

Weigh Forward Bucks (WFB)

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

The staff team includes a dietitian, CBT practitioner (cognitive behavioural therapist), psychology assistant, and an exercise specialist.

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

Access to WFB programme

If after reading this leaflet you are interested in joining this programme then please contact your GP to discuss referral.

If you need the information in another language or format please ask us

Nëse ky informacion ju nevojitet në një gjuhë apo format tjetër, ju lutem na kontaktoni

আপনি যদি এই তথ্যাদি অন্য কোন ভাষায় বা মাধ্যমে (ফরমেট) পেতে চান তবে দয়া করে আমাদেরকে বলুন

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若您需要本信息的另一种语言或格式的版本，请与我们联系

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Oxford Health NHS Foundation Trust
Trust Headquarters

Warneford Hospital
Headington

Oxford
OX3 7JX

Switchboard: 01865 901 000

Email: enquiries@oxfordhealth.nhs.uk

Website: www.oxfordhealth.nhs.uk

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An introduction to

Weigh Forward Bucks

Weight Management Service

Information for patients

Weigh Forward Bucks (WFB) aims to help you:

- to have the confidence and skills to make permanent lifestyle changes required for long-term weight loss.
- to make healthy choices in your eating behaviours.
- to be able to make decisions about lifestyle in order to engage more fully with life including physical activity.
- lose enough weight to improve your health. Weight loss of 5-10kg (11-22lbs) can significantly improve your health.
- to successfully maintain your weight loss over time.

Information about the service:

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

The course then continues once a month for six more 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 and psychological approaches to behavioural change.

What people have said about our service:

"It has given me a lot more confidence to lose weight."

"I'm not good in groups but was made to feel at ease."

"Explanations, motivation, no pressure, non-judgmental."

"Staff took time to listen to people and make sure people understand."

Access to the service:

For a referral to the service, speak to a healthcare professional, such as your GP or your practice nurse.

The next step is an initial appointment for you to meet the members of the team and discuss your individual needs.

This usually takes 30-40 minutes and will include dieting and weight history, activity levels, how you are feeling, the problems you have that are associated with your weight and your readiness to change aspects of your lifestyle in order to lose weight.

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

If the programme is unlikely to be the best approach for you, then other options will be discussed and you will be signposted or referred to an alternative service.