



Rotherham

Media Release

NHS Rotherham

Oak House
Moorhead Way
Bramley
Rotherham
South Yorkshire, S66 1YY
www.rotherhampct.nhs.uk

NHSR09-P79
4 November 09

Photo/interview opportunity:

Date: Friday 6 November 2009

Time: 1pm

Venue: Clifton Medical Centre, The Health Village, Doncaster Gate, Rotherham, S65 1DA

Opportunity: The opening of Rotherham Institute for Obesity

Rotherham Institute for Obesity (RIO)

The Rotherham Institute for Obesity (RIO), a unique and specialist centre for the management of obesity, will be officially opened this week as part of National Obesity Week.

RIO, which is based at Clifton Medical Centre, will offer services including a gym, cooking classes and resource centre, providing specialist support for overweight and obese people who have been referred by health professionals.

The new service has been commissioned within NHS Rotherham's award winning and nationally recognised healthy weight commissioning framework which provides a four-tier intervention programme which also includes Carnegie Internal Camps, a summer weight management camps for children, Carnegie Clubs, a 12 week weight management programme for children and Reshape Rotherham, a 12-week community weight management programme for adults.

Professor David Haslam, Chairman of the National Obesity Forum (NOF), the organisation running the National Obesity Week campaign, will officially open the centre which will be attended by representatives from the other NHS Rotherham weight management services, including Carnegie Weight Management, DC Leisure, and Reshape Rotherham.

Dr Matthew Capehorn, Clinical Manager at RIO said: "This exciting new facility is totally unique in the UK. We are offering a full team of experts on hand to address the causes of obesity and offer weight management for both adults and children.

"Obesity is a growing problem amongst all ages of the population with nearly one third of children and over half of the adult population overweight or obese. In Rotherham we are leading the way in tackling the issue. However, we recognise that there is no quick fix and that it

may take some years before the trends can be reversed, but with good advice, intervention and treatment we hope to raise awareness and understanding of the health dangers associated with obesity and engage the public with our Weight Management Strategy.”

RIO takes a multidisciplinary team approach to weight loss by providing a wealth of specialists including obesity specialist nurses, specialist dietitians, talking therapists, an exercise therapist and a general practitioner with a specialist interest in obesity. Its overall aim is to identify problems and put together an appropriate plan for each individual, and to maximize their chances of weight loss.

Patients who are worried about their weight should visit their GP to be referred into RIO or any of the other services. Services are free and are available to people registered with a Rotherham GP.

One in three children and 60% of the adult population in Rotherham are classified as overweight or obese. NHS Rotherham is investing £3.5 million over the next three years in a four tier-programme to tackle this serious problem:

Carnegie International Camp - Tier 4

The residential summer camp is designed for 8-17 year olds and is the most intensive weight management programme available with the exception of surgery; it is primarily focused on the most obese children (>85th Percentile for age and gender related BMI), although it is effective for all levels of overweight/obesity.

The camp is multidisciplinary and includes guidance on dietary restriction and modification, physical activity promotion, lifestyle change and the development of social skills whilst providing a fun and supportive environment for weight loss. All components adhere fully to NICE guidance and activities are aligned to key stages in the National Curriculum and other national health campaigns such as Change4Life.

Visit: www.carnegieweightmanagement.com or 0113 8125 233

RIO (Rotherham Institute for Obesity) - Tier 3

The Rotherham Institute for Obesity (RIO) is a specialist centre for the management of obesity. It has a multidisciplinary team approach to tackling weight by providing specialists including; Obesity Specialist Nurses (OSNs), healthcare assistants (HCAs) with specialist weighing and measuring equipment, dietetics input for complex dietary needs, group work and cooking skills education in our on-site kitchen, talking therapists for psychological and counselling input, a physical activity specialist with on-site gym facilities, a General Practitioner with a specialist interest in obesity (GPwSI) for any prescribing issues, and access to local bariatric surgeons and other secondary care specialists if meeting appropriate criteria. It provides triage of children who may be suitable for Carnegie Camps.

Contact: Lynn Senior, RIO Supervisor, Rotherham Institute for Obesity (RIO)
Clifton Medical Centre, The Health Village, Doncaster Gate, Rotherham, S65 1DA Tel:
08444773622 or Fax: 08444773831

Carnegie Club- Tier 2

Carnegie Club is a 12-week weight management programme for overweight and obese children aged 8-17 and their families to help them become fitter, healthier and happier. DC Leisure is working in partnership with NHS Rotherham and Carnegie Weight management (CWM) to deliver the Carnegie Clubs FREE of charge at Rotherham Leisure Complex and Aston-cum-Aughton Leisure Centre.

Visit: www.carnegieweightmanagement.com/rotherham or call the program manager on 07525 702784.

Re Shape Rotherham - Tier 2

A free service available to all local residents registered to a Rotherham GP, with a BMI of over 25. Reshape Rotherham consists of a series of 10 weekly, hour long sessions designed to help people make long term changes towards a healthier diet and lifestyle.

People can either self refer by telephoning 01709 307694 or can be referred into the service by visiting their GP or Practice Nurse.

For more information on Reshape Rotherham, please contact Vanessa Quarmby on vanessa.quarmby@rothgen.nhs.uk or 01709 307121.

Primary Activity – Tier 1

Primary activity includes health promoting brief interventions to encourage lifestyle changes. These can be provided by a range of staff including GPs, Leisure Services, health visitors, teachers, school nurses or other healthcare professionals.

Ends

Note to Editors:

1. NHS Rotherham leads the borough's health service by investing £420 million of your money into local health services. Our aim is Better Health and Better Lives for everyone in Rotherham. NHS Rotherham pays for the services provided by all the health services in the Borough, including all GPs, dentists, and pharmacists, community health services, Rotherham Hospital and Rotherham's mental health services.
2. NHS Rotherham also provides a range of community health services through Rotherham Community Health Services, including Health Visiting, District Nursing, Podiatry and Contraception and Sexual Health services.
3. Our vision for the next five years is for:
 - Babies to be born healthy and have the best start in life
 - Children and young people to be fit and active
 - Quick and convenient access to excellent services for all
 - People with long term conditions will be supported to manage their health and access services
 - Easy access to services for people with mental health problems
 - People to be able to choose where they die
4. NHS Rotherham is still legally a Primary Care Trust.

For further information please contact Sarah Baygot, Communications Officer on 01709 30 2026 or email sarah.baygot@rotherham.nhs.uk