Glasgow and Clyde Weight Management Services

Glasgow and Clyde Weight Management Services aim to support individuals who are overweight and with a range of co-morbidities. The referral pathway is below and full referral criteria/ instructions can be found here.

How to Refer

- **Acute Health Professional**
  - Trakcare
- **Primary Care**
- **Self Referral**
  - SCI Gateway
  - Phone/ Online

Weight Management Referral Hub

- **Tier 2**
  - Community Weight Management Service
- **Tier 3**
  - Specialist Weight Management Service
- **Tier 4**
  - Bariatric Surgery

Impact of Covid 19

The figure below shows the annual referrals to GCWMS for years 2017 - 2020 and highlights the impact of lockdown measures on the service.

<table>
<thead>
<tr>
<th>Year</th>
<th>Annual Referrals</th>
</tr>
</thead>
<tbody>
<tr>
<td>2017</td>
<td>4128</td>
</tr>
<tr>
<td>2018</td>
<td>4968</td>
</tr>
<tr>
<td>2019</td>
<td>6408</td>
</tr>
<tr>
<td>2020</td>
<td>3346</td>
</tr>
</tbody>
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Research has shown that a significant proportion of adults have been overeating/ gained weight during the first national lockdown of 2020.

Restrictions have also led to some of the changes in provision outlined below.

Community Weight Management Service

**What's Offered?**

- 16 weeks FREE virtual membership with WW (Weight Watchers reimagined) providing:
  - A timetable of virtual workshops delivered over Zoom by WW coaches
  - Access to a range of support through the WW smartphone app.
  - Workshops provide:
    - Education
    - Motivation
    - Peer support
    - Sense of community

**What's Been Said?**

"I attended my virtual workshop every week and found this was a massive help. If these were not on I would have really struggled to get to my goal weight."

- Elizabeth

"When lockdown happened I was worried about how I could continue to manage my weight loss. But WW provided online workshops and my coach has been so supportive, giving great advice."

- James
Self Management

Patients who want to lose weight but don't meet the referral criteria can be provided with our self management resource. This can be downloaded [here](#), or physical copies can be ordered via [PHRD](#).

NHS Inform have also developed a free online 12 week Weight Management programme which patients can signpost to. Access it [here](#).

Live Active - Physical Activity Referral Service

What's Offered?

At Live Active we can support your patients to become more active, identifying the best options for them, taking into account their medical history and Covid 19 restrictions.

We can currently support patients through a range of means including phone calls, emails, texts or video calls via Attend Anywhere. Our advisors are on hand to support, motivate and advise!

How to refer?

There are two ways to refer to Live Active

- SCI Gateway – follow the appropriate form and guidance for LIVE ACTIVE
- Online referral form – Click on the appropriate form and complete

Live Active Referral Form A – [Referral Form A](#)
Live Active Referral Form B (for patients with heart disease) – [Referral Form B](#)

What's Been Said?

"John was referred to Live Active to help him improve his balance and to reduce his social isolation."

Before Covid 19 he attended our supervised session weekly and enjoyed chatting with other gym users. He made connections in the gym and got to know our team.

Since lockdown John has been performing low level home exercise a couple of times a week and light walking whilst doing his shopping, but he has missed the company of others.

When calling John for a catch up appointment he sounded a little down, so we offered a walking meeting and provided details of other support services in our local area."

The Story of 2020

- The Specialist Weight Management Service programme is delivered primarily as a group intervention which has been paused due to COVID 19 restrictions.
- Staff have used this opportunity to review and refresh the structure and content of the programme for digital delivery.
- Delivery via Microsoft Teams will be available in the coming weeks.

Developments

We are working on the implementation of a pathway for newly diagnosed Type 2 Diabetics into both weight management and structured education following diagnosis. This is currently being piloted and aims to support patients into these services without requiring referral from their GP.

We have also recently added previous diagnosis of Gestational Diabetes to our referral criteria and are developing a pathway to automatically contact women who are eligible around 6 months post-partum.

An electronic version of this report, including hyperlinks can be accessed at [www.nhsggc.org.uk/about-us/professional-support-sites/referral-guidelines/weight-management/](http://www.nhsggc.org.uk/about-us/professional-support-sites/referral-guidelines/weight-management/)