

## Solutions 4 Health

Solutions 4 Health has been commissioned by Public Health, to provide a new adult weight management programme for Wiltshire. With a significant track record in tackling health inequalities, through the delivery of innovative prevention and behaviour change programmes, Solutions 4 Health (S4H) is a leading provider of public health services across the country. Examples of the health improvement programmes and services we currently provide can be found here: <https://www.solutions4health.co.uk/our-services/>

## Shape Up 4 Life

### What is it?

Shape Up 4 Life (SU4L) is a **FREE 12-week** Tier 2 Weight Management programme that supports people to **lose weight and keep it off** long term.

SU4L is run in **groups** of 12 – 15 people, during the daytime and evening in community settings; sessions are **interactive, practical and discussion based**.

Each **1.5-hour weekly session** consists of a 45-minute **nutrition workshop** covering topics such as snacking, portion sizes, fats and sugar. Followed by 45 minutes of **light exercise** such as circuits, boxercise, resistance bands and seated exercise.

The programme focuses on **behaviour change**, individuals have their weight taken each week and are encouraged to work towards a **5% weight loss goal** by week 12; with **follow up sessions at 6 and 12 months**.

### Who is it for?

- ✓ People that want to lose weight
- ✓ Aged over 16 with a BMI  $\geq 30$  kg.m<sup>2</sup> or  $\geq 28$  with comorbidities
- ✓ Living within Wiltshire
- ✓ Appropriate for people with health conditions\* such as type 2 diabetes, controlled high blood pressure and depression.



**ShapeUp4Life**

Free support to lose weight and keep it off

**Feedback from Health Professionals:**

*“It’s accessible and easy for me to refer. Patients actually love it. It’s local, its 12 session’s so there’s an element of continuity there. They’re talking about food, there’s gentle exercise. Of course its free, which in this economic climate patients really appreciate. The feedback I’ve had from patients is it’s valuable, they gain lots of information and they are able to change their lifestyle as a result.” – Dr Hussain Parkside Surgery*

*I just wanted to share one of my patient’s comments with you. She has just finished the 12-week Shape up 4 Life course at Lambourn and has nothing but positive comments about the course leader, the course in general and the support material. This lady has lost 5kg during the course and now regularly attends the gym. She showed me the participant notebook which looks really informative – Hungerford Surgery*

**How can patients join?**

The referral process is as follows:

**Patients without health conditions who are not taking medication**

- Can self-refer onto SU4L by signing up on our website or calling our team.

**Patients with health conditions/ taking medication**

- Health professional referral form must be completed by a GP or Practice Nurse
- Auto populating referral forms available via EMIS, Vision, DXS and SystmOne
- Provides the team with sufficient information to ensure that the programme is appropriate and adaptable, with exercise sessions available as required
- **Referrals can be sent via:**  
Secure Email, [shapeup4life.wiltshire@nhs.net](mailto:shapeup4life.wiltshire@nhs.net), Fax +44 1249431055

**Promotional materials such as posters, leaflets and bookmarks will be delivered to all surgeries.**

***For further details on these services please contact: Katherine Reeves,***  
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