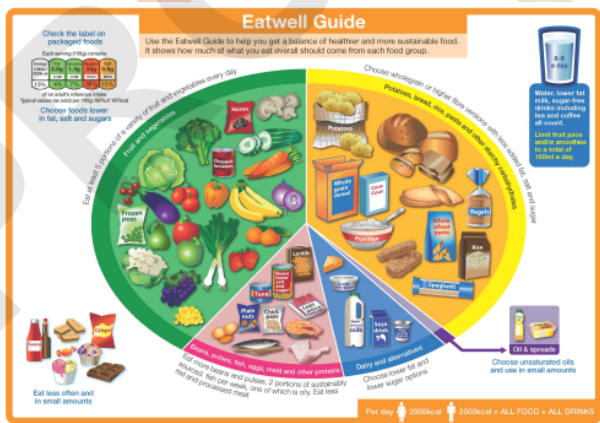


What to expect when you see the Specialist Obesity Service Team

Local Specialist Obesity Service Information Leaflet



Options available

If you'd like a large print, audio, Braille or a translated version of this leaflet then please call:

01253 955588

Our Four Values:

People Centred

Positive

Compassion

Excellence

First Steps

You have been referred to the Weight Management Team because what you eat and what you do is important to your health.

The Weight Management Team will send you an 'Opt In' letter to attend a Patient Information Group session. This letter will give you details of the place and time and how to contact us.

Who is in the Team

- Dietitian - trained professional in food and nutrition health.
- Occupation Therapist - a trained professional in activities and daily living skills.
- Health Psychologist - a trained professional in psychotherapeutic techniques.
- Team Medical Consultant.
- Administration Co-ordinator.

What to expect

- Group sessions.
- One to one appointments.
- Clinicians to help you with motivation.
- You will be treated with dignity, respect and confidentiality.
- You will not be asked to share things about yourself in the groups if you do not choose to.
- You can speak to the group leader in confidence if you wish to.
- You will have your preferences and medical condition taken into account in any treatment.
- You will receive copies of your information we send to the referrer.
- To be an equal partner in your treatment and your views will be respected.
- Helping to change mind set and attitude for the future.

Patient Experience

'It's nice to come here and talk with others, and to realise there are other people in the same situation'.

'I felt very welcome and not at all nervous. I have learned so much about food and drink during the course'.

'The staff were superb, understanding and non-judgemental. The programme was well thought out and each stage re-enforced by actions to practice at home. Inside Out has been the only programme I have even been on that gets you away from the constant yo-yo dieting that is damaging to health and causes low self-esteem by constant failure'.

'I really enjoyed this programme. No pressure, no guilt laid upon you. Not made to feel awful about where you are with your weight and a load taken off completely which brought you a freedom to eat sensibly and take on board exercise that suited yourself'.

If you are unable to attend your Appointment / Group Sessions

If you are unable to attend, please contact us to let us know as soon as possible.

If you will wish to see the clinician, please contact us to re-arrange your appointment. You can do this by telephone or in writing.

If you do not attend for your appointment without letting us know within 24 hours of the appointment time, we will not offer you another appointment and you will be discharged from the service.

What happens after my appointment

The clinician may give you some written information on the changes agreed to take home with you.

The Department of Nutrition and Dietetics trains student Dietitians. There may be occasions when the Dietitian is accompanied by a student Dietitian at your appointment, if you would prefer them not to be present, please feel free to tell us.

Useful contact details

Community Dietetics

Telephone: 01253 956184

Email: asktheweightmanagementteam@bfwhospitals.nhs.uk

Hospital Switchboard: 01253 300000

Patient Relations Department

The Patient Relations Department offer impartial advice and deal with any concerns or complaints the Trust receives. You can contact them via:

Tel: 01253 955589

email: patient.relations@bfwh.nhs.uk

You can also write to us at:

Patient Relations Department, Blackpool Victoria Hospital, Whinney Heys Road, Blackpool FY3 8NR

Further information is available on our website:

www.bfwh.nhs.uk

References

This leaflet is evidence based wherever the appropriate evidence is available, and represents an accumulation of expert opinion and professional interpretation.

Details of the references used in writing this leaflet are available on request from:

Policy Co-ordinator/Archivist 01253 953397