Weight management groups
The public health dietitians in our service run a range of weight management groups across the city and county for families with overweight children and for adults who are ready to lose weight. The groups use a behavioural change approach and combine dietary advice and activity.

www.lnds.nhs.uk
Our website gives helpful information for families, children and adults who want some guidance on successful approaches and tools to help with weight loss and management.

Specialist weight management service
The dietetic service operates a pre-bariatric weight management programme for patients who need specialist help or who are considering bariatric surgery.

Primary care clinics
The dietetic service provide a patient centred service and run clinics in 30 different venues across the city and county.

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Contact: 0116 2227170
Website: www.lnds.nhs.uk
WEIGHTY WEDNESDAY – Dietitians use a behavioural change approach with patients and discuss the importance of lifestyle change. There is strong evidence that even 5% sustained weight loss can improve health outcomes

Our website – www.lnds.nhs.uk has a range of information to support patients, and for health care professionals to use with patients they see and which can be downloaded. Resources include a BMI calculator, weight loss advice, including for vegetarians, advice on portion sizes, weight loss diaries, goal setting information. The public in living in Leicester, Leicestershire and Rutland can also use the ‘ask a dietitian’ facility

Public health groups – dietitians run groups for children and adults across the city and county.
- FLIC (The Family Lifestyle Club) is for families with overweight children aged between 8-13 years. It is an 8 week programme and is based around fun activities that support dietary change and increased activity. Children of all ages can also be seen in specialist weight management clinics. See http://www.lnds.nhs.uk/Library/PAEDreferralformDieteticsPrimaryCare.doc for referral form. Families can also self-refer by contacting 0116 222 7154.
- LEAP (Lifestyle, Eating and Activity Programme) is a 10 week weight management programme for adults. Groups are run by registered dietitians and qualified exercise instructors. Each week covers a 60 minute nutrition session covers topics such as dealing with comfort eating, portion sizes and how to read food labels. This is followed by 60 minutes of physical activity. Follow up maintenance programme to provide extra support. For more information contact 0116 222 7154.
- DHAL (Diet Health and Activity) is a 10 week adult weight management programmes, similar to LEAP, but specifically designed for South Asian patients in the city. For more information contact 0116 222 7154.
- FAB (Food and Activity Buddies) Dietitians oversee the nutrition delivery of the 6 week FAB adult weight management groups in Leicester City

Primary care clinics - the dietetic service operates a patient choice system and patients can choose which venue they wish to be seen in. The dietitian will agree individual goals that are jointly agreed with the patient and encourage the patient to self-monitor their food intake. See http://www.lnds.nhs.uk/Library/AdultreferralformDieteticsPrimaryCare.doc for referral form

Specialist weight management service – this is available for patients with a BMI> 35 with co-morbidities and for patients with a BMI > 40. Patients need to be ready to change their behaviour and patients can be referred via the local GP electronic referral system. Support is offered for 12 months in 1:1 appointments, email or telephone and monthly group meetings. There is also the opportunity to be considered for weight loss surgery for selected patients with severe and complex obesity who have not lost weight through non-surgical methods. The dietetic service operates the ‘Shaping up for surgery programme’ and liaises closely with the surgeons at LRI.

Contact Details- Leicestershire Nutrition and Dietetic Service, 11-12 Warren Park Way, Enderby, Leicester LE19 4SA
Tel: 0116 2227170 Website: www.lnds.nhs.uk