

Liverpool University Hospitals

NHS Foundation Trust

Aintree LOSS Weight Management Service

Aintree Site

Lower Lane, L9 7AL Tel: 0151-525-5980

Royal Site

Prescot Street, L7 8XP

Broadgreen Site

Thomas Drive, L14 3LB

Royal & Broadgreen Tel: 0151-706-2000

AINTREE
LOSS

Appointment card / Weight chart and how to get the most out of Aintree LOSS

What To Do – on arrival, please report to the receptionist in the clinic that you are visiting. If there is a sign up saying “no receptionist” please take a seat in the waiting area.

Following your assessment with the LOSS GP, it has been recommended that you would benefit from a review with the following professionals, as ticked:

- Dietitian
- Physiotherapist
- Occupational therapist
- Psychologist

Before you decide if you want to attend these appointments, it is important that you understand what they will involve.

- The **dietitians** have extensive experience in weight management and will work with you to help make positive changes to your diet. The main focus is to help you make achievable and sustainable goals that will help you to lose weight and keep it off in the longer term.
- The **physiotherapists** have a wide range of experience across different areas of physiotherapy. Their role is to help you increase your levels of physical activity whilst acknowledging any difficulties you might have, such as joint pain, fatigue, or medical conditions that make activity hard to do.
- The **occupational therapist** (OT) works with clients, assessing their daily function, including productivity, leisure and self-care. This might include how someone manages at home or with planning their day. The OT can help with management of long term conditions, such as anxiety or pain – often common in people who are referred to LOSS.
- The **psychology** team are experts in working with people with weight issues and eating disorders. The team offers assessments for patients who do not fit the criteria for having an eating disorder but their eating behaviours are making it difficult for them to lose weight.

What's next?

To make an appointment, please telephone or email the LOSS office on 0151 529 3351 or Aintreeloss@aintree.nhs.uk within three weeks of your appointment with the doctor.*

(*Please be advised that as you are emailing from a non-nhs email address, we cannot fully guarantee the security of these emails and will need you to consent to this prior to entering into any correspondence. Therefore if you wish for us to email you back then please add to your email "I consent for Aintree LOSS to correspond by email" – if you do not then we will call or send appointments by post).

Please note that the psychology team operates a waiting list system, so when you telephone your name will be added to this.

In the event of not being able to speak with the administration team, please leave a short message with your name and date of birth. An appointment will be sent to you in the post. If your appointments are not convenient, please telephone or email to rearrange.

Please help us to use NHS resources wisely by cancelling appointments if you are unable to attend.

Website: <https://www.aintreehospital.nhs.uk/our-services/a-z-of-services/weight-management/aintree-loss/>

Appointments

- If you cannot attend an appointment please give as much notice as possible to enable us to offer your appointment slot to someone else. If you do not attend follow up appointments you will be discharged.
- It is important for you to attend even when things are not going well (weight plateau or weight gain). Patients sometimes feel embarrassed or worried if they have gained weight. Please do come and see us as we can support you through difficult patches. It is during these times that we are most useful!

Your weight loss goals

Some people are hoping to lose a lot of weight. There is good medical evidence that losing 5-10% (approx. 1 -2 stone for someone who weighs 22 stone) weight reduces the risks of heart disease, stroke, high blood pressure and diabetes significantly. It is important to have a realistic goal in mind and we can help you with this.

Bariatric (Weight Loss) surgery

You may be interested in looking at bariatric surgery to help you lose weight. In order to be considered for bariatric surgery on the NHS you need to be above a certain weight and there are several other conditions that need to be met which are important when it comes to the success of bariatric surgery. Please discuss with members of the team if you are considering this. For more information on bariatric surgery please go to www.wlsinfo.org.uk and www.bospa.org.

Clinic locations and times

To help you decide where to attend, a list of the current LOSS clinics are detailed below:

Day	Where	Times	Who with	Clinician
Monday afternoon	Clinic E Aintree Hospital	13.00-16.00	Joint dietitian and Physiotherapy.	
Monday evening	Physio dept Aintree	16.30-18.00	Physiotherapy.	
Tuesday All day	Speke Health Centre	9-18.30	Dietitian, Physiotherapy and GP. Weight check	
Wednesday All day	Yew Tree Health Centre	9-16.00	Dietitian, Physiotherapy all day. GP and Weight check (AM only)	
Wednesday evening	Clinic E Aintree Hospital	17.30-19.30	Dietitian, Physiotherapy	
Friday morning	Abercromby health centre	9-12.00	Dietitian, Physiotherapy and GP Weight check	
Friday afternoon	Clinic G Aintree Hospital	13.30-17.00	Dietitian, Physiotherapy and GP Weight check	

****Please note some clinics have longer waiting times than others, so if you wish to be seen quickly you may need to attend a venue that is not your first choice. You can move between venues once assessed if you wish****

Weight Chart

Name:

[illegible]

**If you require a special edition of
this leaflet**

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please contact:

Tel No: 0151 529 2906

Email: interpretationandtranslation@liverpoolft.nhs.uk