

FOI 0342/2023 Request

I am currently researching programmes/support etc available for people who have experienced weight gain due to medication for SMI (Sever Mental Illness).

1. I wondered if you could tell me if your organisation is able to offer support to people who have experienced this, and in what ways is support offered and accessed?

Please note that we would not hold this information centrally, as it would form part of the consultation between prescriber and patient,

However, we can confirm that the Trust provide support to inpatient service users who would like support for weight gain.

Service users can be supported with increasing physical activity and also creating a care plan to reduce the energy density of their diet.

We also provide a Recovery College group session to promote healthy eating

2. Are you aware of people needing to be referred into particular services or can they self refer, and is there support available for people who may struggle to attend?

Please note that we would not hold this information centrally, as it would form part of the consultation between prescriber and patient, with signposting to NHS resources on weight management and/or referral back to GP for onward support .

There are limited services in the community and often require a GP referral to manage the weight gain.

3. Do you know of anywhere that can or does signpost people to somewhere they can find help?

None