

# Leicestershire County Council Weight Management Service

## Who we are

We are part of Public Health Department of the Leicestershire County Council and we offer FREE Weight Management Services for residents of Leicestershire and Rutland.

## What we offer

We offer Tier 2 level service focussing on diet, nutrition, lifestyle, and behaviour change advice & support. Once we receive a referral, we call patients to conduct an assessment to determine what services we can offer.

All services offered are based on eligibility criteria, see below.

## Who can refer

Referrals can be self referral from patient or made on their behalf from GPs, nurses, social prescribers, practice pharmacists and other health professionals.

**All patients must either live, work or have their GP based in a Leicestershire County Council districts.**

**All our services offer Physical Activity in partnership with Active Together. We DO NOT offer medications, injections or free gym memberships.**

## Is the patient...?

Adult	Adult Male	Adult with learning disability	Child	Pregnant	Post pregnancy
Minimum BMI criteria					
25 / 23 (BAME) & above	25 / 23 (BAME) & above	25 and above	91st - 99th centile	25 and above	25 and above
The Weight Management Service offer					
Bespoke resources and links 12-week web support 12-week Digital Groups support	12-week face-to- face groups	8-week face-to- face groups	8-week face-to- face groups	12 week home visits	12 week
Additional information					
Further eligibility criteria apply based on BMI and comorbidities/ underlying health conditions	Held in various districts		Ages 4-17 yrs	Referrals only accepted via patients Midwife	Given birth in last 12 months

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