

Weight Loss Support



Weight Loss Resources

- **Better Health**

<https://www.nhs.uk/better-health/>

If you're overweight, losing weight can improve your health, give you more energy and help you feel better about yourself.

But losing weight is not always easy, and many things can affect your progress. Your eating habits, sleep, activity levels and how you feel can all play a part. If you have struggled with weight loss before, you are not alone.

On this page, you will find practical ways to support weight loss by making changes to what you eat and drink, how much you move, and how well you sleep.

- **NHS Weight Loss App**

A free 12-week diet and exercise plan, tailored to you. This app is available for [iOS \(iPhone/iPad\)](#) and [Android](#).

- **NHS Eatwell Plan**

<https://www.nhs.uk/live-well/eat-well/>

This gives evidence-based advice on long-term healthy eating which forms the basis of our Lose Weight programme

- **Livewell YouTube channel**

<https://www.youtube.com/channel/UCrXyBPEM5HxIQc1V7E0iMDg/videos>

Livewell's YouTube channel has a range of at home workouts.

<https://livewellderby.co.uk/>

Tier 2 Weight Management Livewell

Who can join?

- Adults aged 18 and over
- Registered to a Derby GP practice and/or a Derby resident
- Have a Body Mass Index (BMI) of 30 or over or 27.5 or over for people from Black and South Asian ethnicity groups. [Calculate your BMI here.](#)
- People ready to make changes to their exercise and eating habits.

Please note: Livewell **does not** provide weight loss injections or medication.

Tier 3 Weight Management Livewell

To progress to Tier 3 you need to have completed Tier 2

Patients may be referred to Tier 3 if they:

- Have complex physical or psychological health needs
- Have not made sufficient progress despite full Tier 2 engagement
- Are potentially eligible for Tier 4 (bariatric surgery)
- Are unable to access Tier 2 due to neurodiversity, trauma, or other significant barriers

These referrals are considered through regular joint MDT meetings, often led by psychology teams, to ensure decisions are clinically appropriate.

The NHS Digital Weight Management Programme

<https://www.england.nhs.uk/digital-weight-management/>

The NHS Digital Weight Management Programme supports adults living with obesity who also have a diagnosis of diabetes, hypertension or both, to manage their weight and improve their health.

It is a 12-week online behavioural and lifestyle programme that people can access via a smartphone or computer with internet access.

Mounjaro Weight Loss Injections

Mounjaro is a medication designed for managing type 2 diabetes and is now available on the NHS — but only for patients who meet certain clinical criteria.

You MAY be eligible ONLY if you meet the following criteria:

- Are over 18.
- Have a BMI of 40+ or 37.5+ if from a black, Asian or other background.
- Diagnosed with four or more weight-related health conditions, such as:
 - Type II Diabetes; high blood pressure (hypertension); heart disease; sleep apnoea, or similar conditions

Local Exercise Groups and Classes

If you require more information on local groups and classes, get in touch and we will listen to you about your needs and try our best to signpost you to some appropriate options. We will also keep our website updated with local resources.