

2. To be on time

Although we understand that life is often unpredictable, it is important that you aim to arrive for the sessions on time. It is unfair if the session has to be interrupted by people who arrive late and you will miss information crucial to your weight loss programme.

3. To remember that everybody has a chance to speak, but no-one is forced to speak

We will give every group member the same opportunity to speak. Some people are naturally more talkative than others which may put quieter people off talking. The more people that share their views, the more everyone will benefit.

Some people don't like speaking out in public, and that's fine too. We will not pressurise you into talking if you don't want to.

4. Do remember that this is your group

Although you are attending this group, the majority of the work is done, by you, in between groups. We hope that you will be ready to work hard at changing your usual eating behaviour and physical activity levels during the programme. We hope that you will have the confidence and skills to continue after you leave the programme.

So that you can get the most from the GCSWMS, we hope you will be able to be open and honest about your progress.

Please turn off mobile phones and arrange for someone else to look after your children. This allows you to attend the group with no distractions.

If after your assessment and reading this information you would like to join the GCSWMS Programme please phone:

0141 232 1765

9am- 1.00pm Monday - Friday

Contact Details

GCSWMS

Ward 2, 2nd Floor

Main Entrance

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(Old Royal Hospital for Sick Children)

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Review Date: May 2019

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An Introduction to the

Glasgow & Clyde Specialist Weight Management Service

Information for Patients

Acute Services Division

Healthy body, healthy mind

Get started

Healthy eating

Weight loss

The Glasgow and Clyde Specialist Weight Management Service (GCSWMS)

This is a service for people in NHS Greater Glasgow and Clyde. It is an education programme.

The GCSWMS team includes dietitians, psychologists and physiotherapists.

The GCSWMS aims to help you:

- Change your eating behaviour and physical activity levels.
- Develop confidence and skills to change unhelpful habits.
- Lose enough weight to improve your health. A modest weight loss of 5-10kg (11-22 lbs) can significantly improve your health.
- To successfully maintain your weight loss over time.

Your first appointment

Your first appointment will be an initial assessment and you will see a member of the GCSWMS team.

This usually takes up to one hour to complete. The assessment will include:

- Your dieting and weight history,
- Your activity levels,
- How you are feeling,
- Any problems you have that are associated with your weight,

- Your readiness to change aspects of your lifestyle to lose weight.

What happens after the first appointment?

The person who carries out the assessment will discuss what options are available to help you.

We will give you time to consider whether you would like to join the programme.

Further appointments will usually be carried out in groups.

Your first group involves one session per fortnight, for 3 to 6 months. Then groups are held once a month.

The groups are 'closed groups'. Once a group has been formed, no new people will be able to join. There are morning, afternoon and limited evening groups and you may need to make arrangements so that you can manage to attend each session.

Individual treatment may be available if a group approach is unsuitable.

Treatment

The sessions will be delivered in the West ACH (Old Royal Hospital for Sick Children), Sir James Clark Building, Paisley or in local venues.

Treatment will include nutrition and physical activity advice and psychological

approaches to changing your health behaviour.

You will learn about many different things, e.g. healthy eating, your own eating habits and ways of preventing relapses (falling back into old habits).

Get Started Classes

These are classes to increase your physical activity. They are held at various locations throughout NHS Greater Glasgow and Clyde. Only people from the Glasgow and Clyde Specialist Weight Management Service can attend these classes.

Will there be any follow-up?

The GCSWMS will review how you have got on and offer you further advice and support if you need this.

Your role

1. To attend all sessions

If you decide to commit, it is vital that you attend all the sessions of the programme.

If you cannot attend, please phone us to cancel rather than just not turning up. If you do not cancel, you may lose your place on the programme.

If you do not attend a group, valuable time is wasted and you may miss out on important information.

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