

# Weight Management Support Information for Patients



Community Adult Weight Management Service  
(CAWMS)

February 2021



## Introduction

This booklet follows a recent questionnaire (September 2020) which asked patients and members of the public in Grampian for their views on the types of weight loss support they would find useful.

Feedback confirmed that no single option suits everyone – several options were identified as being helpful.



This booklet provides a range of information to help you choose the option/s which suit you best.

The information in this booklet was correct at the date given on the front cover – it will be updated as and when required. To access the most up-to-date, electronic version of this booklet (with embedded links) please visit: [www.healthyweightgrampian.scot.nhs.uk/nhs-services/weight-management-support-in-grampian/](http://www.healthyweightgrampian.scot.nhs.uk/nhs-services/weight-management-support-in-grampian/) or scan the QR code below:



If you are interested in any of the information in this booklet but do not have access to the internet, please call us on **01224 556556** and we will arrange send you information.

### Tell us What You Think!

We are constantly working towards improving the information and services we provide.

We would be grateful if you would take the time to feedback your thoughts on this information booklet once you have read it through. A short feedback form can be found at the following link:

- [www.healthyweightgrampian.scot.nhs.uk/nhs-services/](http://www.healthyweightgrampian.scot.nhs.uk/nhs-services/)
- Or can be accessed directly by scanning the QR code below on your smartphone or tablet device.



If you do not have internet access, you can phone us on **01224 556556** to give us your feedback.

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## A. Losing Weight by Yourself

Some people prefer to lose weight on their own. This section provides information to help with this.

### Advice Lines

#### **Grampian Healthy Weight Advice Line**

We are planning to provide an advice line to offer brief weight loss information and advice, to anyone who is overweight and looking to lose weight – this is most likely to be as a telephone and email service.

**What do you think?** Please let us know if you think this idea would be helpful by completing our feedback form, which can be found at the following link: [www.healthyweightgrampian.scot.nhs.uk/nhs-services/](http://www.healthyweightgrampian.scot.nhs.uk/nhs-services/) , or by scanning the QR code, below, with your smartphone or tablet device.



#### **Healthpoint**

Trained health advisors are available to help you with information and advice on a wide range of health-related issues.

The drop-in *healthpoints*, found at locations throughout Grampian, are currently closed but you can still contact the team by calling the free healthline on **08085 202030** or by sending an e-mail to [gram.healthpoint@nhs.scot](mailto:gram.healthpoint@nhs.scot).

For more information visit: [www.nhsgrampian.org/hospital-hub/aberdeen-health-village/also-in-aberdeen-health-village/healthpoint-and-carerspoint/](http://www.nhsgrampian.org/hospital-hub/aberdeen-health-village/also-in-aberdeen-health-village/healthpoint-and-carerspoint/)




## Recipes

People often ask for suitable recipes when looking to lose weight. The websites below provide a range of recipes to suit different tastes/ ages and stages.

With a bit of care you should be able to find and select recipes which make healthy choices and are lower in energy.

Most of the recipes also show the nutritional information which is colour-coded in line with 'Front of Pack' labelling - choose recipes which show mainly greens and few or no reds. For more information on reading labels visit:

[www.healthyweightgrampian.scot.nhs.uk/healthy-eating-and-drinking/label-reading/](http://www.healthyweightgrampian.scot.nhs.uk/healthy-eating-and-drinking/label-reading/) .

Parent Club		<a href="http://www.parentclub.scot/recipes?keys=healthy&amp;op=search">www.parentclub.scot/recipes?keys=healthy&amp;op=search</a>
Let's Get Cooking at Home		<a href="https://letsgetcooking.org.uk/lets-get-cooking-at-home/recipe-category/under-500/">https://letsgetcooking.org.uk/lets-get-cooking-at-home/recipe-category/under-500/</a>
Confidence 2 Cook		<a href="http://www.confidence2cook.co.uk/recipes">www.confidence2cook.co.uk/recipes</a>

## Information Leaflets



The British Dietetic Association (BDA) website has a variety of evidence-based 'Food Fact' information sheets on a range of nutrition related topics, including weight loss: [www.bda.uk.com/food-health/food-facts.html](http://www.bda.uk.com/food-health/food-facts.html) . They include:

Weight Loss	<a href="http://www.bda.uk.com/uploads/assets/c5761f35-ec82-4449-9fed3bcfe1fd08a5/Weight-loss-food-fact-sheet.pdf">www.bda.uk.com/uploads/assets/c5761f35-ec82-4449-9fed3bcfe1fd08a5/Weight-loss-food-fact-sheet.pdf</a>
Portion Sizes	<a href="http://www.bda.uk.com/uploads/assets/691e1d1b-dac5-4427-af323abe70429a16/Portion-sizes-food-fact-sheet.pdf">www.bda.uk.com/uploads/assets/691e1d1b-dac5-4427-af323abe70429a16/Portion-sizes-food-fact-sheet.pdf</a>
Mindful Eating	<a href="http://www.bda.uk.com/resourceDetail/printPdf/?resource=mindful-eating">www.bda.uk.com/resourceDetail/printPdf/?resource=mindful-eating</a>
Food and Mood	<a href="http://www.bda.uk.com/uploads/assets/2f4bf991-0aaf-4d2c-8a56067a2055d9d7/Food-and-Mood-food-fact-sheet.pdf">www.bda.uk.com/uploads/assets/2f4bf991-0aaf-4d2c-8a56067a2055d9d7/Food-and-Mood-food-fact-sheet.pdf</a>
Fad Diets	<a href="http://www.bda.uk.com/uploads/assets/c67fc468-a3a0-45d6-838a6e36f260be67/Fad-Diets-food-fact-sheet.pdf">www.bda.uk.com/uploads/assets/c67fc468-a3a0-45d6-838a6e36f260be67/Fad-Diets-food-fact-sheet.pdf</a>
Eat Well Spend Less	<a href="http://www.bda.uk.com/uploads/assets/79f95550-641b-4523-8332b11175ddb9e/Eat-well-Spend-less2019-food-fact-sheet.pdf">www.bda.uk.com/uploads/assets/79f95550-641b-4523-8332b11175ddb9e/Eat-well-Spend-less2019-food-fact-sheet.pdf</a>
Fluid	<a href="http://www.bda.uk.com/uploads/assets/337cfde9-13c5-4685-a484a38fbc3e187b/Fluidfood-fact-sheet.pdf">www.bda.uk.com/uploads/assets/337cfde9-13c5-4685-a484a38fbc3e187b/Fluidfood-fact-sheet.pdf</a>
Healthy Eating	<a href="http://www.bda.uk.com/uploads/assets/6d2d239a-9bfc-4ac2-b679771e5c653d1c/Healthy-Eating-food-fact-sheet.pdf">www.bda.uk.com/uploads/assets/6d2d239a-9bfc-4ac2-b679771e5c653d1c/Healthy-Eating-food-fact-sheet.pdf</a>
Healthy Breakfast	<a href="http://www.bda.uk.com/uploads/assets/18681523-9588-4ab3-91bc60915a831915/Breakfast-food-facts-2016.pdf">www.bda.uk.com/uploads/assets/18681523-9588-4ab3-91bc60915a831915/Breakfast-food-facts-2016.pdf</a>

## Psychological Support

It's not just what we eat, drink and do, which can affect our weight. Many people find their thoughts and feelings make it more difficult to make or maintain the changes needed to help lose weight. If this sounds like you, the information found at the links below may be useful:



### Healthy Weight Grampian Website - Psychological Support

[www.healthyweightgrampian.scot.nhs.uk/psychological-support/](http://www.healthyweightgrampian.scot.nhs.uk/psychological-support/)

The psychological support section of the Healthy Weight Grampian website has a range of information relating to weight management:

Emotions and Obesity	<a href="http://www.healthyweightgrampian.scot.nhs.uk/psychological-support/living-with-obesity/emotions-and-obesity/">www.healthyweightgrampian.scot.nhs.uk/psychological-support/living-with-obesity/emotions-and-obesity/</a>
The Hunger Scale	<a href="http://www.healthyweightgrampian.scot.nhs.uk/psychological-support/our-relationship-with-food/mindful-eating/">The Hunger Scale - Healthy Weight Grampian (scot.nhs.uk)</a>
Mindful Eating	<a href="http://www.healthyweightgrampian.scot.nhs.uk/psychological-support/our-relationship-with-food/mindful-eating/">www.healthyweightgrampian.scot.nhs.uk/psychological-support/our-relationship-with-food/mindful-eating/</a>
Mindfulness	<a href="http://www.healthyweightgrampian.scot.nhs.uk/psychological-support/our-relationship-with-food/mindfulness-mindful-eating/">www.healthyweightgrampian.scot.nhs.uk/psychological-support/our-relationship-with-food/mindfulness-mindful-eating/</a>
Self-Kindness and Stress	<a href="http://www.healthyweightgrampian.scot.nhs.uk/psychological-support/self-kindness/">www.healthyweightgrampian.scot.nhs.uk/psychological-support/self-kindness/</a>
Mental Health Help and Information	<a href="http://www.healthyweightgrampian.scot.nhs.uk/psychological-support/other-help-and-information/">www.healthyweightgrampian.scot.nhs.uk/psychological-support/other-help-and-information/</a>



### Beating the Blues

[www.beatingtheblues.co.uk](http://www.beatingtheblues.co.uk)

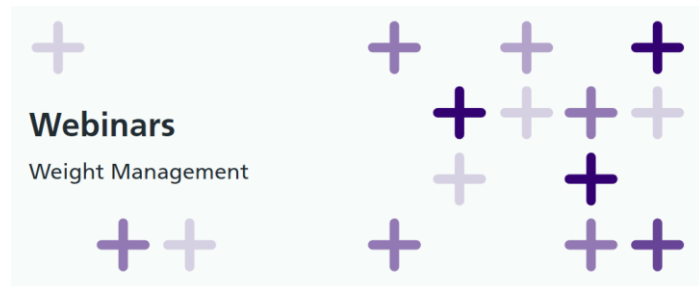
*Beating the Blues* is an online Cognitive Behavioural Therapy (CBT) programme for people with mild to moderate depression and anxiety. CBT can help you to manage your problems by changing the way you think and behave. *Beating the Blues* is divided into sections, helping you to learn about, and apply the principles of, CBT at a time and place which suits you.

## Patient Webinars

<https://patientwebinars.co.uk/condition/weight-management/webinars/>

This website, developed by dietitians in NHS Somerset, has a number of webinars (short films) to help with losing weight, and includes psychological topics. The films available are:

1. The Dieting Cycle
2. Regular Eating
3. Triggers to Eating
4. Diet Myth Busting
5. Balanced Eating



## Activity

For information on physical activity opportunities in your local area visit:

[www.healthyweightgrampian.scot.nhs.uk/being-active/useful-physical-activity-websites/](http://www.healthyweightgrampian.scot.nhs.uk/being-active/useful-physical-activity-websites/)

[www.nhsinform.scot/scotlands-service-directory/health-and-wellbeing-services](http://www.nhsinform.scot/scotlands-service-directory/health-and-wellbeing-services)

For information about the benefits of walking, and a 4-week walking plan visit:

[www.healthyweightgrampian.scot.nhs.uk/being-active/walking-2/](http://www.healthyweightgrampian.scot.nhs.uk/being-active/walking-2/)

### Walking



Walking is a great way to start getting more active. Regular walking can benefit your physical health, mental health, and can also help with your weight. It's something you can do on your own, with friends, family or workmates.

You can easily set yourself targets for each day based on one of the following:

- Distance walked
- Time walked
- Steps taken (using a fitness tracker)

To find out more click on the links below:



## Website Support

You can find trustworthy information and advice, and links to other useful services at the following websites:



**Healthy Weight Grampian.** [www.healthyweightgrampian.scot.nhs.uk](http://www.healthyweightgrampian.scot.nhs.uk)

This local website contains a variety of information on a range of weight management topics including:

Assessing your weight	<a href="http://www.healthyweightgrampian.scot.nhs.uk/about-healthy-weight-2/">www.healthyweightgrampian.scot.nhs.uk/about-healthy-weight-2/</a>
Local NHS services	<a href="http://www.healthyweightgrampian.scot.nhs.uk/nhs-services/">www.healthyweightgrampian.scot.nhs.uk/nhs-services/</a>
Healthy Eating	<a href="http://www.healthyweightgrampian.scot.nhs.uk/healthy-eating-and-drinking/">www.healthyweightgrampian.scot.nhs.uk/healthy-eating-and-drinking/</a>
Reading Labels	<a href="http://www.healthyweightgrampian.scot.nhs.uk/healthy-eating-and-drinking/label-reading/">www.healthyweightgrampian.scot.nhs.uk/healthy-eating-and-drinking/label-reading/</a>
Physical Activity	<a href="http://www.healthyweightgrampian.scot.nhs.uk/being-active/">www.healthyweightgrampian.scot.nhs.uk/being-active/</a>
Psychological Support	<a href="http://www.healthyweightgrampian.scot.nhs.uk/psychological-support/">www.healthyweightgrampian.scot.nhs.uk/psychological-support/</a>



**NHS Inform.** [www.nhsinform.scot](http://www.nhsinform.scot)

This national website contains a 12-week weight management programme: [www.nhsinform.scot/healthy-living/12-week-weight-management-programme](http://www.nhsinform.scot/healthy-living/12-week-weight-management-programme).

Although it's recommended to be used as a weekly programme, you can also dip in and out of the weeks in any order, and over any time period you wish.

It's suggested you take around 30 to 40 minutes on each week's materials, giving yourself time to think about the content and the activities suggested.

This website also contains information on a range of health-related topics:

- Healthy Eating: [www.nhsinform.scot/healthy-living/food-and-nutrition](http://www.nhsinform.scot/healthy-living/food-and-nutrition)
- Mental Health [www.nhsinform.scot/healthy-living/mental-wellbeing](http://www.nhsinform.scot/healthy-living/mental-wellbeing)
- Stopping smoking [www.nhsinform.scot/healthy-living/stopping-smoking](http://www.nhsinform.scot/healthy-living/stopping-smoking)



## B. NHS Grampian Community Adult Weight Management Services (CAWMS)

The CAWMS provide support to people who require to lose weight to improve their health and are motivated to lose weight, but who are struggling to do this by themselves. **Please note: current availability is limited due to the pandemic.**

### Healthy Helpings



The group weight management programme *Healthy Helpings* was delivered face-to-face, by dietitians, in several venues throughout Grampian before the pandemic.

#### **Recorded Version**

Due to the continued requirement for social distancing, we are currently working to make a 12-week recorded version of the programme available on the Healthy Weight Grampian website. This will allow individuals to work through the programme at their own pace, and at a timing suitable to themselves. We anticipate the recorded version being available by Spring 2021.

#### **Live On-Line Version**

We also aim to make the programme available as a 'live', 12-week, on-line version to groups of individuals. The 'live' version will be useful for anyone who prefers the support that a group offers, and a dietitian will guide you through the programme.

#### **Face to Face Version**

We hope to resume face to face *Healthy Helpings* programmes, delivered by dietitians, once the need for social distancing has passed.

For more information and the latest developments please visit:

[www.healthyweightgrampian.scot.nhs.uk/nhs-services/healthy-helpings/](http://www.healthyweightgrampian.scot.nhs.uk/nhs-services/healthy-helpings/)

### One-to-One Community Adult Weight Management Clinics

One-to-one support is available, where required, for individuals who are referred by their doctor or another health professional.

Appointments are being offered via the telephone or a video link. Following an initial one-hour assessment you are likely to be offered 5 or 6 fortnightly follow-up appointments over a 3-month period. Appointments are with a dietitian and/ or a psychology assistant.

# TOP TIPS

to help manage your weight



## Plan what you are going to do

People who plan ahead are more successful when making changes to their eating and physical activity. Take time to plan **what** you will do, and **when** and **where** you will do it.



## Increase your activity

Aim to be physically active, for example by walking for at least 30 minutes each day.



## Eat regular meals

Eat three regular meals a day including breakfast. You will be less likely to feel hungry and end up snacking.



## Reduce your plate size

Reduce your portion sizes by using a smaller plate. By doing this you will be more likely to stop eating once you are full.



## Write it down

People who keep a diary of their eating and activity are more successful in managing their weight. It helps to keep track of how well you are doing, and where you can still improve.

**Healthy**  
*Helpings*

**NHS**  
Grampian