How do I refer someone to the Health and Lifestyle programme?

- Complete an Exercise and Lifestyle referral form, attaching a patient summary sheet
- Post to the following address or fax to the number below
- Please do not hesitate to contact the service for more information if required

How to access the Health and Lifestyle Programme:
Discuss with your GP or practice nurse who can refer you onto the programme.
For more information please contact
The Health and Lifestyle Programme, Monkton Hall, Bedewell, Monkton Lane, Jarrow, NE32 5NN
Tel: 0191 283 1156   Fax: 0191 283 1491

NHS South of Tyne and Wear is committed to raising the standard of written information for patients, their carers, people who use the NHS and the general public.

This information can be made available in another format or language on request. Please contact the Communications and PR Team
Tel: 0191 529 7118
Email: mopil@sotw.nhs.uk
**Why refer to the Health and Lifestyle Programme?**
The Health and Lifestyle Programme offers overweight and obese people with or without co-morbidities the chance to benefit from an individually tailored 12 week weight management programme (with a 12 week follow up option), providing advice and support to achieve and maintain weight loss. Each programme is designed specifically to meet their individual health needs.

We work to ensure programmes are:
- Realistic
- Achievable
- Designed to fit in with the patients current lifestyle

As a referrer you will be kept up to date with progress reports including entry confirmation and an evaluation on completion of the programme.

**Programmes may include:**
- Improving diet and a weight management course
- Increasing physical activity and exercise
- Regular health checks including height, weight, BMI, waist measurement and blood pressure
- Regular contact with a Health and Lifestyle Advisor to support and monitor progress
- Signposting to other health related services

**Who can I refer?**
Referrals can be received from GP’s and nurse practitioners.
- South Tyneside residents registered with a South Tyneside practice
- Overweight or obese people with or without co-morbidities wishing to lose weight and improve their health
- People wishing to improve their mental health through healthy eating and increased activity
- People with disabilities wishing to benefit from healthy eating and increased activity