

Local Weight Management Services: Your Options

Information about weight management options available to you in Calderdale are detailed below. Please choose the most suitable for you and check you meet the eligibility criteria. When you are ready to book a place with one of the services, please follow the 'how to book' guidance (making sure you have the essential information at section 1 below to hand).

You are excluded from this service if you:

- are pregnant, or breastfeeding (**except for Upbeat**);
- have an eating disorder;
- have an underlying medical cause for obesity and would benefit from more intensive clinical management than a tier 2 service as advised by your healthcare practitioner;
- have significant co-morbidity or complex needs as identified by your GP or other healthcare professionals;
- have a BMI less than 25 (your BMI must be over 30 to be eligible for Upbeat and if you are considering obesity surgery you must attend Upbeat), there is no upper BMI limit for any option;
- have previously self funded sessions with a multi-component weight management provider in the 3 months prior to referral;
- have previously benefitted from Council funded sessions with any of the 4 services below in the 2 years prior to referral (you may however benefit from a different option below but only after 3 months following completion of the initial option chosen); or
- are under the age of 16 (**except for Upbeat**).


Your healthcare practitioner can advise you of your BMI or you can go to




<http://www.nhs.uk/tools/pages/healthyweightcalculator.aspx> to calculate your BMI and get advice and information on weight loss.

Section 1 – Essential Information for Your Call

Your GP Practice (to be completed by practice):	
Practice Code (to be completed by practice):	
Your home post code:	
Your BMI:	

Section 2 – Options Available To You

Option 1 – Healthy Weight Service (South West Yorkshire Partnership NHS Foundation Trust)	
About the service: 	<p>We all need to eat well and move more to stay healthy but modern day life often gets in the way. Calderdale Healthy Weight Service offers personalised one to one healthy lifestyle sessions with your own Healthy Weight Advisor. The Advisor will focus on supporting you to reach your weight loss goals, by helping you to make small changes to your daily life that will last a lifetime. If you are ready to enjoy a healthier lifestyle then the Calderdale Healthy Weight Service is here to help you. One to one sessions are available across Calderdale.</p>
How to book:	<p>Call 01422 281529 to book your place or ask your practice to e-refer you.</p>

Option 2 – Slimming World	
<p>About the service:</p> 	<p>Slimming World offers weekly group support to help you make gradual/small changes towards a healthy lifestyle. The <i>Food Optimising</i> eating plan is based around satisfying your appetite with healthy everyday foods like fruit and vegetables, pasta, potatoes, eggs, fish, lean meat and chicken so that you never go hungry. It's a long term plan, not a quick fix, so no food is banned and whatever your favourite treat is, you can still enjoy it in moderation. Motivating you to become more active gradually, when you feel ready, you can try Slimming World's optional Body Magic programme. It works by redefining what is seen as activity so that anything that gets you moving more, from washing the car to walking the dog, is rewarded and counts towards your weekly total. As a member, you choose the target weight that you feel happy with and are motivated and encouraged in fun, hour long, weekly meetings to share experiences, recipes and ideas with your fellow slimmers in a warm, supportive environment. Groups are led by trained Slimming World Consultants, all of whom are former members and have lost weight on the plan themselves. Your weight remains confidential at all times and your weight losses and gradual changes towards a healthy lifestyle are celebrated. First 12 weeks free.</p>
<p>How to book:</p>	<p>To ensure that this service is right for you, please contact the Slimming World Helpline on 01773 546391 (Monday to Friday 09:00am–6:30pm). You will be asked a few simple questions which will take no longer than 10 minutes.</p>
Option 3 – Upbeat	
<p>About the service:</p> 	<p>Upbeat offers specialist healthy eating advice that is specific to your body's needs to help you lose weight and keep it off. It's not a diet. It's a change to your eating habits for life. We educate you in nutrition and healthy eating and give you the tools to help you learn how to lose weight by making positive changes to suit your lifestyle. We know that everyone's different and everyone matters. The programme runs as group sessions or on a one-to-one basis. In addition to the weight management programme, we also offer a specialist exercise course. Please note that if you have been diagnosed with heart disease, you will need a referral from your GP to take part in exercise. You will receive a free pass that entitles you to unlimited use of the swimming pools, gyms and classes at Calderdale Council's leisure facilities – free of charge for ten weeks, then at a reduced rate for a further two years.</p>
<p>Are you eligible:</p>	<p>To be eligible for Upbeat your BMI must be greater than 30 and if you are thinking of obesity surgery you must attend Upbeat and be referred by your GP.</p>
<p>How to book:</p>	<p>Please call 01422 284411 to book your place.</p>
Option 4 – Weight Watchers	
<p>About the service:</p> 	<p>Weight Watchers meetings are welcoming, motivating, supportive, friendly and great fun! They are run by Leaders who themselves have successfully lost weight with Weight Watchers. They have learnt how to deal with the challenges of losing weight and are passionate experts in supporting others to achieve weight loss. Every week in our hour long meetings, different real life, weight loss topics are discussed and ideas, solutions and support shared. You also get individual, confidential support at your weekly weigh-in to help you achieve your weight loss goals. It's never been easier to get started with <i>Simple Start</i> - our new simple approach to weight loss without the distraction of any weighing, measuring or counting. The ProPoints plan is designed to fit around the lives of real people to help you make the right food choices for healthy weight loss without being hungry. There are no 'special' foods; you eat everyday foods with family and friends. Through our meetings we combine delicious healthy eating with help and advice to become more active and improve your knowledge and confidence to make small changes which help you keep the weight off long term. Our friendly staff will talk you through the process and make sure this is what you really want to do. We will help you find a suitable meeting for you to join, make you an appointment and send you your FREE 12 week pack.</p>
<p>How to book:</p>	<p>Call 0845 602 7068 quoting WWRS052</p>

These services are commissioned by Public Health, Calderdale MBC.