

## Referral form



Title: (Mr/Mrs/Ms/other).....

Name: .....

Gender:  M  F    DOB: .....

Address: .....

.....

.....

Postcode: .....

Home telephone no: .....

Mobile no: .....

Email: .....

GP name: .....

GP address: .....

.....

Are we OK to leave a message?:  Yes  No

Are you pregnant or breastfeeding?:

Yes  No  N/A

Weight: .....

Height: .....

Body Mass Index (BMI) (if known): .....

Please let us know below if you have any difficulty speaking English, or have any other needs.

.....  
.....  
.....

### Which service are you interested in accessing?

**Option 1** (Group support)

**Option 2** (Individual support)

### Referred by:

**Self**

**GP**

**Practice Nurse**

**Dietitian**

**Other (please state)**

.....

### Person completing form:

Print Name: .....

Signature: .....

Date: .....

For office use only:  
NHS no.

### Option 1 (Group Support)

- group support and information sessions designed to help you lose weight and have a healthier lifestyle
- each course consists of 12 weekly sessions
- each session covers something different such as balanced eating, healthy cooking, food labels, portion sizes and getting more active
- this support is available for adults with a Body Mass Index (BMI) of 25 or more.

### Option 2 (Individual Support)

- new specialist support to help you lose weight
- one-to-one support available from dietitians, physiotherapists, exercise professionals and psychological therapists
- initial consultation to discuss your needs, expectations and motivation
- this support has been specifically designed, and is only available for adults with a Body Mass Index (BMI) of 30 or more.

Both options are **FREE** and, offered in a variety of locations in the Doncaster area, for those with a Doncaster GP.



Please post or fax the completed form to:

**Healthy Weight Solutions**

Department of Nutrition & Dietetics  
Doncaster Royal Infirmary, Armthorpe Road,  
Doncaster, DN2 5LT  
Fax: 01302 381300

For more information please contact:

**Healthy Weight Solutions on:**

**0800 917 6264 (Freephone)** or visit our  
**website at:**  
[www.healthyweightsolutions.co.uk](http://www.healthyweightsolutions.co.uk)

More information can be found on the  
following websites:

- [www.doncasterpct.nhs.uk](http://www.doncasterpct.nhs.uk)
- [www.doncaster.gov.uk](http://www.doncaster.gov.uk)
- [www.dbh.nhs.uk](http://www.dbh.nhs.uk)



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Doncaster Royal Infirmary, Armthorpe Road, Doncaster, DN2 5LT

Doncaster and   
Bassetlaw Hospitals  
NHS Foundation Trust



- ✓ Motivated to lose weight?
- ✓ **FREE** individual and group support available
- ✓ Local venues across the Doncaster area