

# Local Weight Management Services

Below is a list of local services which your patients can access to support them with their weight management. They can access most of these services themselves however if they feel that they need some extra support you can refer them to the OHL Social Prescribing team. This information can also be found on the weight management patient toolkit.

## **1. Weight Watchers and Slimming World**

### **What does the scheme offer? ·**

Patients can attend Weight Watchers or Slimming World meetings for 12 weeks free of charge and have full access to all online support.

### **Who can be referred to the scheme? ·**

- People over 18 with a Body Mass Index (BMI) greater than 30 (or 27.5 South Asian)
- Teenagers BMI  $\geq$  98th centile (aged 13 -17 years accompanied by parent/guardian)
- Pregnant women who are attending Pregnancy Plus (eligible for Slimming World)

And

- Interested in making lifestyle changes and willing to attend 12 group sessions.
- To self refer to Slimming World patients can call 0177 354 6088. To refer to Weight Watchers patients can call 0345 6027068 quoting WWRS047.

### **Patients cannot be referred if they have: ·**

- Been a paying member of Weight Watchers or Slimming World in the last three months ·
- Have a known eating disorder ·
- Previously been referred and not completed the 12-week programme

## **2. Shopping for health tours (on hold for the moment)**

A Dietitian from Lewisham Hospital runs free shopping tours in local supermarkets. The tours are focused on understanding food labels, in order to help with making better food choices. They can help you with the following topics:

- Diabetes
- Healthy Eating
- Heart Health
- To improve nutrition knowledge

After a short introduction they will go through some of the important food groups and look at food labels in order to help you compare products. You will be given a booklet which summarises some of the key points that they will talk about on the tour. The tour will usually last around 90 minutes - 2 hours.

Shopping tours usually run on a Friday morning. They run the tours at the Sainsbury's stores in New Cross Gate, Sydenham and Lee Green. To join a tour please call or email them with your name, date of birth, telephone number and your preferred supermarket.

**Telephone:** 0208 333 3314 (Lewisham Dietetics)

**Email:** [tlh-tr.lewishamdietetics@nhs.net](mailto:tlh-tr.lewishamdietetics@nhs.net) website:

<https://www.lewishamandgreenwich.nhs.uk/manage-your-diet>

### 3. GCDA Cookery Clubs (running via Zoom)

Free cookery clubs for Lewisham residents of all ages. At the moment they're running online only.

Ordinarily, you cook two or three dishes as a group, which you then eat together. It's a nice, friendly, informal group and it's free (they provide the food and all cooking utensils). The general idea is healthy eating, so you also learn about salt, sugar and fat and how to make healthier food choices, as well as new cooking techniques!

If you're interested in attending a future class, you can contact Georgia Hunt on **0208 269 4895**.

### 4. Lewisham Healthy Walks

In-person walks are suspended currently due to Covid.

<https://www.walkingforhealth.org.uk/walkfinder/lewisham-healthy-walks>

Zoom class - Join in some exercises for a whole-body workout.

**When:** Tuesday, Thursday and Friday 10 – 10.30am (Zoom meeting opens at 9.55am)

**What:** A range of options are given for light chair exercises to full energetic workout out. You will need 2 weights (tins of beans or filled bottles are OK), a soft ball or cushion and a chair. No mats needed.

**Contact:** Please let Sonya know if you have any health problems or limb problems that could be affected by exercise.

Email: [Sonya.nordicwalking@gmail.com](mailto:Sonya.nordicwalking@gmail.com)

Zoom link:

<https://us04web.zoom.us/j/8242882175?pwd=cHFGUkVwciJCeXNnSkZtc0dFU2N6QT09>

Meeting ID: 824 288 2175

Password: 675491

### 5. Exercise on Referral

The social prescribing team can refer to Exercise on Referral for one of three different pathways, depending on your need and ability. You will be contacted by the Exercise on Referral team and invited to a session at your local leisure centre (Forest Hill Pools, The Bridge, Glass Mill, Wavelengths or Downham Leisure Centre). Sessions, whether one-off or multiple, are free for those who qualify. Alternatively, one can access the referral form on DXS.

**Active Scheme:** A group one off education and motivational session on physical activity opportunities and related schemes. Information on free outdoor activities and discounted leisure activities. For patients ready and confident to exercise independently without close supervision and who meet the LOW level criteria

**Active Referral:** Exercise on Referral is a programme of exercise sessions to help people with certain medical conditions. The scheme offers a structured programme of 24 sessions over 12 weeks. These are held in 5 leisure centres in the borough. You will be offered an assessment at the beginning and end of the programme. The exercise sessions include Aqua Aerobics, circuits, gym sessions, low intensity aerobics and walking. Some centres also offer line dancing and pilates.

**Active Heart Programme:** The Active Heart Programme is a cardiac rehabilitation programme that aims to provide a stepping-stone in the transition from supervised cardiac rehabilitation to community-based exercise sessions (without the presence of medical personnel).

#### **6. Beactive free and subsidised membership schemes**

Beactive offer a wide range of membership options for patients who have a long term disability or are from a low income background. Direct patients to

<https://lewisham.gov.uk/inmyarea/sport/be-active-discounts/who-can-join-the-be-active-scheme> for further information.

#### **7. HEAL-D Programme (currently still in the pilot stage)**

The HEAL-D programme is designed to help black African or Caribbean people live well with type 2 diabetes. It has been developed with black African & Caribbean people in south London.

Referral criteria are:

- People of Black African or Caribbean ancestry
- Diagnosed with type 2 diabetes
- Aged 18+ years, not pregnant
- Able to speak and read English
- Willing to take part in group video sessions and has access to internet via computer, laptop, or smartphone
- Able to take part in light/moderate physical activity.

**Use the HEAL-D EMIS referral form and email it to [gst-tr.heald@nhs.net](mailto:gst-tr.heald@nhs.net).** This programme is still in the pilot stage so waiting times can be variable.