

Referral Information

How to be referred?

See if you can self-refer at the website below or speak to your GP about referral. Once we have received your referral you will be contacted by a member of the NHSGGC Weight Management Hub to discuss which service you will be appointed to and to answer any questions you may have. You can also call us on 0141 211 3379 (Monday-Friday, 8am-4pm) and we'll call you back. Interpreters can be provided.

Can I choose which service to attend?

Depending on your individual health circumstances and personal needs, our Weight Management Hub staff will direct you to the most appropriate service.

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.

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 healthcare professional.

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.

Start your journey at:

www.nhsggc.org.uk/weightmanagement

Do you want to lose weight?



Glasgow and Clyde Weight Management Services can help



Take the first steps towards a healthier, happier and slimmer you.

Community Weight Management Service

in partnership with



About WW

WW workshops are welcoming, motivating, supportive and friendly. They make a huge difference to people losing weight. Workshops are run by expert Coaches who themselves have successfully lost weight with WW. They've learnt how to deal with challenges of losing weight and have real expertise in supporting others to achieve weight loss success. Each week a different real life weight loss topic is discussed and ideas, solutions and support are shared. You can get individual, confidential support from your WW coach.

What will I get with my referral?

With your NHSGGC referral you will get a free 12 week membership with WW which gives you access to a blend of in-person and online support including:

- Weekly face-to-face workshops, including a wellness check in with a WW Coach
- A timetable of virtual workshops, delivered over Zoom by WW
- The WW Smartphone app providing
 - Tracking of diet / physical activity / sleep
 - Over 5000 recipes
 - Equipment-free workouts
 - Social community - 24/7 access to a coach
 - Rewards - gain points unlock prizes

We'll provide you with detailed instructions on how to access and make the most of your workshops and the WW app.

If you regularly attend workshops and lose 5% of your body weight over the 12 weeks, you could be eligible for a further 12 week membership.

Specialist Weight Management Service



About the Specialist Weight Management Service

The Specialist Weight Management Service is delivered by an expert multidisciplinary team of dietitians, psychologists and physiotherapists. The team understands that working on your weight is a challenging and long term process. Through a structured lifestyle education programme, the team will support you to set realistic goals to achieve weight loss and long term weight maintenance.

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 on-line resourced to support you
- Psychological approaches to support weight loss are available, with education talks, groups and one to one support.
 - Physiotherapy telephone exercise consultation with advice adapted to your current level of ability.
 - Physiotherapy led online activity resources to support or increase your fitness levels, muscle strength and endurance.
 - We will provide you with detailed instruction to join the on-line groups.

