

## WAY FORWARD BUCKS PATIENT LEAFLET

If you would like to have information translated into a different language, please contact the Equality and Diversity Team at: [EqualityandInclusion@oxfordhealth.nhs.uk](mailto:EqualityandInclusion@oxfordhealth.nhs.uk)

**Arabic** يُرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتسليق مختلف.

**Bengali** আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।

**Urdu** اگر آپ یہ معلومات دیگر زبان یا مختلف فارمیٹ میں چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کریں۔

**Chinese** 若要以其他語言或格式提供這些資訊，請與我們聯繫

**Polish** Aby uzyskać informacje w innym języku lub w innym formacie, skontaktuj się z nami.

**Portuguese** Queira contactar-nos se pretender as informações noutro idioma ou num formato diferente.

Website: [www.healthymindsbucks.nhs.co.uk](http://www.healthymindsbucks.nhs.co.uk)  
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**Do feel like you could benefit from professional support to meet your health and weight loss goals?**

**Our effective and free NHS service can provide you with tailored professional support to help you achieve your wellness goals.**



**Way Forward Bucks**  
*Healthier Lifestyle Choices*

Way Forward is provided by Oxford Health NHS Foundation Trust and Buckinghamshire Healthcare NHS Trust

**Information for Patients**

## Way Forward Bucks (WFB)

Way Forward is a specialist weight loss service for adults living in Buckinghamshire. The team are from local services including the Community Dietetic Service and the Healthy Minds Wellbeing Service.

The WFB staff team includes Dietitians, Clinical Practitioners (Psychologist or Cognitive Behavioural Therapists), Psychological Wellbeing Practitioners, a Psychology Assistant, and a Physical Activity Specialist.

### Way Forward Bucks (WFB) aims to help you:

- Develop the confidence and skills to make permanent lifestyle changes required for long-term weight loss
- Make healthier dietary choices
- To make beneficial lifestyle changes to improve your quality of life, such as increasing physical activity
- Lose enough weight to improve your health. Weight loss of 5-10% of your body weight can significantly improve your health
- Successfully maintain your weight loss over time

### Information about the service:

Way Forward Bucks is a specialist Tier 3 weight management service that encourages sustainable weight loss by supporting lifestyle change in 3 key areas – nutrition, physical activity, and emotional wellbeing. In order to access the Way Forward Bucks programme, you must have previously accessed support with community weight loss support services, such as Slimming World or seeing a dietitian.

The programme takes place over 12 months and is made up of 16 sessions in total. Our experienced and specialist team will be able to offer you support and guidance throughout the course within their specialist areas.

## Digital or Remote Working

The WFB team provide support through in-person groups or through our newly developed digital group platform. Those who've accessed this service have found both approaches to be engaging and effective.

We are also able to offer treatment through "*Oviva Way to Wellness*" who offer individuals the support of a Dietitian and Psychologist using an app, phone calls or video calling. This is a bespoke service and will create a nutritional plan and support package personalised to your needs.

### Accessing the service

This service is for people who have a body mass index (BMI) of 30 or more (or 27.5 for individuals from Black, Asian, or other ethnic minorities) with associated health problems or a BMI of 40 (37.5 for individuals from Black, Asian, or other ethnic minorities) with or without health problems. For a referral to the service, please speak to your GP or health professional.

After our GP has reviewed your referral and passed it to the team, you will be invited to attend a telephone assessment with one of the team members based in the Healthy Minds Wellbeing Service. This usually takes up to one hour and will include a discussion about your diet, weight history, how you are feeling, the problems you have that are associated with your weight and your readiness to change aspects of your lifestyle to lose weight. If this programme is likely to benefit you, your assessor will let you know of available courses.

If the programme is unlikely to be the best approach for you, then other options will be discussed, and you may be signposted or referred to an alternative service. If after reading this leaflet you are interested in joining this programme, then please contact your GP to discuss a referral.