This type of multidisciplinary team lifestyle change programme is mandatory for patients prior to weight loss surgery according to NHS England who now fund bariatric surgery.

**How to make a referral**

Electronic referral forms for this service are on EMIS in all Bucks GP surgeries. These are sent to Chiltern Vale Health (address on the referral form) the administrative body for WFB.

**For further information, please email:**

Dietitian, Judi Earl:
[judi.harrison@buckshealthcare.nhs.uk](mailto:judi.harrison@buckshealthcare.nhs.uk)

CBT Therapist, Bronwen Taylor:
[bronwentaylor@nhs.net](mailto:bronwentaylor@nhs.net)
Weigh Forward Bucks (WFB)

This is a specialist weight loss service for adults served by the Buckinghamshire Clinical Commissioning Groups.

The staff team includes:

- a GPwSI (GP with a special interest) lead
- a dietitian
- a CBT practitioner (cognitive behavioural therapist)
- psychology assistants
- an exercise specialist

The team are from local services including the Community Dietetic Service and the Healthy Minds Wellbeing Service.

Who is WFB for?

The WFB service is for adults who have a body mass index (BMI) of 35 or more (33 in Asian adults) with associated health problems or BMI of 40 (or 38 in Asian adults) with or without health problems.

Referral criteria information

**Do not refer until:**

- the ability and commitment to 90% attendance throughout the year-long programme.
- the ability to cope with participating in a group programme.
- unsuccessful weight loss or maintenance at Tier 2 (structured weight management programme, for example Weight Watchers or dietitian’s clinic).

The following exclusion criteria apply:

**Exclusions:**

- Pregnancy or breastfeeding
- Uncontrolled hypertension, heart condition, medical condition preventing increase in activity level

**Only refer once stable:**

- Alcohol or drug abuse
- Psychiatric illness
- Hypothyroidism
- Cushing’s syndrome

Programme information

The programme takes place over 12 months. This starts with ten weekly (or alternate week) group sessions held in a community venue, followed by an individual review.

The course then continues once a month for six group sessions and a final individual review at the end of 12 months.

Throughout the programme, participants will have an opportunity to speak individually to members of the team if needed.

Interventions include nutrition and physical activity advice, but with a strong emphasis on psychological approaches to behavioural change.

The WFB service has been running for one year and currently provides four programmes per year across the county, with two programmes in Aylesbury and two in High Wycombe - one in the evening and one in the morning for each venue.

The WFB Programme is based on the Glasgow and Clyde Weight Loss and Lifestyles Management Programme for which there is a good evidence base: [www.nhsggc.org.uk/gcwms](http://www.nhsggc.org.uk/gcwms)