BMI >27.5

Weight Identified as a Concern (for Adults age 18 years and over)

([Healthy Living Pharmacy](https://psnc.org.uk/national-pharmacy-services/essential-services/healthy-living-pharmacies/); [Pharmacy Quality Scheme](https://psnc.org.uk/quality-and-regulations/pharmacy-quality-scheme/); [Hypertension case finding](https://psnc.org.uk/national-pharmacy-services/advanced-services/hypertension-case-finding-service/))

BMI > 40

OR

BMI >35 with comorbidity

BMI >30

BMI >27.5 BAME

v

Comorbidity

Male

Registered with a Central London GP

Registered with a West London GP

No

Yes

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Type 2 diabetes

Man Vs Fat <https://manvfatfootball.org/westminster>

Hypertension

Physical Activity Referral Scheme (PARS)

One You

12 week Programme

For information and referral form see:

<https://thrivetribe.typeform.com/to/vHvSUaSD>

<https://oneyou-rbkc-westminster.org.uk/>

Refer to GP for review and consideration for Tier 3 specialist weight management service

CLCH Tier 3 Specialist Weight Management Service

For details including inclusion criteria and referral form see:

<https://clch.nhs.uk/services/specialist-weight-management>

One You

12 week Programme

For information and referral form see:

<https://thrivetribe.typeform.com/to/vHvSUaSD>

<https://oneyou-rbkc-westminster.org.uk/>

NHS Digital Weight Management Service

12 week online programme

For referral see:

<https://pharmacy.wmp.nhs.uk/>

Refer to GP for consideration for REWIND programme

Registered with a Westminster GP or reside/work/study in Westminster

Registered with a Kensington & Chelsea GP or reside in RBKC

[Healthwise](https://www.better.org.uk/leisure-centre/london/kensington-and-chelsea/chelsea-sports-centre/healthwise-chelsea-sports-centre)

Refer to GP

[Everyone Health](https://active.westminster.gov.uk/physical-activity-referral-scheme/)

**Signpost on to Universal Services**

* [Active Westminster](https://active.westminster.gov.uk/)  - Activating your city, lives and neighbourhoods through physical activity, leisure & sport across Westminster
* IAPT [Professionals area :: CNWL Talking Therapies](https://talkingtherapies.cnwl.nhs.uk/professionals-area)
* [Change4Life](https://www.westminster.gov.uk/children-and-families/change4life-westminster/change4life-families) - Helping families stay active and healthy

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| **PROVIDER** | **SERVICE INFORMATION** |
| One You  <https://oneyou-rbkc-westminster.org.uk/> | * Healthy Lifestyle programme – 12 week programme including 10 weeks 1:1 with a health coach; incudes a 10 week lose weight pathway; move more pathway. |
| Man V Fat Challenge  <https://manvfatfootball.org/westminster> | * 14 week programme. Participants are provided with advice on nutrition, exercise and building healthy habits, access to silver cloud digital mental health platform, and access to The Other Room Virtual Gym. |
| NHS Digital Weight Management Service  <https://pharmacy.wmp.nhs.uk/> | * 12 week online behavioural and lifestyle programme that people can access via a smart phone on computer with internet access. |
| REWIND  <https://www.knowdiabetes.org.uk/for-you/programmes/type-2/diabetes-rewind-programme/> | Total Diet Replacement   * 12 week very low -calorie diet (soups and shakes) * 12 weeks building new healthy lifestyles * 6 months maintaining healthy lifestyles. * Low Carbohydrate Diet 12 * 12 week low carbohydrate diet * 12 weeks building healthy new diet * 6 months maintaining healthy lifestyle. |
| Central London Community Healthcare  Tier 3 - Specialist Weight Management Service  <https://clch.nhs.uk/services/specialist-weight-management> | * Referrals accepted for patients registered with a West London GP (GP Practices that were previously in the West London CCG area) * One to one clinic appointments for those not suitable for group sessions such as those who have complex conditions or require interpreters * The majority of referrals are booked into a course of weekly sessions lasting 8 weeks supporting behaviour change and providing peer support. |
| Everyone Health - Physical Activity Referral Scheme (PARS)  [Physical Activity Referral Scheme - ActiveWestminster](https://active.westminster.gov.uk/physical-activity-referral-scheme/) | * Available to people registered with a Westminster GP or reside, study, work in Westminster * Free 12 week physical activity programme including 1 to 1 consultation with a qualified physical activity referral specialist. |
| Healthwise - Physical Activity Referral Scheme (PARS)  <https://www.better.org.uk/leisure-centre/london/kensington-and-chelsea/chelsea-sports-centre/healthwise-chelsea-sports-centre> | * Available to people registered with a Kensington & Chelsea GP or reside in RBKC * Refer patient to GP for onward referral to Healthwise |

**Information and Training Resources for Community Pharmacy Teams**

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| Virtual Outcomes | [Pharmacy Training - Virtual Outcomes](https://www.virtualoutcomes.co.uk/pharmacy-training/) |
| Making Every Contact Count (MECC) and  Very Brief Advice | <https://oneyou-rbkc-westminster.org.uk/training-support/> |
| Moving Medicine – Conversations about physical activity | [Obesity - Moving Medicine](https://movingmedicine.ac.uk/consultation-guides/condition/adult/obesity-2/) |
| Better Health Website – Weight Loss Plan | [Lose weight - Better Health - NHS (www.nhs.uk)](https://www.nhs.uk/better-health/lose-weight/) |