



## Our Management Team

### Gerald Ellis

Business Manager with specific interests in Business Development & Sport.

### Dr Dexter

Managing Director, partner of Crown House Surgery, with specific interests in IT, & Practice Based Commissioning.

### Dr Chapman

Finance Director, partner of Bridgegate Surgery, with specific interests in vocational GP training.

### Dr Ho

Clinical Director & partner of Riverside Surgery, with specific interests in Coronary Heart Disease, Palliative Care, & Prison Medicine.

### Dr Jarvis

Director & partner of Tall Trees Surgery, with specific interests in Sports Medicine, Diabetes & Training.



## Our Vision

### Aims

Retford Health aims to create innovative, practical and economically viable solutions to the increased demands of an ever-changing environment of healthcare provision.

### Partnerships

With a tradition of excellence in Primary care we work in partnership with local organisations to optimise quality & ensure value for money for commissioners, to benefit the local community.

### Long Term Solutions

Retford Health is led by clinicians to serve, inform and develop new services that are dependable, robust & consistent in order to deliver sustainable long-term models of care.



Retford Health Ltd

Quality care from people you know



NHS Alliance Acorn Award 2010  
Winner - Local Health Improvement



## Award Winning Weight Management Programme



Welcome to Chrysalis a new award winning weight management programme from Retford Health. This programme has been assessed by The National Institute Of Clinical Excellence (NICE) and added to their shared learning database & cited as a good example of implementation of weight management in Adults





## Weight Management

The importance of keeping weight under control is constantly being highlighted as it has such a major impact on so many aspects of health. People in Retford and the surrounding area can enjoy a first class weight management programme that truly integrates medical treatment, guidance on diet and the opportunity for increasing activity. All of this is available free of charge through a scheme in partnership with the NHS, & supported by the General Practices of Retford.

## What's involved

You will see a health promotion advisor for an initial assessment of height weight & body Mass Index, and if eligible for the programme, a series of blood tests, blood pressure and pulse are assessed. Your GP will be contacted to see if the weight management programme is appropriate, and then you will be invited to join a 12 week programme, details are summarised on the page opposite.

We run several courses at various day and times, including selected mornings, afternoons, & evenings. Each programme has approximately 12 people on it and is held at the Retford Primary Care Centre, or Riverside Surgery. Other locations may be used to support the programme.



## The Programme

The course will be fun, supportive & informative, to help patients achieve a healthier weight. Each session has a structure with discussion, advice, & helpful hints & tips to help you meet agreed target weights, with regular progress checks. There will be opportunities for follow up, as well an introduction to a local gym & everyone will receive a step counter.

Week	Session
Week 1	Getting Started
Week 2	The Balanced Diet
Week 3	Food Labels
Week 4	Physical Activity
Week 5	Motivation
Week 6	Why We Eat What We Eat
Week 7	Fats & Cholesterol
Week 8	Eating Out
Week 9	Alcohol
Week 10	Salt
Week 11	Flexible Session / Quiz
Week 12	Final Review

## Online Support

We have an online calorie comparator, to assist you with monitoring your calories consumed and used up in activity, details can be found on our web site.



## What Patients say about the programme

“Chrysalis is more personal than other weight groups I have tried, it does not try and sell you products, & staff are more helpful. This is much better, more balanced, more health information, less pressure. Very informative and enjoyable”

If you would like to know more about Retford Health or if you have any suggestions for better healthcare, please contact us:  
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