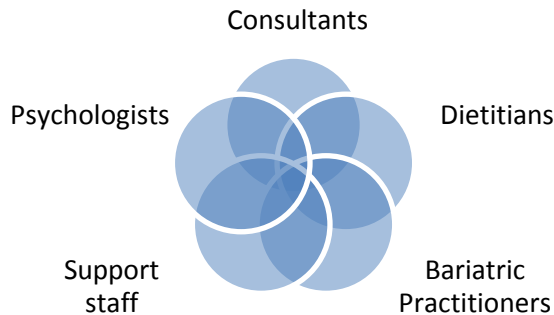


Weight Assessment and Management Service (WAMS)

Do you feel you've tried everything to lose weight? Is your weight holding you back from doing the things that you want to in life? You are not alone! We offer a Specialist Weight Management Service based at Southmead Hospital, Bristol.

Who may be involved in my care?



"The group was very supportive and run very well. Made such a change to feel included. I have made changes to my eating habits and will continue to do so. I feel more in control [of my eating]."

What does the service offer?

We offer an individualised support programme which may include the following:

- Dietary education and advice
- Help to explore your relationship with food
- Guidance for making and maintaining lifestyle changes
- Mood & Food Group - a programme run by a psychologist and dietitian to help you explore your relationship with food. The group involves 8 x 2hour 15min sessions, run either weekly or fortnightly. This is different to any other dieting club!
- Up to 6 individual appointments with a dietitian or psychologist
- A medical review with a Consultant
- Information session on weight loss surgery

"Ground breaking, so impressed because it was a multidisciplinary assessment and the first time we were explained about all the factors that are associated with obesity.... No judgement and no blame at all!"

Interested in being referred?

Please discuss with your GP who can refer you if you meet the criteria.

Is now the right time to attend?

We know that making changes to our lifestyles can be very challenging. It is important that you are in the right place to make the most of your appointments. It is worth asking yourself:

- Are you able to commit to attending appointments?
- Do you feel able to make changes regarding your weight at the moment?
- Are there any significant barriers which may stop you from making best use of the service at this time?

Weight Loss Surgery

The weight loss surgery (bariatric) team is a part of the 'WAMS' team. You may be coming to this service hoping for weight loss surgery.

It is normal for people to need 6-12months of support and preparation from the 'WAMS' team before moving onto surgery. Our aim is to prepare people for the significant dietary and psychological changes which are required for surgery to be effective and safe. For some people it is not the right time for weight loss surgery and they may need to be re-referred at a later date.

"I have a history of depression and often used food as a comforter. I now recognise that without the knowledge and understanding I gained on the programme I would have probably struggled with the huge change to my life style post-op (in terms of eating)."