



Application form

Up!Up! is a 12-week weight management programme specifically tailored and intended for people of Black, African & Caribbean heritage. Fill out the form below to sign up for the programme. Fields marked with an asterisk (*) are mandatory. Your application will be reviewed to ensure that you are eligible for the programme. If you are eligible, you will be contacted by the team about the next steps.

Your details

Title: (Mr/Mrs/Ms/Miss/Other) First name*: Last name*:

Address:

Postcode: City:

Phone number 1*: Please provide at least one number Phone number 2:

Email address:

Medical information

NHS number*:

Where is my NHS number? You can find it on any letter from the NHS like a prescription or appointment letter. You can find it in the NHS app if you have installed it on your phone. You can also call your GP surgery and ask them for your number.

GP Surgery:

Eligibility

Are you 18 or over? Yes No

Are you a Lewisham resident or registered with a GP practice in Lewisham? Yes No

Are you of Black, African or Caribbean heritage? Yes No

Do you consider yourself overweight or carrying too much weight around the middle? Yes No

Are you able to join weekly group sessions for 12 consecutive weeks? Yes No

Are you Up!Up! ready?

On a scale 1-10, how ready are you to adopt a healthier lifestyle?

(tick the box that applies)

1 2 3 4 5 6 7 8 9 10

Not ready at all

Ready !

Turn over



Consent

I confirm that I am happy for my data to be shared with the team at **Guy's & St. Thomas' Hospital.**

Your name in full:

Your signature:



Living lighter
the African and
Caribbean way!

What next?

Please send this completed form via post or via e-mail as below:

Address

Up!Up!
Dietetics
Guy's Hospital
St Thomas' Street
London SE1 7RT

Email

gst-tr.up.up@nhs.net

**Any
questions?**

Call us !
020 7188 2010
(choose option 1)