Weight Management Referral Programme

For further information please contact the Programme Administrator
Tel: 0191 433 6973
Email: lifestylegateway@gateshead.gov.uk
Who are the Weight & Activity Management Team?
Based in your local area, the Weight & Activity Management Team is made up of a range of professionals. They are dedicated to you, encouraging you to make positive, healthier lifestyle changes and helping you to lose weight and keep it off through a range of different programmes.

What is the Weight Management Referral Programme?
This may not be the first time you've tried to lose weight. Some of your attempts may have worked at first but at times these changes may have become too difficult to maintain. That's where we come in!

We can provide you with a free, realistic and achievable programme designed to suit your lifestyle and tailored to your needs. All of our programmes are completely confidential and could include:

- Professional dietetic support
- A healthy eating programme
- Cooking sessions, demonstrations and tasters
- Group sessions and ongoing support
- Exercise sessions
- Regular health checks covering height, weight, body mass index and waist measurements

Is the programme for me?
There are plenty of reasons to consider taking that first step to a healthier lifestyle, including:

- Learning more about healthy eating
- To lose weight
- Reduce the risk or help to manage long term illnesses such as heart disease, osteoporosis and diabetes
- Improve your mobility
- Improve your breathing and overall fitness
- Feel more energetic
- Increase your confidence and self esteem

How can I join the Weight Management Referral Programme?
If you think the programme is for you talk to your GP, Practice Nurse or other healthcare professional who can refer you to the Weight & Activity Management Team.

What happens next?
Once the team have received the referral you will:

- Be contacted within 7 days to arrange your first session of the 13 week programme which will include your introduction.
- At this session you will have your first health check. These checks will continue throughout the programme so you can see your progress.
- After 13 weeks you will be offered ongoing support and have the opportunity to attend regular weigh-in sessions and join further activity sessions of your choice to help maintain a healthy lifestyle.