



York Teaching Hospital
NHS Foundation Trust

An Introduction to the Adult Tier 3 Weight Management Programme

Positive changes for positive health

Information for patients, relatives, and carers

[York Weight Management Service](#)

① For more information, please contact:

Tier 3 Weight Management Programme

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Caring with pride

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Dear Patient,

You have been given this information leaflet because you have had a discussion with your GP regarding your health and weight. As a result of that discussion you have been referred to the Specialist York Tier 3 Weight Management Programme or YWMP for short.

What is the Tier 3 YWMP?

The Tier 3 weight management programme is a specialist programme involving a team of multiple healthcare professionals providing tailored care for people who have excess weight. The service provides focussed and continued support for up to two years. Support consists of group meetings, one-to-one consultations, and, where possible, online support.

The YWMP team are a dedicated, supportive, non-judgemental group who will take into account your individual circumstances, needs, and abilities in your care provision. The team includes:

Consultant Physician (endocrinologist)

Advanced Nurse Practitioner

Specialist Counsellor

Specialist Dietitian

Specialist Physiotherapist

Administration Co-ordinator

The overall aim is to help you to change your behaviours and approach to eating and exercise in order to lose weight, improve your emotional wellbeing, lifestyle and your health. There is a lot of evidence to show that reducing your weight by as little as 5% can improve your risk of illnesses such as Diabetes and Cardiovascular diseases.

To help achieve these goals we will support you in:

- Undertaking long-term behaviour changes through promoting healthy eating, physical activity, and exploring any psychological barriers you may have for a healthier you.
- Managing other conditions that you may have which are associated with excess weight e.g. diabetes, sleep apnoea.
- Gaining further information about topics which may affect your health and weight. Such as sleep, different types of hunger, eating patterns and physical activity to help you achieve a greater understanding of how to improve your lifestyle to achieve a healthy weight loss and health improvement.
- Learning to manage your own wellbeing in a safe supportive confidential environment, engaging with team members so you can feel enthusiastic and confident about reducing your weight and improving your health.

Once you have completed the Tier 3 weight management programme we will support you in exploring future options that may be available to you. This may include referral to the Bariatric Team (Tier 4) for assessment for weight loss surgery or referral to community activities so you can continue making healthy food choices and remaining active.

What happens in the programme?

Your initial visit is very important and will consist of two appointments (it is possible you could be with us for several hours, reduced cost parking is available). First is a Seminar with an introductory presentation about the team and the programme. Please feel free to bring a family member or friend with you to this seminar if you wish. This seminar is a group-based appointment where you will be with other people eager to improve their weight management and general health. Many people find the idea of groups daunting but being part of a group offers the opportunity to gain extra support, which can be very motivating and supportive; evidence shows that people on the whole do better in groups because of that extra support network and shared experience. The seminar itself is informal and will provide you with an outline of the programme and give you the opportunity to meet fellow group members and staff. You will also provide us with information through some questionnaires that we will ask you to fill in and we will get you to sign a contract to show your commitment to this valuable programme.

The second part of the day is in the form of one-to-one consultations with health care professions. During this initial assessment, we will plan to tailor the programme to meet your needs as much as possible. You will see the following professionals one by one:

Dietitian

Physiotherapist

Endocrinologist (doctor specialising in hormone related problems such as diabetes)

Weight Management Counsellor

We know that the idea of seeing so many people can be daunting, but we take the opportunity to start to get to know you, you get to know us and we can then tailor your programme for you. We want the whole process to be relaxed. The sooner we get to know you, the sooner we can help you to make those “positive changes for positive health”.

What happens next?

After week one, the next 12 weeks will enable you to learn more about your wellbeing and weight management, to add to what you already know about yourself and your weight loss, to increase activity and improve your mental and emotional wellbeing. Each week you will have sessions with the Dietitian, Physio, Counsellor (if appropriate). Some sessions may be groups, some may be in the form of a one-to-one session, or some may even be both. You will also see the doctor if they feel that they can improve any of your health conditions or adjust your current medications to help lose weight.

You will be given access to online support. The website is www.simplyweight.co.uk. You have access to this website, free of charge, with a whole host of content accessible each day. There are daily videos, recipes, messages, forums and other forms of information. You can input your own information, track and show yourself your progress as well as print reports. It is very easy to use, confidential, supportive and engaging. We will show you the website during the presentation and initial assessment.

Following these 12 weeks begins a period of monitoring. You may still be having some input from certain professionals but this is essentially your time to shine and is take further ownership of your health. We will keep in touch with you, following you up at various points throughout the whole programme. This will be a mixture of face to face, telephone, email and perhaps even video calling. For you to keep in touch with us we have dedicated email, telephone numbers both landline and mobile and you can even text us.

What if I can't make an appointment or session?

Don't worry, we appreciate that health and other events can occasionally result in you not being able to attend. Please let us know as early as possible if for some reason you are not able to attend any of your appointment or sessions. In order to make the most of the programme you will need to attend as much as possible, so the more we know from you about any problems which may prevent you attending the more we can help. If for some reason you don't let us know that you cannot attend and you don't come to an appointment, one of the team members will call you to make sure you are ok. We will not call you to see why you haven't attended but to see if you are having problems with the programme attendance so we can look to see how we can help. If you are currently employed it is possible for you to receive a Fit Note from your GP so you can get time off work to come to the appointments. This is a letter of support to your employer highlighting the importance of attending the various appointments.

Finally

The whole team are looking forward to you joining our programme. We want to help you make changes that will last a lifetime because we believe in "positive changes for positive health"

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

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Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email pals@york.nhs.uk.

An answer phone is available out of hours.

Please telephone or email if you
require this information in a different
language or format

如果你要求本資訊是以不同的語言
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Braille



Audio e.g.
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Large print



Electronic

Owner

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