



Chrysalis



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.



NHS Alliance Acorn Award 2010
Winner - Local Health Improvement



Award Wining Weight Management Programme



Welcome to Chrysalis, an award winning Weight Management programme from Retford Health. This programme has been assessed, highly commended & added to the National Institute of Clinical Excellence (NICE) Shared Learning Database as a good example of implementing 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 all of the General Practices of Retford.

What's involved

You will see a highly trained 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 & pulse will be assessed. We will then try to arrange the most convenient time for you to attend the 12 sessions, then you will be invited to the next available programme. A session plan is on the page opposite.

Several courses are run each week at a variety of days and times, including selected mornings, afternoons & evenings. Each course has approximately 12 people on and is held at the Retford Primary Care Centre, in Retford. In addition, other locations may be used to support the delivery of programmes. Your practice will be advised of your participation & attendance.

We also have a complementary programme for Teenagers & their parents / carers called Inneraktiv.



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	Exploring Why We Eat What We Eat
Week 7	Fats & Cholesterol
Week 8	Salt
Week 9	Eating Out
Week 10	Alcohol
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.



Multi Professional Learning Organisation



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, and 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:
Tel 01777 863542, www.retfordhealth.co.uk
Email info@retfordhealth.co.uk

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Quality care from people you know



nhsalliance

ACORN AWARD FOR EXCELLENCE

Winner

Retford Health Ltd

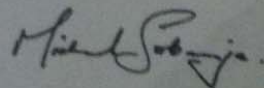
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Local Health Improvement

Entry Title:

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18th November 2010



Chief Executive

