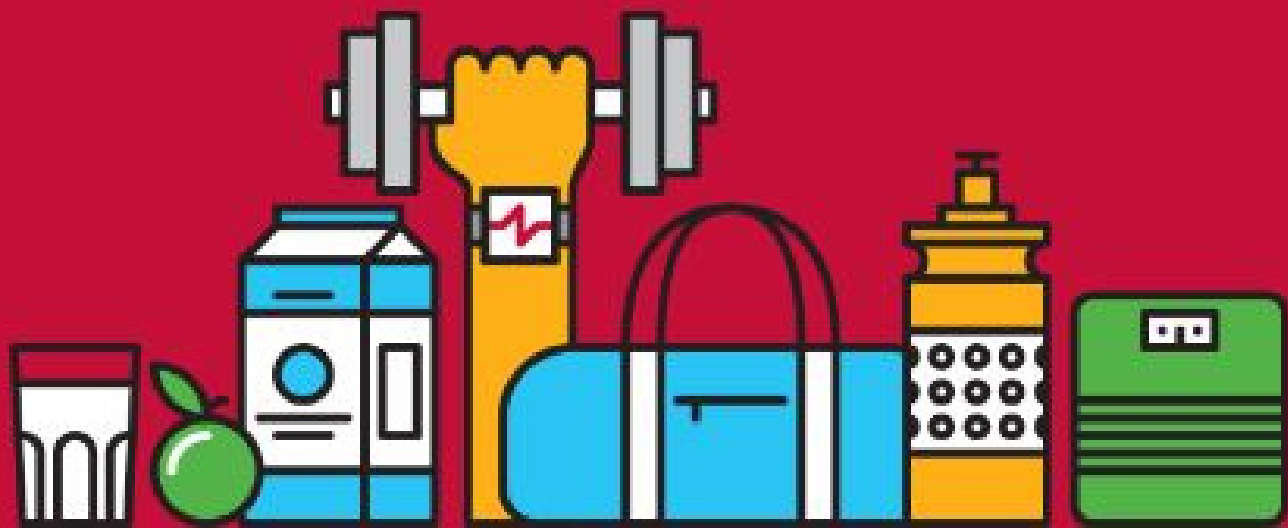


# achieve

## OXFORDSHIRE

Achieve Oxfordshire is the Tier 2 weight management service for the county. We offer a range of free face to face, remote and one to one programmes to support patients to achieve and sustain a healthy weight.

Our team of practitioners support adults and children aged 4-12 years old and their families to create healthy lifestyle changes through our behaviour change focused weight management programmes.



**OXFORDSHIRE**  
**COUNTY COUNCIL**

# Highlights of the service in 2022

**4,839**

clients have been supported to lose weight in 2022

**182%**

increase in referrals from primary care in 2022 compared to 2021

**50.8%**

increase in referrals to the service this year compared to 2021

## We also...

- Re-introduced our healthy weight clinics this year - On average this increased referral rate by 26% for the GP surgery
- Expanded our service, to support children aged 4-12 years old and their families with the launch of Gloji Energy

# The top 10 performing surgeries of 2022 (1st Jan - 1st Dec)

This percentage is based on the number of referrals compared to the number of patients of the obesity register



Summertown Health Centre (259 Referrals = 46% of obesity register)

2nd - Luther Street (19 referrals = 40% of obesity register)

3rd - Hedena Health (431 referrals = 39% of obesity register)

4th - Hightown Surgery (335 referrals = 32% of obesity register)

5th - Nuffield Health Centre (345 referrals = 24% of obesity register)

6th - Bicester Health Centre (210 referrals = 23% of obesity register)

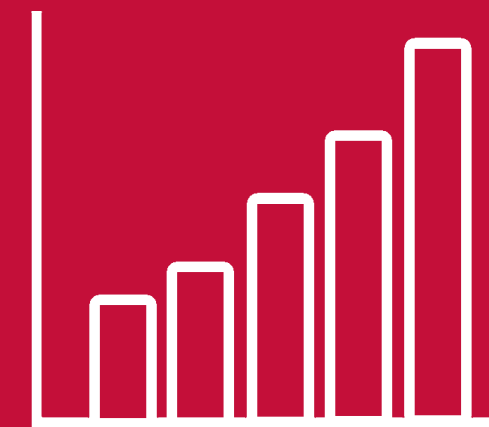
7th - Bartlemans Surgery (124 referrals = 23% of obesity register)

8th - 19 Beaumont Street (135 referrals = 22% of obesity register)

9th - The Rycote Practice (145 referrals = 21% of obesity register)

10th - Gosford Hill Medical Centre - (150 referrals = 21% of obesity register)

**These figures include direct EMIS referrals plus referrals made by patients registered at each surgery**



# North Oxfordshire Rural Alliance PCN Referral report

## 1st January - 1st December 2022

Surgery Name	EMIS Referral Figures to Achieve 1st January - 1st December	Self Referral Figures to Achieve 1st January - 1st December	No. of patients on obesity register QOF 2021-2022	Percentage of Register Referred (against QOF)
Chipping Norton Health Centre	34	69	1197	9%
Wychwood Surgery	4	42	469	10%
Deddington Health Centre	92	121	1047	20%
Bloxham Surgery	13	36	453	11%
Cropredy Surgery	9	27	520	7%
Sibford Surgery	9	15	116	21%



In total, 12% out of 3,802 eligible patients from North Oxfordshire Rural Alliance PCN were referred to our service

# How can the Achieve team support your surgery to make weight management referrals easier?



Healthy weight clinics - Our engagement team can run healthy weight clinics from your surgery once a month - This eases pressure on HCP's to make weight management referrals



Marketing Resources - We have a range of resources that can help advertise the service to your patient base - leaflets, cards, posters, digital screens



The Knowledge Platform - This is a HCP's training platform available on our website. It comprises of a range of short videos that provide information on many topics relating to healthy weight - [Click here](#)



Ongoing training - Our engagement team are always happy to attend team meetings to provide a service overview or updates to ensure teams are upto date on our offer.



Text Campaigns - We have worked with several PCN's this year and assisted them with running text campaigns. We can provide text templates, sign up forms and ongoing referral data

# What our client say about their experience

"There was accountability built in but accountability without the guilt! The teaching on food and diet was [great] excellent ideas and resources, well organised and structured with very clear aims and objectives, well presented, and all in all encouraging you to make informed, sensible and ultimately sustainable changes to eating habits and diet designed to help weight loss and to keep the weight off once lost!"

"I'm no longer thinking about whether to do exercise, I just put the trainers on and get started. I'm being kinder to myself and avoiding being overly self-critical."

"During this program I have learned a lot about myself and why I eat, which has opened many doors for me to explore my own thinking and eating patterns. Beth was a great support."

"I have learnt better coping strategies and techniques to break habits and form better ones."

"Achieve has changed my life. It has given me knowledge I was not aware of. What Achieve does is give you the right level of knowledge at a well calculated pace that allows you to ponder what you have learnt over the week."

# Thank you from the Achieve Oxfordshire team

It has been a pleasure working with many of you in 2022,  
and we look forward to building more partnerships in  
2023 to support more of your patients to make healthy  
lifestyle changes

We wish you a Merry Christmas and healthy and Happy  
New Year



# CONTACT OUR TEAM TODAY



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01865 590 181



[www.achieveoxfordshire.org.uk](http://www.achieveoxfordshire.org.uk)



**If you haven't already, we encourage you to book a meeting with one of our engagement team to find out how we can support your surgery to make weight management referrals.**

