

Summary of services available for maternal weight management

Pre-conception

Pre-conception, women can attend any adult weight management service from the Kingston by-referral schemes or hospital dietetics with a referral:

- Slimming World
- Weight Watchers
- Weigh2Go
- Get Active
- Hospital dietetics (with referral from GP)

Antenatal

Limited services are available for women in the antenatal period:

- Slimming World
- Hospital Dietetics team (with documentation/referral from midwife)

Post-natal

Postnatal women should only be seen for weight loss advice once their 6 week check is done as per NICE guidelines for weight management post pregnancy. Numerous services are available:

- Beyond the Bump (BtB)
- Slimming World
- Weight Watchers
- Weigh2Go
- Get Active
- Hospital Dietetics team (with referral from GP)

Programmes	Who is Eligible	Cost/Sessions	Contact Details	Referral Route	Is this available to patients out of borough?
Beyond the Bump (BtB)	Postnatal women 18+ if 6 week check done. Open to women of any BMI.	Free 10 weeks free (exercise and healthy eating)	Contact provider directly: Tel: 020 7183 2883 Email: info@foodtalk.org.uk	Patients can self refer or be referred by AHP	No – patients must live, work, study or have a GP in Kingston
Slimming World	Adults 18+/Pregnant Women 18+, with a BMI >28kg/m ² Antenatal with support of midwife Post-natal women if 6 week check done	Free 12 weeks free (weight management/healthy eating)	Freephone: 0800 028 8694 Tel: 020 8547 6815 Email: healthy.lifestyles@kingston.gov.uk	Patients can self refer or be referred by AHP	No – patients must live, work, study or have a GP in Kingston
Weight Watchers	Adults 18+, with a BMI >28kg/m ² Post-natal women if 6 week check done	Free 12 weeks free (weight management/healthy eating)		Patients can self refer or be referred by AHP	No – patients must live, work, study or have a GP in Kingston
Weigh2Go	Adults 18+, with a BMI >28kg/m ² Post-natal women if 6 week check done	Free 10 weeks free (weight management/healthy eating)		Patients can self refer or be referred by AHP	No – patients must live, work, study or have a GP in Kingston
Get Active (Exercise on referral)	Adults 16+, with a BMI >25kg/m ² Post-natal women if 6 week check done	£3.60/session. 12 week programme – instructor present for 5 of these sessions	Tel: 020 8547 6666 Email: healthy.lifestyles@kingston.gov.uk	Patients MUST have a referral from a health professional – Referral form on RBK and KCCG website	No – patients must live, work, study or have a GP in Kingston
Kingston Hospital Dietitians	Antenatal with a BMI >30kg/m ² with referral from midwife/patient Post-natal women if 6 week check done – requires GP referral	Free	Tel: 020 8934 5277 (main office for information)	Antenatal – requires referral with BMI documentation in antenatal folder/on CRS system Postnatal – GP referral	Yes – dependant on referral – patients should contact dietetics dept for further details.