

Rushcliffe Social Prescribing Service



WEIGHT LOSS

With Rushcliffe Social Prescribing Service, PartnersHealth

IMPACT FROM SOCIAL PRESCRIBING INTERVENTION

Length of intervention - 6 appts over 4 and a half months



Patient X is a 56 year old woman. She is wanting help with losing weight. She has tried slimming world in the past but is now getting worried about her health because of her weight. Any help would be appreciated

She thought she was about 20 stone and has put on weight over the last 10 years.

Her right hip was very sore, walking was painful.

She was really motivated; wants to be active and around for grandchildren. We talked through options. She would like support from me and will join online peer support with Better Choices – she decided she did not need this as buddied up with a friend.

She kept a food diary over 2 weeks. Talked through how she would like to do it – talked through all the different options available to her and sent resources to her. Shared lived experience which really motivated her.

Patient X received 1-1 health coaching and regular appointments for weigh ins and encouragement.

Patient X was a joy to work with. She took on all advice and lost weight consistently over the time and lost 2 and a half stone in the 4 and a half months we worked with each other.

Have you noticed any health benefits?

"It's just my lifestyle now"
"I've lost 9 inches from my bust!"

Impact on community

She linked with a friend, and they lost weight together, offering peer support.

I referred Patient X to Leisure Centre by GP Exercise referral scheme.

Social Prescriber Resources

