

Local Weight Management Services

Hampshire

The free 12-week course provided by Weight Watchers (WW) is aimed at those with a Body Mass Index (BMI) of over 27.5 or 30 (depending on ethnicity).

Patients can self-refer using the link below:

[WW Health Solutions | Hampshire Weight Loss Programme | WW UK \(weightwatchers.com\)](#)

Isle of Wight

ShapeUp4Life is a FREE service available to those living in the Isle of Wight aged 18+ years with a BMI over 25.

It includes being weighed weekly and workshops. Courses run from various community venues as well as online and via the telephone. Patients You can register directly with Healthy Lifestyles Isle of Wight.

www.healthylifestylesiow.co.uk

Download the ShapeUp4Life App.

Phone 0800 999 1396

Patient flyer/ leaflet can be found in the signposting section here:

<https://www.cpsc.org.uk/professionals/forms-contacts/isle-wight>

Portsmouth

Portsmouth provide a free service for patients who have a BMI over 30 (28 if of south Asian descent or have a health condition). The service is provided by the Portsmouth Wellbeing Team.

Patients can self-refer here: <https://www.wellbeingportsmouth.co.uk/lose-weight/>

Southampton

The FREE weight management app for Southampton Residents. Patients can download the app and access the 12-week programme and virtual classes.

www.shapeup-4life.com/mobile-app

Patient flyer/ leaflet can be found in the signposting section here:

<https://www.cpsc.org.uk/professionals/forms-contacts/southampton>