

### Self-Care & Light Touch

**One You South Gloucestershire:** the local One You team can help you navigate through universal healthy weight support services, such as the NHS Better Health campaign and other online resources. As well as 1:1 buddy support to help you build a healthier future and set achievable goals.

To find out more or to self-refer visit [www.oneyou.southglos.gov.uk](http://www.oneyou.southglos.gov.uk) or call 01454 865337

### Enhanced Support

**LifeShape:** get access to 12-weeks' worth of WW (formally known as Weight Watchers) sessions delivered digitally or face-to-face as well as 1:1 buddy support from the One You South Gloucestershire team.

Eligibility criteria: over the age of 16, BMI above 30 (28 with co-morbidities or BMI  $\geq 27.5$  if Black-African, African-Caribbean, and Asian family origin) and a South Gloucestershire resident or registered with a South Gloucestershire GP.

To find out more or to self-refer visit [Healthy Weight | One You South Gloucestershire \(southglos.gov.uk\)](http://Healthy Weight | One You South Gloucestershire (southglos.gov.uk)) or call 01454 865337

**MAN V FAT Challenge:** access to a 14-week home-based programme that supports men to lose weight, based on the core principles of Nutrition, Exercise and Building Healthy Habits. Members work as a team to score points for completing challenges with support from the MAN v FAT Community and an experienced Coach.

Eligibility criteria: over the age of 18, male, BMI above 25 and a South Gloucestershire resident or registered with a South Gloucestershire GP.

To find out more or to self-refer visit <https://manvfat.com/south-gloucestershire/> and enter the promotional code SOUTHGLOS for a free place or call 0345 1630042.

**Gloji:** full access to a 12-week digital programme which includes support around food, activity, sleep, alcohol, and wellbeing. You will have access to the Gloji app featuring interactive video content, weekly articles, recipes, access to the virtual gym with live workouts and the option of 1:1 mentor support.

Eligibility criteria: over the age of 18, BMI above 30 (28 with co-morbidities or BMI  $\geq 27.5$  if Black-African, African-Caribbean, and Asian family origin) and a South Gloucestershire resident or registered with a South Gloucestershire GP.

To find out more or to self-refer visit [www.gloji.co.uk](http://www.gloji.co.uk) and select South Gloucestershire under the sign-up tab or call 0800 054 1190

### Specialist Support

**Weight Assessment & Management Service (WAMS):** a specialist service for support with severe or complex obesity based at Southmead Hospital, Bristol. The WAMS service usually offers support over a 6–12-month period.

Eligibility criteria: BMI above 40 (35 or over if co-morbidities) and evidence of completing enhanced support, *BMI  $\geq 50$  may be referred directly for surgery.*

To find out more visit [Weight Assessment and bariatric surgery\\_NBT002960.pdf](#) or to be referred speak to your GP.