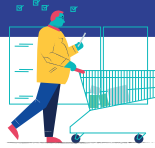


OneLife Suffolk Adult Weight Management Service



Service Description:

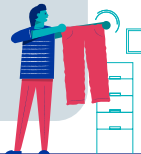
OneLife Suffolk provides up to 12 months of free adult weight management support, providing clients with the tools, advice and guidance needed to help them improve their lifestyles, achieve their weight loss goals and sustain the changes made for good.

Eligibility Criteria:

- 16+, resident of Suffolk
- A BMI of 30+ (or 27.5 if of Black African, African-Caribbean or Asian Origin or with the following – Type 2 diabetes, Hypertension, Cardiovascular Disease, Osteoarthritis, Dyslipidaemia or Sleep Apnoea.)

Exclusion Criteria:

- Active Psychosis
- Active Bulimia
- Unsupported or unstable personality disorder
- Active Substance Abuse Disorder (SUD) including Alcohol
- Dementia
- Pregnancy
- Individuals who have undergone Bariatric Surgery in the last 12 months



Patient Benefits:

- 12 weeks worth of intensive support with an additional 12 months worth of maintenance support.
- Group setting with 1-1 support also available.
- A psychologically based programme to encourage long-term change and healthy habits.
- Sustainable, realistic and practical weightloss.

How to refer:

You or your patient can visit:
www.onelifesuffolk.co.uk
or call: **01473 718193**



Scan QR code to learn more

Client Pathway

Referral received via:

- Self-referral (Online/ Telephone)
- GP and other Health Professionals
- Social care (incl. Social Workers)
- OneLife Outreach
- Internal OneLife Suffolk

Assessment triage completed by OneLife Suffolk's Client Services Team

Placed onto Tier 2 Weight Management Programme

Engagement call carried out by Practitioner prior to group commencing

Or offered the Slimming World voucher partnership

Our Client attends 12 weeks of the psychologically informed programme in either a virtual or community group setting. Dietetic and therapeutic input also available if required

Complete 12 weeks worth of weekly sessions

Enter maintenance phase of monthly sessions for the next 12 months, and 6, 9 and 12 month 1-1 contact follow ups

GP's can request outcome summary of referral

If the client is not engaging or drops out of the programme, the practitioner will have a conversation with them and find out what their barriers are. They can change group, go on the waiting list if the time is not right or be offered our Slimming World partnership offer. A discharge letter will also be sent to you as a referrer.

Slimming World Partnership

In addition to our regular programme we can also offer eligible clients 12 weeks worth of free Slimming World vouchers.

Head to website to learn more.