

Virtual Weight Off Your Mind (WOYM)

Nutrition and Dietetics

WOYM is an online group weight loss programme for people with a BMI >30 (or a BMI > 27.5 if you have a South Asian, Chinese, other Asian, Middle Eastern, Black African or African-Caribbean family background) **in addition** to one or more of the following weight related medical conditions:

- Polycystic Ovarian Syndrome (PCOS)
- Osteoarthritis (wear and tear of knee and hip joints)
- Heart disease

Check your BMI on the NHS website

Web nhs.uk/live-well/healthy-weight/bmi-calculator/

If you meet the above criteria and would like to join this programme, please email our team including your full name, NHS number, your current BMI and confirmation of the medical condition listed above that applies to you.

Email VirtualWM@Berkshire.nhs.uk

Please note that we will be accessing your medical records if you self-refer and meet our criteria

If you have type 2 diabetes and/or high blood pressure (hypertension) it is likely that you'll be eligible for the NHS England digital weight management programme. Your GP or pharmacist can refer you.

Web england.nhs.uk/digital-weight-management/how-to-access-the-programme/

Please note we do not offer a service for weight loss injections.

The WOYM Course

Our course is designed to help you become more aware through self-reflection and problem solving.

The programme consists of six sessions running over three months plus a final masterclass.

Sessions are held twice a month and each session lasts up to 90 minutes.

Each session will be focused on a particular topic. We will provide you with information, methods and behaviour change skills to help you successfully lose weight and keep it off.

We will cover different aspects of healthy eating, allow you to explore your relationship with food, discuss physical activity ideas and goal setting to help with weight and fat loss.

A different approach to weight loss

Benefits of our programme

- It's a healthy approach to weight loss
- It is sustainable, providing you with tools that can be used for life
- It is holistic because it looks at all aspects of eating
- It caters for everyone
- It is non-judgemental
- Experiences can be shared with group members



Losing weight

- Reduce your chances of developing diabetes, heart disease and stroke
- Improve your blood pressure and blood cholesterol levels
- Improve diabetes control in people with diabetes
- Reduce the risk of some cancers
- Sometimes reduce the amount of medication needed
- Help you look and feel healthier



Your appointments

Where will I see the dietitian

Dietary advice will be provided via an online group consultation. We would recommend that you choose a private place to have this appointment.

What to expect

Prior to your appointment, please ensure that you are in a private area with reasonable internet connection. Home broadband should be sufficient.

You will have received an invite via email. This invite is unique to you, other members of the group and your clinician who will control and manage the online call.

One Consultation

One Consultation is a very simple platform in which you will be able to access your virtual sessions. You do not need to download any apps, the link and access code will be sent to the email address you have provided - you will just need to click on the link and enter the information requested.

Please be aware that the One Consultation link does not work in Internet Explorer. Remember to use a different browser, such as Chrome or Edge.

Smartphones or tablets sometimes cause connectivity issues and may prevent virtual consultations, so we advise using an iPad, laptop or desktop.



What if I don't want to attend a group

Many people find the idea of a group quite daunting. However, research and our experience tell us that attending a group is the most effective way to lose weight. The benefits of a group programme are:

- Being provided with information and support over a longer time frame
- Benefitting from being supported by others
- Learning from the experiences of others in the group

What happens if you are unable to make your appointment?

Please be available to take your call. If you are running late, you can still join the call, but you may miss parts of the session. Contact us as soon as you are aware that you are unable to attend your appointment.

If you do not attend 2 appointments, you will be discharged as due to waiting times we cannot offer other dates. You must attend at least 4 sessions to be invited to Masterclass, where we cover strategies to keep weight off in the longer term.

Please note, if you cancel within one week of your appointment, you may still receive a reminder text to your mobile for the cancelled appointment.



Find out more

Contact our team if you require further information or to cancel your group appointment.

Failure to attend your appointment may result in you being discharged from the service

Call [0118 904 3251](tel:01189043251)

Web berkshirehealthcare.nhs.uk/nutrition-and-dietetics

Or scan the QR code.



Help us improve

If you are not happy about any aspect of the service you have received, please call us so that we can improve things for you.

Call [0118 904 3251](tel:01189043251)

Contact our Patient Advice and Liaison (PALS) service to make a complaint.

Call [0118 960 5027](tel:01189605027)

