00am - 4.00pm. Interpreters can be provided.

## Type 2 Diabetes Hub

If you have recently been diagnosed with Type 2 Diabetes and are overweight, the Type 2 Diabetes Hub will automatically contact you to discuss your options for attending the Weight Management Service.

**You can also call the Type 2 Diabetes Hub on: 0141 531 8901**  
Monday - Thursday 8.00am - 4.00pm &  
Friday 8.00am - 3.30pm. Interpreters can be provided

## More information

Visit [www.nhsggc.scot/weightmanagement](http://www.nhsggc.scot/weightmanagement) or scan the QR code for more information or if you need this information in an accessible format, such as large print, braille or a community language.





## Frequently asked questions

### **What service will I attend**

Depending on your medical history and individual needs, we'll link you with self-help resources, the Community or Specialist Weight Management Service.

### **How much will it cost me?**

Nothing! Our services are free to patients living in the Greater Glasgow and Clyde area who meet the eligibility criteria.

### **Monitoring your health**

It's important you continue to monitor your own health conditions. Always seek guidance from your GP or health professional even after referral to Weight Management.

Our service does not check or treat specific conditions such as diabetes.

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

# Start the journey to a healthier, happier you.

## Contact details

Telephone: 0141 211 3379

Web: [www.nhsggc.scot/weightmanagement](http://www.nhsggc.scot/weightmanagement)

