

## Local Authority Tier 2 Weight Management Programs – Updated December 2021

County	Name of provider	Duration	Details	Referral pathway	Email address to refer and info	Referral route
National	NHS DWMP  Digital Weight Management Programme	12 weeks	12-week designed for those who have a BMI greater than 30 and who also have diabetes or high blood pressure, or both. The BMI threshold will be lower at 27.5 for people from Black, Asian and ethnic minority backgrounds	Online	<a href="https://pharmacy.wmp.nhs.uk/">https://pharmacy.wmp.nhs.uk/</a>	Pharmacy
Frimley Surrey	Frimley health and care		<p>Various option available for patients to self-refer</p> <p>Free online tools and support to help people lose weight and get active.</p> <p>Free 12-week diet and exercise plan, available as an app on the <a href="#">App Store</a>, <a href="#">Google Play</a>, or as a <a href="#">printed version</a>.</p> <p>A 9-week running plan for beginners with each week involving 3 runs. Available <a href="#">online</a> and on the <a href="#">App Store</a> or <a href="#">Google Play</a>.</p> <p>Free walking tracker app available on the <a href="#">App Store</a> or <a href="#">Google Play</a>.</p>	Online	<a href="#">Weight management   Frimley Health and Care</a>  <a href="https://www.frimleyhealthandcare.org.uk/weightmanagement">https://www.frimleyhealthandcare.org.uk/weightmanagement</a>	Self-referral or referral by appropriate healthcare professional
Surrey	One You Surrey	12 weeks	<p>12 week digital weight loss app</p> <p>12 week digital group programme</p> <p>Male weight loss football league</p> <p>Male only digital weight loss challenge</p> <p>Slimming World</p>	Online	<a href="https://www.healthysurrey.org.uk/weight-and-activity/adult-weight-management">https://www.healthysurrey.org.uk/weight-and-activity/adult-weight-management</a>  <p>Residents of Surrey, work in Surrey, study in Surrey or registered with a GP in Surrey, you are eligible. Over 16 and BMI greater than 30 OR greater than 27.5 if you are from a Black, Asian and Minority (BAME) community</p>	Self-referral

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East Sussex	One You East Sussex	10 weeks	<p>10-week adult weight management service is specifically aimed to help men and women with a (1) BMI (Body Mass Index) of 30 or over or (2) a BMI of 25 or above with a medical condition, to lose weight.</p> <p>These 10-week, community-based programmes are designed to reflect the different needs of men and women, promoting healthy eating and an increase in physical activity to facilitate weight loss.</p>	Online	<a href="https://oneyoueastsex.org.uk/services/manage-your-weight/">https://oneyoueastsex.org.uk/services/manage-your-weight/</a>	Self-referral
East Sussex	One You East Sussex	Not specified	MAN v FAT Football provision	Online, phone and GP	<p>One You East Sussex website <a href="https://oneyoueastsex.org.uk/">https://oneyoueastsex.org.uk/</a></p> <p>By telephone on 01323 404600</p> <p><a href="https://www.manvfatfootball.org/Home/Registration">https://www.manvfatfootball.org/Home/Registration</a></p>	GP or self-refer
West Sussex	Arun District	12 weeks	12-week weight management course (WISE) is designed for those that have a Body Mass Index (BMI) of between 25 and 40.	Online	<a href="https://www1.arun.gov.uk/external/Wellbeing_Professional.ofml">https://www1.arun.gov.uk/external/Wellbeing_Professional.ofml</a>	Pharmacy or self-referral
West Sussex	Chichester district Weigh better life	12 weeks	<p>The Weigh Better Life course, led by our registered nutritionist, is a 12-week programme for adults. The programme focuses on healthy eating, nutrition, and exercise to help people lose weight and keep it off in the long term.</p> <p>These workshops cover a wide variety of topics from challenging the myths about diets, blood sugar balance, snacks and treats, exercise and how stress and lack of sleep may affect appetite and food cravings.</p> <p>To join the Weigh Better Life course, you need to have a Body Mass Index (BMI) between 25 to 40.</p> <p>Classes are either virtual or face to face and run over 12 weeks. The course includes a weekly video sent on a different nutrition topic each week, as well as an exercise video. All sessions now take the form of a group discussion. This course is to help you get</p>	Online, phone and email	<p><a href="https://chichester.westsussexwellbeing.org.uk/topics/healthy-eating/weight-loss-workshops">https://chichester.westsussexwellbeing.org.uk/topics/healthy-eating/weight-loss-workshops</a></p> <p>Booking is essential and you can only join in the first 4 weeks of the course starting. You must register in advance, complete a 1-1 and be able to commit to the full 12 week programme. If you would like any more information, or to register, please <a href="mailto:Chichester.Wellbeing@chichester.gov.uk">email Chichester Wellbeing</a> or call us on 01243 521041.</p>	Self-referral

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			back to feeling healthy and introducing physical activity (all levels) whilst having fun.			
West Sussex	Adur and Worthing	12 weeks	<p>Worthing courses for men are being run by Active Worthing</p> <p>12 weeks; Mondays 5-7pm or Weds 7-9pm at Palatine Park (or online depending on guidelines).</p> <p>Weekly Weigh ins.</p> <p>Includes exercise session with a qualified instructor.</p> <p>£15 deposit payable in Week 1, repaid when at least 9 sessions are attended.</p>	Online or by phone	Contact Active Worthing directly to book a place: 07706 626158 or <a href="#">email Active Worthing</a> .	Self-referral

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West Sussex	Adur and Worthing		<p>Kick off the Weight with Albion in the Community (for men living or working in Adur)</p> <p>FREE 12 week course includes support on nutrition and a physical activity session for all abilities.</p> <p>Weekly weigh ins and expert advice on losing weight and keeping it off.</p> <p>Individual goal setting, group challenges, fun and interactive sessions to get you started and keep motivated.</p> <p>Each participant will get an equipment pack to get started.</p> <p>Suitable for men living or working in Adur with a BMI between 25 and 40 – to find out your BMI, see the <a href="#">BMI calculator on the NHS website</a>.</p>		Places limited and on first come, first served basis. For more information call 07719 569076 or <a href="#">email Albion in the Community</a> and they will be in touch.	Self-referral
West Sussex	Adur and Worthing	12 weeks	<p>The Wellbeing Advisor will help you to set achievable targets and support you to reach them.</p> <p>Different healthy eating topics looking at food labelling, portion size, healthy recipes and much more! Learn strategies to help you change habits and behaviours to live a healthier lifestyle.</p> <p>1 hour zoom session for 12 weeks.</p> <p>Clients to weigh themselves at home and submit weekly along with a food diary.</p> <p>Handouts to accompany each week are emailed.</p>	Phone	Booking is essential, please call 01903 221450 to find out when the next 12-week programme is starting.	Self-referral

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			One-to-one appointments available (via zoom or telephone).			
West Sussex	Horsham district  Weight off workshops	12 weeks	<p>Types of WOW courses that you can join:</p> <p><b>Virtual WOW (online)</b> - <a href="#">see our course details page (new window)</a></p> <p><b>WOW over the phone</b> - <a href="#">see our course details page (new window)</a></p> <p><b>WOW Face-to-face group session</b> - <a href="#">see our course details page (new window)</a></p>	Online enquiry form or phone	<p><a href="https://horsham.westsussexwellbeing.org.uk/topics/healthy-eating/weight-off-workshops">https://horsham.westsussexwellbeing.org.uk/topics/healthy-eating/weight-off-workshops</a></p> <p>For further information, to find out more details of upcoming courses and to register to join you can either call 01403 215111, <a href="#">email us</a> or complete our <a href="#">enquiry form (new window)</a>.</p>	Self-referral
West Sussex	Crawley district  Weight off workshop	12 weeks	<p>Health benefits, especially with conditions such as Type 2 diabetes, high blood pressure and knee or hip problems To be eligible for the programme, you must be of the following criteria:</p> <p>BMI of 25 + (<a href="#">see BMI calculator on NHS website</a>)</p> <p>Be aged 16 +</p> <p>Live and/or work in Crawley</p>	Email	<p><a href="https://crawley.westsussexwellbeing.org.uk/assets/uploads/documents/WOW_1_2_Week_Course_Poster_June_2021_1626181576.pdf">https://crawley.westsussexwellbeing.org.uk/assets/uploads/documents/WOW_1_2_Week_Course_Poster_June_2021_1626181576.pdf</a></p> <p>For more information about the course email <a href="mailto:wellbeing@crawley.gov.uk">wellbeing@crawley.gov.uk</a> or complete our online form: <a href="https://my.crawley.gov.uk/service/wellbeing.enquiry">my.crawley.gov.uk/service/wellbeing.enquiry</a> Or call us on 01293 585317.</p>	Self-referral

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Mid Sussex	Weight off workshops	12 weeks	<p>12-week face-to-face groups aim to support people towards a sustainable lifestyle change by motivating you to make positive food choices, increasing activity and considering practical ways to create and sustain healthy eating habits.</p> <p>These groups include 45 minutes of a healthy lifestyle chat and 45 minutes of light exercise to suit all abilities.</p> <p>We also have the option to join a virtual group if that would suit your lifestyle.</p> <p>For adults who weight is above healthy range.</p> <p>A small contribution of £20 is requested</p>	Email or phone	<p><a href="https://midsussex.westsussexwellbeing.org.uk/topics/healthy-eating/weight-off-workshop">https://midsussex.westsussexwellbeing.org.uk/topics/healthy-eating/weight-off-workshop</a></p> <p>Phone: 01444 477191</p> <p><a href="#">Email Mid Sussex Wellbeing</a></p>	Self-referral
Brighton	Healthy living pharmacies	Not specified	Part of the locally commissioned service in specific pharmacies only	PharmOutcomes	<p>Referral to priority public health services via PharmOutcomes £5 per referral.</p> <p>To support the recommendations of the Joint National Plan for Inclusive Pharmacy Practice referrals for people from Black, Asian, and Minority Ethnic backgrounds will be remunerated at £10 per referral.</p> <p>This will initially be capped at a total of 300 i.e. the maximum number of referrals from all participating pharmacies in B&amp;H.</p> <p>Payment will be made quarterly on receipt of appropriate documentation and completion of the data capture templates on PharmOutcomes and submitted to BHCC</p>	Pharmacy

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Brighton	Breeze Bodies	12-16 weeks	<p>BeeZee Live A 9 week online programme. Everyone welcome!</p> <p>BeeZee for All A 12 week in-person programme. Everyone welcome!</p> <p>Gutless This one's for the lads - beer bellies and banter!</p>	Online or phone	<p><a href="https://beezeebodies.com/">https://beezeebodies.com/</a> Fill in the online registration form</p> <p>Free for Adults who live in Brighton &amp; Hove are at least 16 years old and Has a BMI of 25+ (or 23.5 for BAME people or those with co-morbidities)</p> <p>To get support from our Healthy Lifestyles Team, fill in the <a href="#">online support form</a>, or phone 01273 294 589</p>	Self-referral
Brighton	Health trainer support sessions	Not Specified	Health trainers can give you free advice, support, and encouragement.	Online or Phone	To get support from our Healthy Lifestyles Team, fill in the <a href="#">online support form</a> , or phone 01273 294 589	Self-referral