

## 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 program 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="#">Welcome – NHS Digital Weight Management Programme Pharmacy Referral Site</a>	Pharmacy
Frimley Surrey	Frimley health and care	Varies	<p>Various options are 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	<a href="#">NHS Frimley – Weight management</a>	Self-referral or referral by an appropriate healthcare professional
Surrey	One You Surrey	12 weeks	<p>12-week digital weight loss app, with remote one-to-one support</p> <p>12-week digital group programme, available both digitally and in-person</p>	Online	<p><a href="#">Are you ready to lose weight but don't know where to start?   Healthy Surrey</a></p> <p>To be eligible for this service, you must live or be registered with a GP in Surrey, have a body mass index (BMI) greater than 30 OR greater than 27.5</p>	Self-referral

Last Reviewed: February 2026  
Next Review Date: February 2028



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			Eligibility criteria – Anyone who lives or works in West Sussex, with a BMI of 20-40			
<b>West Sussex</b>	Chichester district Weigh better life	12 weeks	<p>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.</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 and 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 introduce physical activity (all levels) whilst having fun.</p>	Online, phone and email	<p><a href="#">Healthy eating &gt; Weight loss workshops / Chichester Wellbeing / Provided by West Sussex County Council and Chichester District Council</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="#">email Chichester Wellbeing</a> or call 01243 521041.</p>	Self-referral

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<p><b>West Sussex</b></p>	<p>Adur and Worthing</p>	<p>12 weeks</p>	<p>12-week course designed to help men and women tackle their weight through healthy eating and activity.</p> <p>The Weight Escape</p> <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> <ul style="list-style-type: none"> <li>• Face-to-face group sessions.</li> <li>• Clients are weighed each week to check on their progress.</li> <li>• Booklet that runs alongside, week by week.</li> <li>• One-to-one appointments available.</li> </ul> <p>Eligibility criteria: Body Mass Index (BMI) between 25 and 40 (exclusion criteria applies dependant on long-term conditions)</p>	<p>Phone</p>	<p><a href="#">Healthy eating &gt; Weight management for men &amp; women / Adur &amp; Worthing Wellbeing / Provided by West Sussex County Council and Adur &amp; Worthing Councils</a></p> <p>Must be able to commit to the full 12-week programme</p> <p>If you would like any more information or to find out when the next 12-week programme is starting, call 01903 221450</p>	<p>Self-referral</p>
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<p><b>West Sussex</b></p>	<p>Horsham district</p> <p>Weight off workshops</p>	<p>12 weeks</p>	<p>A number of different Weight off Workshops (WOW) are 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 style="text-align: center;"><b><u>WOW face-to-face group sessions</u></b></p> <p style="text-align: center;"><b><u>WOW Plus face-to-face Group Sessions</u></b></p>	<p>Online enquiry form or phone</p>	<p><a href="#">Healthy eating &gt; Weight off workshops (WOW) / Horsham District Wellbeing / Provided by West Sussex County Council and Horsham District Council</a></p> <p>WOW is for you if:</p> <p>Your BMI is between 25 and 40          You are ready to make small, sustainable changes every week, focusing on nutrition and exercise.          You are able to commit to attending a minimum of 10 out of 12 sessions          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, <a href="#">email us</a> or complete our <a href="#">enquiry form (new window)</a>.</p>	<p>Self-referral</p>
<p><b>West Sussex</b></p>	<p>Crawley district</p> <p>Weight off workshop (WOW)</p>	<p>12 weeks</p>	<p>Free 12-week WOW programme designed to provide structured guidance and practical strategies to support healthy weight loss and overall wellbeing.</p> <p>Each session is 90 minutes and a mixture of:</p> <ul style="list-style-type: none"> <li>-face-to-face group sessions</li> <li>- nutritional and exercise</li> <li>- clients are weighed each week to check on their progress</li> </ul>	<p>Email</p>	<p><a href="#">Healthy eating &gt; Weight management programmes for adults / Crawley Wellbeing / Provided by West Sussex County Council and Crawley Borough Council</a></p> <p>For more information about the course or to register your interest, you can either use our <a href="#">online contact form</a>, <a href="#">email us</a> or give us a call on 01293 585317.</p>	<p>Self-referral</p>

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			<p>- handouts to accompany each week</p> <p>To be eligible for the programme, you must be of the following criteria:</p> <ul style="list-style-type: none"> <li>-Aged 16+</li> <li>-Live and/or work in Crawley</li> <li>-BMI range between 25 and 40</li> </ul> <p style="text-align: center;">Live and/or work in Crawley</p>			
<b>Mid Sussex</b>	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>For adults whose weight is above the healthy range and are motivated to change.</p>	Face-to-face	<p><a href="#">Healthy eating &gt; Weight off workshop Mid Sussex / Mid Sussex Wellbeing / Provided by West Sussex County Council and Mid Sussex District Council</a></p> <p>Phone: 01444 477191</p> <p><a href="#">Email Mid Sussex Wellbeing</a></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"> <li>• 12 weeks of digital support, including a personal health mentor, unlimited online gym pass, 100's of tasty recipes and more</li> <li>• supportive weight loss groups or exercise sessions, including swimming or netball</li> <li>• partner programmes such as Slimming World and MAN v FAT</li> <li>• dedicated support for those during pregnancy</li> </ul>		<p>You can <a href="#">sign up on gloji's website</a> or phone 0800 054 1190.</p> <p><a href="#">Help to get to a healthy weight</a></p>	Self-referral
Brighton	Support from the 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: <a href="#">Sign up for support from the Healthy Lifestyles Team</a></p>	Self-referral

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<p><b>West Sussex</b></p>	<p>West Sussex County Council</p>	<p>12 weeks</p>	<p>Gro Health</p> <p>A 12-week education programme supported with weekly meal plans, a 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 healthy 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>	<p>Online</p>	<p><a href="#">West Sussex County Council Tier 2 Weight Management Service</a></p> <p>Call 0330 133 0307 or email <a href="mailto:support@grohealth.com">support@grohealth.com</a></p>	<p>Self-referral</p>
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