

## Slimming World – Referral Letter

Patient Details (to be completed by the referring professional)	
Pharmacy name and address:	
Customer name:	
Estimated height:	Estimated weight:
Date:	
Criteria to meet the referral scheme	
<ul style="list-style-type: none"> <li>• Aged 18 years and above</li> <li>• BMI 25 and above</li> <li>• Registered with a GP practice in County Durham</li> <li>• Motivated to lose weight</li> <li>• Able to attend weekly support meetings for 12 weeks</li> <li>• Not attended Slimming World or a similar commercial weight management programme in previous 3 months</li> <li>• No known eating disorder</li> <li>• Only 1 set of vouchers per person, second referrals <b>NOT</b> accepted or funded</li> </ul>	
Slimming World	
<p>Slimming World offers weekly group support to help you make gradual changes towards a healthy lifestyle. The Food Optimising eating plan is based around satisfying your appetite with healthy everyday foods like fruit and vegetables, pasta, potatoes, eggs, fish, lean meat and chicken so that you never go hungry. It's a long term plan, not a quick fix, so no food is banned and whatever your favourite treat is, you can still enjoy it in moderation.</p> <p>As a member, you choose the target weight that you feel happy with and are motivated and encouraged in hour long weekly meetings to share experiences, recipes and ideas with your fellow slimmer's in a warm, supportive environment. Research shows this is crucial to weight loss success and, once you reach your target weight, you can attend for free. Groups are led by trained Slimming World Consultants, all of whom are former members and have lost weight on the plan themselves. Your weight remains confidential at all times and your weight losses and gradual changes towards a healthy lifestyle are celebrated.</p>	
Making your decision (for the patient)	

Next steps.

- The course is free on referral – you will be entitled to a 12 week course at Slimming World.
- **You will need to contact Slimming World on the telephone number to check if you qualify for the programme, please note it may take up to 5 working days to receive the welcome pack to enable you to join a group.**
- You will be asked some questions when you call so please have this form with you.
- Slimming world Helpline will find you a local course. If you are still unsure or nervous after speaking to the helpline the local consultant can be asked to contact you to tell you more about the course before your first attendance.
- Places are on a first come, first served basis and are subject to availability.

**To complete the screening process and for further information please call:**  
**01773 306 848**