

Local Authority Tier 2 Weight Management Programs

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	https://pharmacy.wmp.nhs.uk/	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 App Store, Google Play, or as a printed version.</p> <p>A 9-week running plan for beginners with each week involving 3 runs. Available online and on the App Store or Google Play.</p> <p>Free walking tracker app available on the App Store or Google Play.</p>	Online	<p>Weight management Frimley Health and Care</p> <p>https://www.frimleyhealthandcare.org.uk/weightmanagement</p>	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	<p>Are you ready to lose weight but don't know where to start? – Healthy Surrey</p> <p>To be eligible for this service you must live or work in Surrey, have a body mass index (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	Not specified	Gloji 1-to-1 Support OR Group Support OR Exercise Support PLUS Digital Support – free access to a fully flexible digital weight loss programme	Online	gloji One You East Sussex	Self-referral
East Sussex	One You East Sussex	14 weeks free then self-funded	MAN v FAT Football provision	Online, phone and GP	Free access to MANvFAT One You East Sussex By telephone on 01323 404600 https://www.manvfatfootball.org/Home/Registration Eligibility criteria – men with a BMI of 27.5 and over	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	Healthy eating > WISE Weight Information and Sensible Eating course / Arun Wellbeing / Provided by West Sussex County Council and Arun District Council (westsussexwellbeing.org.uk)	Health professional or self-referral
West Sussex	Chichester district Weigh better life	12 weeks	The Weigh Better Life course, led by a 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. 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	Online, phone and email	https://chichester.westsussexwellbeing.org.uk/topics/healthy-eating/weight-loss-workshops 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 email Chichester Wellbeing or call on 01243 521041.	Self-referral

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			<p>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 back to feeling healthy and introducing physical activity (all levels) whilst having fun.</p>			
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 email Active Worthing .	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 BMI calculator on the NHS website.</p>		Places limited and on first come, first served basis. For more information call 07719 569076 or email Albion in the Community 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>	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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			<p>Zoom and face to face sessions available 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> <p>One-to-one appointments available (via zoom or telephone).</p>			
West Sussex	<p>Horsham district</p> <p>Weight off workshops</p>	12 weeks	<p>A number of different Weight off Workshops (WOW) aimed at helping you achieve your goals. These workshops are held at various times, days and venues throughout the district.</p> <p>Types of WOW courses that you can join:</p> <p><u>WOW face-to-face group sessions</u></p> <p><u>WOW Plus face-to-face Group Sessions</u></p>	Online enquiry form or phone	<p><u>https://horsham.westsussexwellbeing.org.uk/topics/healthy-eating/weight-off-workshops</u></p> <p>WOW is for you if:</p> <p>Your BMI is between 25 and 40</p> <p>You are ready to make small, sustainable changes every week focusing on nutrition and exercise</p> <p>You are able to commit to attending a minimum of 10 out of 12 sessions</p> <p>You are willing to complete all the evaluation paperwork</p> <p>For further information, to find out more details of upcoming courses and to register to join you can either call 01403 215111, <u>email us</u> or complete our <u>enquiry form (new window)</u>.</p>	Self-referral

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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</p> <p>Each session is 90 minutes and a mixture of topic work and exercise</p> <p>To be eligible for the programme, you must be of the following criteria:</p> <p>BMI of 25 + (see BMI calculator on NHS website)</p> <p>Be aged 16 +</p> <p>Live and/or work in Crawley</p>	Email	<p>https://crawley.westsussexwellbeing.org.uk/topics/healthy-eating/what-is-a-healthy-diet</p> <p>For more information about the course or to register your interest, you can either use our online contact form, email us or give us a call on 01293 585317.</p>	Self-referral
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>	Email or phone	<p>https://midsussex.westsussexwellbeing.org.uk/topics/healthy-eating/weight-off-workshop</p> <p>Phone: 01444 477191</p> <p>Email Mid Sussex Wellbeing</p>	Self-referral

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Brighton	Gloji	12 weeks	<p>Lose weight, get active and feel great with Gloji. Pick what's right for you with over six weight loss programmes for adults and families – designed to help you lose weight and keep it off.</p> <p>Programmes include:</p> <ul style="list-style-type: none"> • 12 weeks of digital support, including a personal health mentor, unlimited online gym pass, 100's of tasty recipes and more • supportive weight loss groups or exercise sessions including swimming or netball • partner programmes such as Slimming World and MAN v FAT • dedicated support for those during pregnancy 		<p>You can sign up on gloji's website or phone 0800 054 1190.</p> <p>Help to get to a healthy weight (brighton-hove.gov.uk)</p>	
Brighton	Support from Healthy Lifestyles Team	Not Specified	<p>The Healthy Lifestyles Team can help find support to make lifestyle changes including</p> <p>Healthier eating</p> <p>Losing weight</p> <p>Being more active</p>	Online	<p>Sign up for support from the Healthy Lifestyles Team: Sign up for support from the Healthy Lifestyles Team (brighton-hove.gov.uk)</p>	Self-referral

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West Sussex	West Sussex County Council	12 weeks	<p>Gro Health</p> <p>A 12-week education programme supported with weekly meal plans, tailored recipe library, shopping lists and customised workout routines.</p> <p>Free digital access to tailored education, expert one-to-one coaching, nutritionist-developed recipes and more to help you reach and maintain a health weight.</p> <p>If you live or work within West Sussex, or are a registered patient then you may be eligible for free access to Gro</p>	Online	<p>West Sussex County Council Tier 2 Weight Management Service (grohealth.com)</p> <p>Call 0330 133 0307 or email support@grohealth.com</p>	Self-referral
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