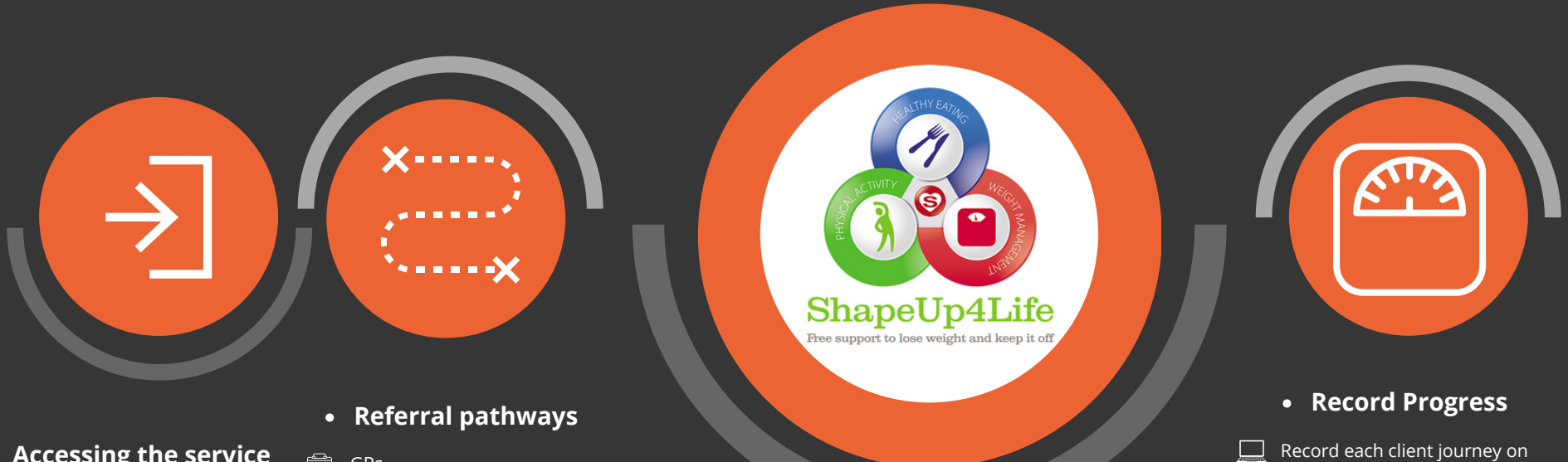


# Hampshire ShapeUp4Life Tier 2 Weight Management Services - Client Journey



## • Accessing the service

- Website
- Social Media
- Text

## • Referral pathways

- GPs
- Secondary Care
- Other Professional Referrals
- Self-Referrals
- Voluntary Sector:
  - carers groups,
  - learning and physical disability groups
  - BAME organisations
  - LGBT-Q
- Outreach work in hard-to-reach communities, workplaces, and community events.
- Smokefree Hampshire Service

## • Access and Support

- Triage: assess readiness to change, Go through the criteria for tier 2 services (those falling in tier 1 or tier 3 services will be signposted to services being provided in Hampshire.
- Client goals and pathway agreed.
- Offer 12-week programme of nutrition and exercise.
- Tailored programme to client group's needs. (men only groups, BME groups, LD, mental health LGBT-Q , pre and post-natal women, women only classes).
- Virtual classes online – roll on roll off sessions.
- Local face to face classes – roll on roll off sessions.
- SU4L App

## • Record Progress

- Record each client journey on database.
- Record weight loss because of intervention.
- Record and ensure sustainability of weight loss through call back service after 6 and 12 months.

