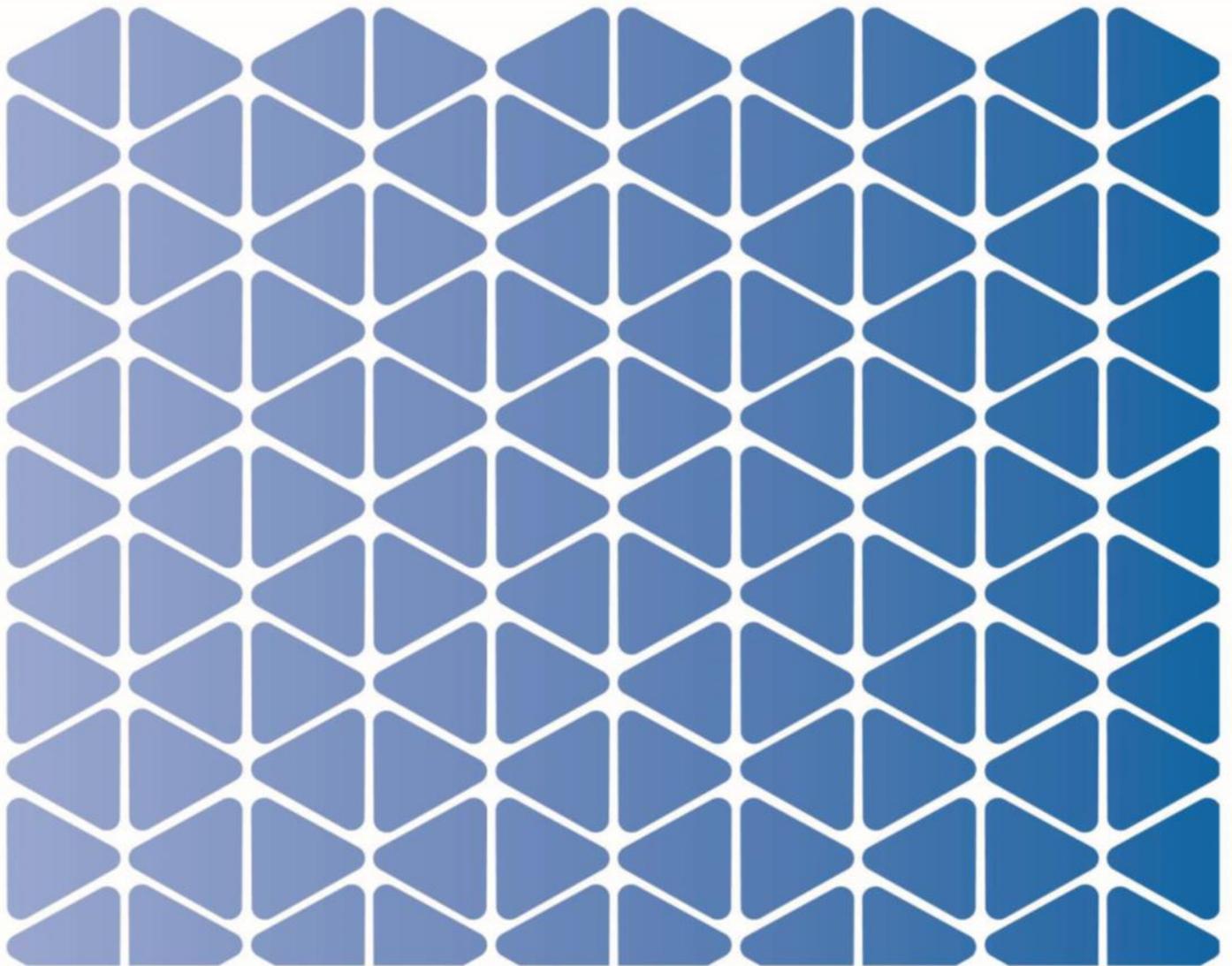




PATIENT INFORMATION

## USEFUL LINKS AND RESOURCES



 [www.worcsacute.nhs.uk](http://www.worcsacute.nhs.uk)

 @WorcsAcuteNHS

 @WorcsAcuteNHS

**This leaflet has been developed for patients in the Specialist Weight Management Service.**

### **YouTube videos**

Eating on a budget - [https://www.youtube.com/watch?v=ADZ5PGoa\\_A](https://www.youtube.com/watch?v=ADZ5PGoa_A)

Take care of myself - <https://youtu.be/0vOIsVqW2Ds>

Introduction to the team - <https://youtu.be/XnnrWkotbhU>

Moving away from dieting - <https://youtu.be/QXTSGRjLsMs>

Weighing at home - <https://youtu.be/wVVyapiM6rM>

Activity - [https://www.youtube.com/watch?v=8Frf1EjnZ\\_Y](https://www.youtube.com/watch?v=8Frf1EjnZ_Y)

### **BDA Links**

Fad diets - <https://www.bda.uk.com/resource/fad-diets.html>

Portion sizes - <https://www.bda.uk.com/resource/food-facts-portion-sizes.html>

Mindful eating <https://www.bda.uk.com/resource/mindful-eating.html>

Weight loss - <https://www.bda.uk.com/resource/weight-loss.html>

Eat well spend less - <https://www.bda.uk.com/resource/food-facts-eat-well-spend-less.html>

How to get your 5-A-Day - <https://www.bda.uk.com/resource/fruit-and-vegetables-how-to-get-five-a-day.html>

Food labelling - <https://www.bda.uk.com/resource/food-labelling-nutrition-information.html>

Healthy snacks - <https://www.bda.uk.com/resource/healthy-snacks.html>

Alcohol facts - <https://www.bda.uk.com/resource/alcohol-facts.html>

## **Alcohol**

Alcohol information - <https://www.nhs.uk/live-well/alcohol-support/calories-in-alcohol/>

Alcohol advice and support - <https://www.nhs.uk/live-well/alcohol-support/?tabname=advice-and-support>

Lower my drinking website <https://www.lowermydrinking.com/>

- Lower my drinking app -Google play  
<https://play.google.com/store/apps/details?id=com.LYD> ;
- ITunes <https://apps.apple.com/gb/app/lower-my-drinking/id1289594577>

Alcohol and drug addiction support –

<https://www.cranstoun.org/services/substance-misuse/cranstoun-worcestershire/>

## **Smoking Cessation Links**

Request referral from GP to lifestyle advisor for support to help you to stop smoking

Lifestyle advisor leaflet - [https://www.onside-advocacy.org.uk/application/files/9515/9239/6174/lifestyle\\_leaflet\\_final-compressed.pdf](https://www.onside-advocacy.org.uk/application/files/9515/9239/6174/lifestyle_leaflet_final-compressed.pdf)

Information to help you to stop smoking also available at

NHS <https://www.nhs.uk/live-well/quit-smoking/>

NHS Inform <https://www.nhsinform.scot/healthy-living/stopping-smoking>

Smokefree National Helpline on 0300 123 1044

Quit smoking app –

Apple - <https://apps.apple.com/gb/app/nhs-smokefree/id687298065>

Google play -

[https://play.google.com/store/apps/details?id=com.doh.smokefree&hl=en\\_GB&gl=US](https://play.google.com/store/apps/details?id=com.doh.smokefree&hl=en_GB&gl=US)

## **Mental Health**

The Bridge Counselling Service Worcester - offers a self-referral service for *counselling on a range of issues including: depression, loss & bereavement, anxiety, relationship problems, abuse, confusion & despair*

Telephone 01905 731850

Website <https://www.bridge-counselling-worcester.org.uk/>

Healthy Minds – *psychological support offered includes online therapy, groups and courses or 1:1.*

You can self-refer or GP can refer

Telephone 0300 013 57 27

Website <https://www.healthyminds.whct.nhs.uk/>

Additional resources and support - <https://www.healthyminds.whct.nhs.uk/resources-and-other-support>

Self-help guides- <https://www.healthyminds.whct.nhs.uk/guides>

## **Eating Disorders**

BEAT – Eating Disorders charity that offers a range of resources and support for People and Carers living with Eating Disorders.

<https://www.beateatingdisorders.org.uk/>

FREED - Worried about Eating, Weight, Shape or someone else? The best way forward is to get help and support early, you are not alone.

<https://freedfromed.co.uk/>

Online support group – Nightingale delivered by BEAT

<https://www.beateatingdisorders.org.uk/nightingale>

## **Eating Disorders Self- help books**

Emotional eating workbook – Carolyn Coker Ross

Love food, love you: The self-love method to end overeating – Sally Plevin

The intuitive eating workbook – Evelyn Tribole

Overcoming Binge Eating – Dr Chris Fairburn

## **Bereavement support**

South Worcestershire bereavement support - offers various types of bereavement support to anyone registered with a South Worcestershire GP. Referrals into the service can be made by the bereaved individual(s),

<https://bereavementsupportworcestershire.org.uk/>

Tel: 01905 760934

Email: [srhgateway.referrals@nhs.net](mailto:srhgateway.referrals@nhs.net)

Cruse – for help no matter how long you've been grieving.

<https://www.cruse.org.uk/get-support/>

KEMP Hospice offer support to anyone living in the Wyre forest area or registered to a GP in the area - patients can self refer online.

Tel: 01562 756 000

<https://www.kemphospice.org.uk/familysupport>

At a Loss -The UK's signposting website for the bereaved. They can help you find bereavement services and counselling. <https://www.ataloss.org/>

The Good Grief Trust -Charity run by the bereaved, helping all those suffering grief in the UK. Can help you find reassurance, advice and support.

<https://www.thegoodgrieftrust.org/>

**If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.**

### **Patient Experience**

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

### **Feedback**

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

### **Patient Advice and Liaison Service (PALS)**

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

### **How to contact PALS:**

**Telephone Patient Services: 0300 123 1732 or via email at: [wah-tr.PALS@nhs.net](mailto:wah-tr.PALS@nhs.net)**

### **Opening times:**

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

If you are unable to understand this leaflet, please communicate with a member of staff.