

## List of providers for weight management

### Shape up/Wellbeing Service

A free weight management programme is provided to Rotherham residents. It is a 10 week nutritional programme and a free 12 week gym membership at 4 gyms around Rotherham

The telephone number is **01709 722565** and patients can self-refer

### Weigh up

A weight loss programme for adults and children aged 4 -17 years. The services are offered across Rotherham including Leisure Centres, Community Centres, Libraries and GP practices.

The telephone number is 01709 722565 or visit [www.weighup.co.uk](http://www.weighup.co.uk)

### Active for Health

A speciality physical activity programme referral pathway for people with long term conditions, including, Cardiac and heart failure, Stroke, COPD Cancer, Lower Back Pain, Falls/Fracture

### Active Always

A programme that delivers physical activity across Rotherham in leisure centres, community halls, parks and gyms. It covers all levels of fitness and includes strength and balance classes (falls prevention). There is a small charge for classes.

Booklets available or visit Active Rotherham website [www.placesforpeopleleisure.org](http://www.placesforpeopleleisure.org)

### Weight Watches/Slimming World

Slimming clubs that patients can join in their local community centres etc. There is a charge for these clubs.

### One You Campaign

The NHS **One You** Campaign has many apps that can be used by patients, including Easy Meals, Couch to 5K and sugar apps.