Referral form

₩ea\t*hy* **Weight** Solutions

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?: \square Yes \square No
Are you pregnant or breastfeeding?:
□Yes □No □N/A
Weight:
Height:
Body Mass Index (BMI) (if known):

	ch service a	re you interested in accessing	
	Option 1	(Group support)	
	Option 2	(Individual support)	
Refe	erred by:		
	Self		
	GP		
	Practice Nurse		
	Dietitian		
	Other (please state)		
Pers	son complet	ing form:	
Prin [.]	t Name:		
Sign	ature:		
Date	2:		

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

More information can be found on the following websites:

- www.doncasterpct.nhs.uk
- www.doncaster.gov.uk
- www.dbh.nhs.uk





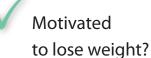
Healthy Weight Solutions

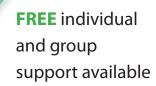
Department of Nutrition & Dietetics Doncaster Royal Infirmary, Armthorpe Road, Doncaster, DN2 5LT

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Weight Solutions





Local venues across the Doncaster area

