

**Bromley Weight Management Referral Form**

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| **About this Form**  |

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| This form should be used to make referrals to Slimming World or Weight Watchers for a 12 week course funded by London Borough of Bromley. Please complete all sections and provide the patient with the Patient Information Leaflets.This form contains merged data in red font. Please delete any information irrelevant to this referral. |

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| **1. Patient Details (Complete for All Patients)** |
| **Title:** Title  | **First Name:** Given Name  | **Surname:** Surname  |
| **NHS Number:** NHS Number | **Date of Birth:** Date of Birth | **Gender:** Gender  | **Age:** Age  |
| **Address:** Home Full Address (single line)  |
| **Telephone: (Home)** Patient Home Telephone  **(Mobile)** Patient Mobile Telephone  |
| **2. Referral Details (Complete for All Patients)** |
| **Date of Referral**Short date letter merged  | **Form Completed By:** Current User **Referring GP (If form completed on GP's behalf):** Free Text Prompt |
| **Surgery:**Organisation Name  |
| **Address:** Organisation Full Address (single line)  | **Telephone:** Organisation Telephone Number  |
| **Email:** Organisation E-mail Address  | **Fax:** Organisation Fax Number  |
| **3. Referral Criteria (Complete for All Patients)**  |
| Patients must be aged 18 or over with BMI **≥**35 **or** BMI **≥**33 with co-morbidity. Exclusion criteria apply**[ ]  I confirm that the patient fits none of the exclusion criteria below.*** Pregnant
* Housebound
* 17yrs old or less
* Vulnerable patients without a carer
* Patients with eating disorders
* Patients who are not motivated to make changes at this time
* Patients who have previously received a commercial weight management referral
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| **4. Indication for Referral (Complete for All Patients)**  |
| Please indicate which qualifying conditions the patient has.**[ ]  BMI ≥35 Recorded BMI:** Single Code Entry: Body mass index **or** **[ ] BMI ≥33 with co-morbidity** (indicate below which co morbidities the patient has)**[ ]  Hyperlipidaemia** Single Code Entry: Hyperlipidaemia NOS... **[ ]  Hypertension** Single Code Entry: Hypertensive disease**[ ]  Diabetes** Single Code Entry: Diabetes mellitus **[ ]  CHD** Single Code Entry: Ischaemic heart disease**[ ]  Other (please specify)**  |

**London Borough of Bromley Weight Management Programme**

**Patient Information**

Your GP has completed a referral form which you can use to enrol on either the Weight Watchers or Slimming World programmes. Details of these services are provided. These will help you to choose which programme would most suit you. You do not have to decide straight away but whichever service you select please note that:

* The course is free – you will be entitled to 12 weeks course at Weight Watchers or Slimming World. If you wish to continue after this you will need to pay.
* Once you have chosen which programme you wish to attend you should telephone Weight Watchers or Slimming World directly.
* You will be asked some questions when you call and will need your referral form to answer them so please ensure you have it to hand.

The Weight Watchers or Slimming World Helplines will find you a local course. If you are still undecided or have unanswered questions after calling the helpline, the local course leader can be asked to contact you to tell you more about the course before your first attendance.

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| **Weight Watchers**Weight Watchers is more than ‘just another diet’. We have been helping people lose weight and keep it off for 50 years. Through our meetings we combine delicious healthy eating with help and advice to become more active than you are right now and the knowledge and confidence to gradually adopt the right habits that will mean you keep the weight you lose off long term.Weight Watchers’ meetings are welcoming, motivating, supportive, friendly and great fun!. They are run by Leaders who themselves have successfully lost weight with Weight Watchers. They have learnt how to deal with the challenges of losing weight and are passionate experts in supporting others to achieve weight loss. Every week in our hour long meetings different real life weight loss topics are discussed and ideas, solutions and support shared. You also get individual, confidential support at your weekly weigh in to help you achieve your weight loss goals.At Weight Watchers we love food. We believe that food is for life, for enjoyment and for good health, we have developed the ***ProPoints*** plan uses advanced weight loss science to help you lose weight and manage your hunger. The ***ProPoints*** plan is our most flexible plan ever, designed to fit around the lives of real people to help you make the right food choices for healthy weight loss. There are no ‘special’ foods, you eat everyday foods with family and friends and you get an extra weekly ***ProPoints*** allowance which enables you to include treats like chocolate, wine, snacks and a take away!**Call now to complete the next step or to be given further information** **0845 602 7068\*** quoting **WWRS061****Monday – Sunday 8.00 am – 8.00 pm***0845 numbers from a landline will cost around 2p per minute to call during the daytime and about 0.5p per minute at all other times dependent on the provider. Calling from mobiles will incur higher costs*Our friendly staff will talk you through the process and make sure this is what you really want to do. We will help you find a suitable meeting for you to join, make you an appointment and send you your pack.**For more information about Weight Watchers visit** [**www.weightwatchers.co.uk**](http://www.weightwatchers.co.uk/) |

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| **Slimming World**Slimming World offers weekly group support to help you make gradual changes towards a healthy lifestyle.   The Food Optimising eating plan is based around satisfying your appetite with healthy everyday foods like fruit and vegetables, pasta, potatoes, eggs, fish, lean meat and chicken so that you never go hungry. It’s a long term plan, not a quick fix, so no food is banned and whatever your favourite treat is, you can still enjoy it in moderation.  Motivating you to become more active gradually, when you feel ready, is Slimming World’s optional Body Magic programme. It works by redefining what is seen as activity so that anything that gets you moving more, from washing the car to walking the dog, is rewarded and counts towards your weekly total. As a member, you choose the target weight that you feel happy with and are motivated and encouraged in hour long weekly meetings to share experiences, recipes and ideas with your fellow slimmers in a warm, supportive environment. Research shows this is crucial to weight loss success and, once you reach your target weight, you can attend for free. Groups are led by trained Slimming World Consultants, all of whom are former members and have lost weight on the plan themselves. Your weight remains confidential at all times and your weight losses and gradual changes towards a healthy lifestyle are celebrated. **Call now to complete the next step or to be given further information.****01773 546379****Monday – Friday 9 .00 am – 6.30 pm***Calls will be charged at the local rate***For further information see** [**www.slimmingworld.com**](http://www.slimmingworld.com/) |

Free Text Prompt