



**Liverpool University Hospitals**  
NHS Foundation Trust

Aintree LOSS  
Weight Management Service  
Aintree Hall  
Lower Lane  
Liverpool L9 7AL  
[Tel:0151-529-3351](tel:0151-529-3351)

## Thinking of losing weight? Aintree LOSS could help

Patient Information Leaflet

Aintree LOSS is an expert Weight Management Service for people needing to work towards a healthier weight.

We aim to:

- Focus on a long term approach to sustainable weight loss.
- Make realistic and achievable life style changes.

### What should I expect?

The Aintree LOSS team are committed to deliver a compassionate evidence based approach empowering people living with obesity to optimise their health, wellbeing and quality of life.

The program is tailored to offer you weight management support over a 24 month period.

During this time the GP in the LOSS team will work with you to agree how much support you require from the different members of the team.

Your treatment plan will be tailored to your individual needs to ensure you receive the best support.

### How do I join Aintree LOSS?

- This service is available to people who are registered with a Liverpool GP.
- Depending on your weight and medical conditions, your GP may be able to refer you to Aintree LOSS.

- Discuss this with your GP and find out if you are eligible to join Aintree LOSS.

When you have been referred you will be invited to attend your first appointment with Aintree LOSS at one of our community venues.

### Venues

Aintree LOSS is currently able to offer you a first appointment with the GP at the following venues:

- Speke Health Centre
- Yew Tree Health Centre
- Abercromby Health Centre
- Aintree University Hospital

Follow up appointments and group sessions are also held at Bridge Chapel Centre, Rathbone Hospital.

### The Team

Treatment and support will be provided by our multidisciplinary team which includes:

- GP's
- Dietitians
- Physiotherapists
- Health care support workers
- Psychotherapists
- Occupational Therapist

## Committing to the Programme

Committing to our programme by ensuring that you attend arranged appointments is very important to our team and is closely monitored.

We look forward to meeting you.

**The Aintree LOSS Team**



### **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](mailto:interpretationandtranslation@liverpoolft.nhs.uk)**