

INFORMATION FOR PATIENTS

Weight loss and healthy lifestyle advice

Download the free NHS Weight Loss Plan to help you start healthier eating habits, be more active, and start losing weight.

The plan is broken down into 12 weeks so you can:

- Set weight loss goals.
- Plan your meals.
- Make healthier food choices.
- Get more active and burn more calories.
- Record your activity and progress.



The app makes it easy for you – just take it one week at a time.

The NHS Digital Weight Management Programme

This 12-week programme offers free online access to weight management services for those who are:

- 18 or over.
- A BMI above 30 (or above 27.5 for people from black, Asian and ethnic minority backgrounds, as they have higher risk of conditions such as type 2 diabetes at a lower BMI).
- Have diabetes, high blood pressure, or both.

This is only available to people with a smartphone, tablet or computer with internet access.

To sign up to the programme you will need to speak to your GP or a local pharmacist who can refer you to the programme.

Your Health Notts

This is Nottinghamshire's new Integrated Wellbeing Service funded by Nottinghamshire County Council and delivered by ABL Health. They can help all residents of Nottinghamshire (excluding Nottingham city) with a BMI of more than 30 get more active, eat healthier, manage their weight, drink less alcohol and stop smoking. They offer realistic and practical support for people to make life long healthy behaviour changes.



Self-referral can be completed via the app, website (www.yourhealthnotts.co.uk) or by calling the administration team on 0115 772 2515. All referrals processed within one working day.

Change Point

This is a county-wide integrated management service in Nottinghamshire, which provides a comprehensive programme to help people manage their weight by advising on:

- Improving dietary intake.
- Improving physical activity levels.
- Improving mental health.
- Weight loss in adults (excluding pregnant women).
- Weight maintenance or weight loss in children and young people.

Telephone: 03330 05 00 92

Useful websites:

- <https://www.nhs.uk/better-health/lose-weight/>
- <https://www.nhs.uk/live-well/healthy-weight/managing-your-weight/>

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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