

barnsley  
change



Eat well    Move more    Live longer

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Change4Life Clinical  
Team Lead

25th September 2014



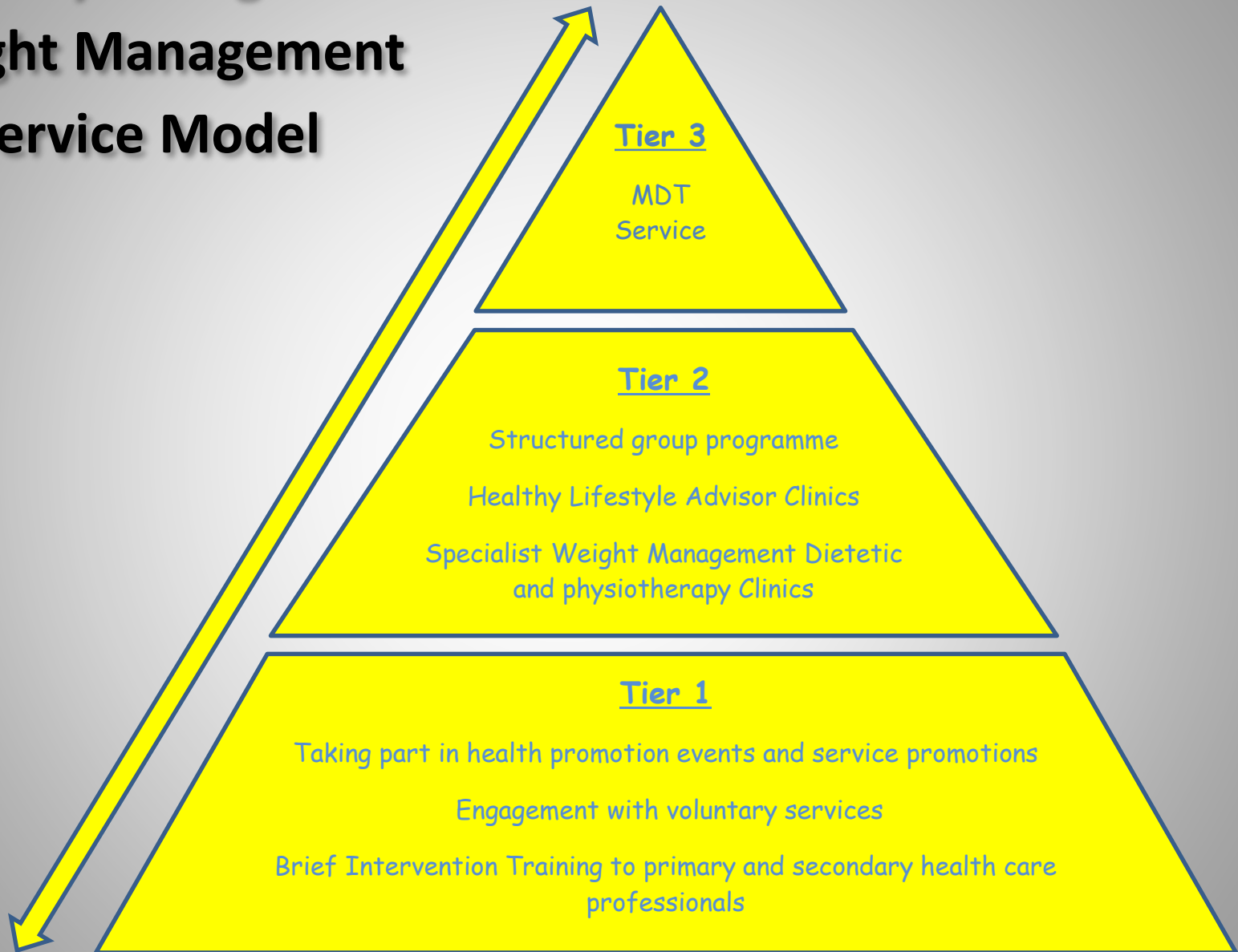
With all of us in mind

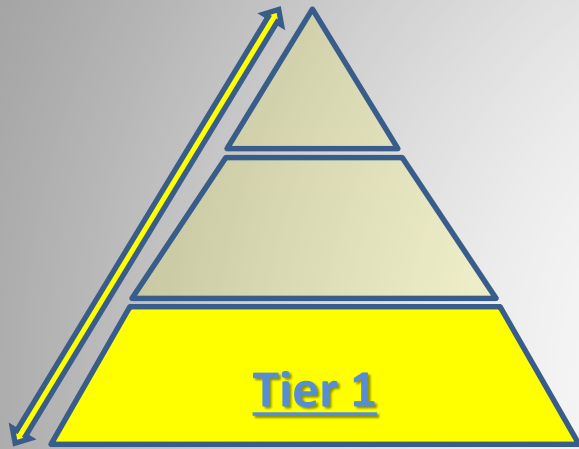
‘I feel great and so proud of myself. I could not have done this without the support, understanding and caring of the advisors from Change4Life. For the first time I felt somebody listened to me.’

(Barnsley Change4Life service user)



# Barnsley Change4Life Weight Management Service Model





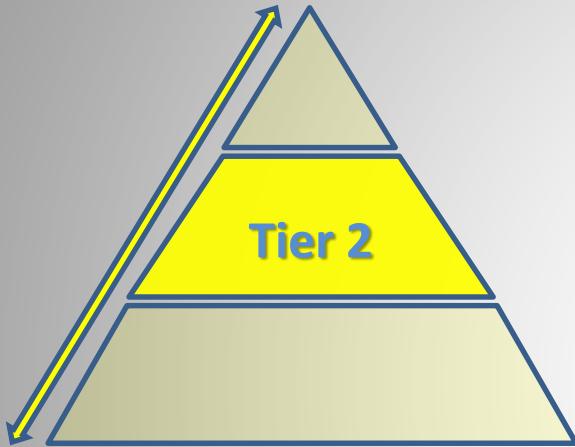
Brief  
Intervention  
Training

Promotional/  
Healthcare  
Events

Partnership  
Working

Supporting  
Voluntary  
Sectors





Rolling Structured  
Group Programme

On-going Support  
Sessions

One To One  
Clinics – Healthy  
Lifestyle Advisors

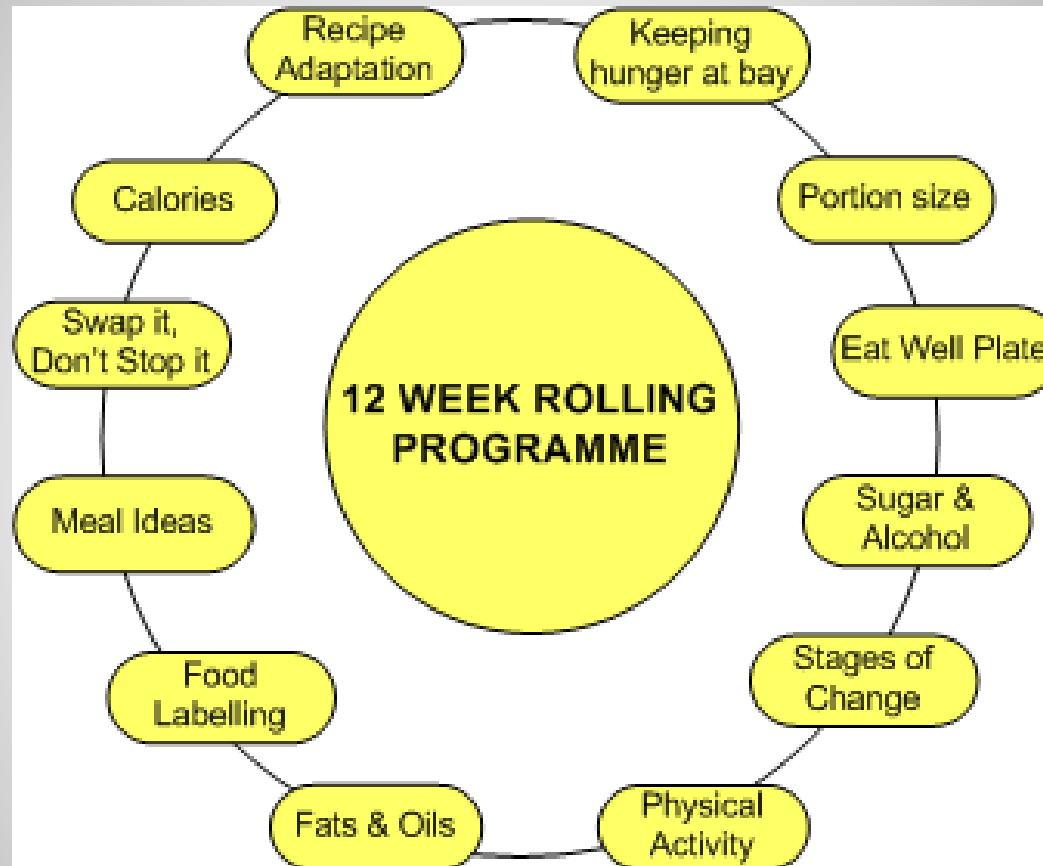
Specialist  
Physiotherapy /  
WOW

Children's &  
Families  
Programme

Orlistat  
Information  
Session



# Rolling Programme



Specialist Adult  
MDT

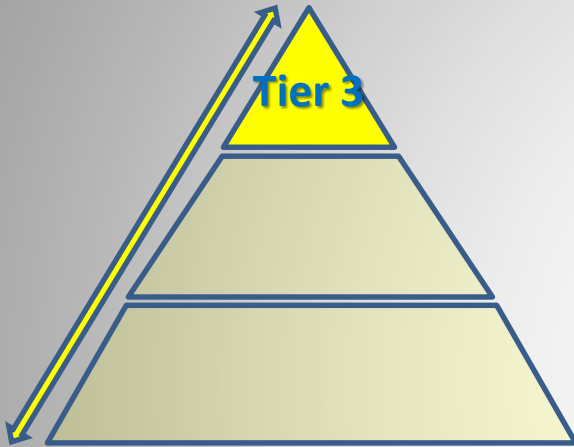
Specialist  
Paediatric MDT

Specialist  
Antenatal Dietetic  
Clinics

Dietetic Led  
Clinics

Bariatric Surgery  
Information  
Sessions

Preparation  
prior to bariatric  
surgery



# Aspects Of The Change4Life Service

## Activity

- Work Out Wednesday
- Activity4Health
- Physical Activity Care Pathway
- BPL

## Cooking Skills

- Cooking demo's
- Cook and Eat Classes

## Long Term Conditions

- Clinical Service with a direct referral route into other clinical services in both secondary and primary care

## Children and Families

- Active Barnsley
- Supporting the NCMP

## Mental Health

- Support people with mild learning difficulties
- Supporting Mencap in the community
- Referral pathway into MHAT/ CAMHS

## Referral Pathway into:

- Substance Misuse agencies
- Stop Smoking Service
- Care Navigators
- Financial Advice
- Food Bank
- Syeda – Eating Disorders Service
- Bariatric Surgery

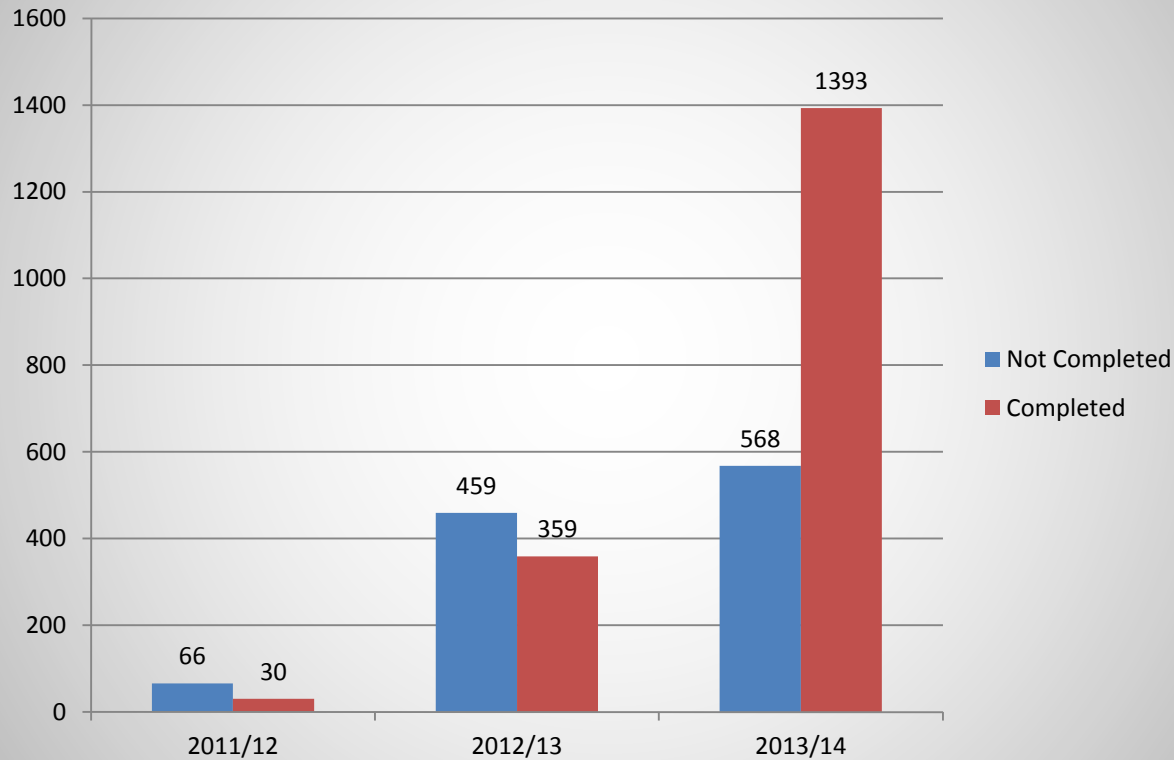
## Staff Development

- Clinical Supervision and training of Change4Life staff
- Safeguarding





# Change4Life Retention Rate Comparison (correct as of April 2014)



With all of us in mind

# Referrals Into The Service

Financial Year	Adult Referrals	
2011/12	382	This shows a 21% rise in adult referrals from 2012-13 to 2013-14.
2012/13	1979	
2013/14	2520	

Top 5 Awareness Sources	
GP	570
Word of Mouth	484
Promotional Events	368
Friend or family member	151
Chronicle Advertisement	182



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# % Weight Loss Achieved

Financial Year	5%'s Achieved	
2011/12	7	This shows a 223% rise in 5% weight loss achieved from 2012-13 to 2013-14.
2012/13	199	
2013/14	642	

% Weight Loss	
0-0.9	87
1 - 1.9	178
2 - 2.9	206
3 - 3.9	159
4 - 4.9	116
<u>Total</u>	746

This shows the number of clients who have lost weight but not achieved the 5% weight loss target. These clients are excluded from the performance indicator figures although they have lost weight and attended a healthy lifestyle weight management intervention.



# Use of Orlistat in Change4Life



With all of us in mind



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Thank you for  
your time



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