



SHAPE UP REFERRAL FORM



Weight Management on Referral with Watford FC

Anybody aged 18-65 years who has a BMI > 30 or > 27.5 for BME groups are eligible to be referred to the Watford FC Community Trust Shape Up Programme. This is a weight management referral scheme that is free for the first 12 weeks.

Clients must be Hertfordshire residents or registered to a GP practice in the county.

Referral Date:		
Patient Name:	Date of Birth:	Gender:
Address:	County:	
Town:	Postcode:	
Height (m):	Weight (kg):	BMI:
Medical details: Please list all relevant medical details of the patient that may affect participation in group exercise		
Patient contact details:		

Name of referrer:		
Position:		
Address:		
Town:	Postcode:	Telephone:

Watford FC Community Sports and Education Trust have been commissioned to deliver weight management programmes across Hertfordshire by Herts County Council, The Premier League and Local Authorities. If you have any questions about the programme or its content please contact the Healthy Lifestyle Project Manager at Watford FC, details overleaf.

To the best of my knowledge, there are no clinical reasons why the above-named patient should not take part in a programme of physical exercise.

Signed

Date

Print



SHAPE UP REFERRAL PROCEDURE



Shape Up is a Weight Management programme for anybody aged 18-65 years

It is designed to engage people in a fun and effective learning environment, which helps them to develop a healthy relationship with food, start exercising safely and lose weight. The course consists of 3 main components:

- Education about healthy nutrition and how to eat to lose weight
- Seminars discussing behaviour change tactics and unhealthy habits
- Group physical activity designed to improve participants fitness and contribute to weight loss

Programme details

- The courses are **FREE** to all participants for the first 12 weeks
- Sessions consist of 45 minute nutrition and behaviour change seminar followed by 45 minutes group exercise and team games
- Every participant is given a course guide and resources such as food diary, physical activity tracker and meal planner to support home learning

THERE WILL BE NO CHARGE TO THE HEALTHCARE PROFESSIONAL AND ENHANCED WEIGHT MANAGEMENT PAYMENTS CAN BE CLAIMED.

To qualify, participants must:

- **Be a Herts resident or registered to a GP surgery in Herts**
- **Be aged between 18-65**
- **Have a BMI of 30 or more (or over 27.5 for BAME groups)**

**Shape Up Project Officer:
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Website:**

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