

Department of Nutrition and Dietetics

'Excellent information, friendly and helpful'

'Weight management is the best one I have done. I never thought in 8 weeks I would lose one stone. The leader was amazing, very helpful and understanding'

'I would highly recommend this programme to anyone who has difficulties losing weight'



'Thanks for helping me on my way and teaching me some really good key points'

'My self esteem has improved, and I am living a healthier life'

'Very good and clear advice'

The Weight Management Team

The programme is delivered by a team of highly trained professional staff experienced in weight management. All of the team have been trained by qualified Dietitians and are based within the Nutrition and Dietetic Department at Sunderland Royal Hospital.



Contact Details:

Community Weight Management Team
Department of Nutrition and Dietetics
Sunderland Royal Hospital
Kayll Road, Sunderland
SR4 7TP

Telephone: 0191 5699912

Opening Times: 10:30 till 12:30 Monday - Friday

Excellence in **Health** putting **People** first

NHS

Is your weight putting your health at risk



The Sunderland Weight Management Programme is a **free, enjoyable and effective** weight management programme run by trained healthcare professionals.

City Hospitals Sunderland **chs**

What is the Sunderland Weight Management Programme?

This is a free programme which you can come along to every week. It is a group programme so you will get a chance to meet other people who also want to lose weight. There is 1 session each week and each session lasts 1 hour and includes a confidential weight check and then an education topic to help you to learn more about managing your weight.

Topics include;

- * **How to lose weight in a healthy way.**
- * **Eating a balanced diet.**
- * **Understanding food labels and making healthy food choices.**
- * **Coping with slip-ups.**



You will also be given your own portion plan to make sure you are choosing the right foods to help you to lose weight.

Who can take part?

Anyone who is concerned about their weight and is over the age of 16 can attend this programme. During your telephone assessment you will be asked to provide a current height and weight so that we can make sure that this is the right programme for you.



How do I access the programme?

You can access the programme either by self-referral or by asking your GP to refer you. If you would like to find out more about the programme please contact the weight management team on:-

Tel No: 0191 5699912

Opening Times: 10:30 till 12:30 Monday - Friday

What happens during the telephone assessment?

When you telephone the weight management team you will be asked some questions to make sure that we offer you the programme that is right for you. This will take between 5 -10 minutes so please set aside enough time, we will offer to telephone you back so that you do not get charged for the cost of this telephone call.



You will need to provide a recent height and weight so please make sure you have this information before you contact us. It will also be helpful if you have a list of any medications you are taking and details of any medical problems



What happens next?

Once we have completed the assessment you will be offered options of which programme to attend. The Sunderland Weight Management Programme runs in several locations across Sunderland and Washington and at different times on different days so there should be a programme available to fit in with your lifestyle.

