



Getting our active lifestyle started

# Client Welcome Pack



## Welcome!

Welcome to the NHS Lanarkshire Weight Management Service (LWMS). We offer one-on-one individual support from a Paediatric Dietitian (someone who helps you to eat and drink well), and a Personal Trainer, for up to 6 months.

We want to help children, young people and families to make lasting changes to improve their lifestyle and work towards a healthy weight.

We will look at ways to improve your family's diet, increase physical activity levels and reduce screen time.

## What you can expect from us

- ◆ A service that gives you the support you need, and meets your child's individual needs.
- ◆ Regular appointments with a Paediatric Dietitian to help introduce your family to healthier lifestyle changes.
- ◆ Eight sessions with a certified Personal Trainer.
- ◆ Access to a variety of physical activities, both indoors and outdoors.
- ◆ Maintenance appointments at six, nine and twelve months to help you track your progress and give you any support you might need.

## What we expect from you

### Commitment

- ◆ If you have to cancel an appointment, please give 24 hours notice to your Personal Trainer and/or Dietitian whenever you can. If we ever have to change an appointment, we will do the same.
- ◆ If you do not attend, or cancel 3 appointments, we will discharge you from the programme.
- ◆ Parents and carers are encouraged to attend (but not participate) in personal training sessions along with their child to support them through the programme.

## What next?

Please read the agreement and sign at the bottom if you want to go ahead with the programme. If you do, welcome aboard!

Please feel free to ask any questions before signing.

### Client Agreement

I have read and understand what I can expect from the Lanarkshire Weight Management Service. I also understand what I am expected to do to take part. I accept these, and would like my child to participate in the programme. I understand that if I do not do what is expected of me, I might be discharged from the programme.

Print Name

Child's Name

Parent/Guardian Signature

Date

## Confidentiality and the use of patient information

NHS Lanarkshire take care to ensure your personal information is only accessible to authorised people. Our staff have a legal and contractual duty to keep personal health information secure, and confidential. In order to find out more about current data protection legislation and how we process your information, please visit the Data Protection Notice on our website at [www.nhslanarkshire.scot.nhs.uk](http://www.nhslanarkshire.scot.nhs.uk) or ask a member of staff for a copy of our Data Protection Notice.

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Pub. date:	April 2022
Review date:	April 2024
Issue No:	01
Department:	GOALS
Clinical lead:	

PIL.GOALSCW.22\_08573.L