

## Community Nutrition and Dietetics

Beckenham Clinic  
14 The Crescent  
Beckenham  
BR3 1DU

Tel: **0300 330 5777**

### Adult Dietetics Service

We are registered dietitians working to give you expert advice on nutrition and dietetics.

You can be referred to us if you are over 16 and registered with a GP.

We work closely with your GP and they will share any relevant information with us.

### Are you currently prescribed supplement drinks?

If you are, please book an appointment at your local GP surgery to see a dietitian.

Regular reviews are necessary to make sure you are on the correct prescription

## Bromley Healthcare

better together

The Community Nutrition and Dietetics service is provided by Bromley Healthcare, an award-winning social enterprise working with the NHS, delivering a wide range of community healthcare services to people of all ages in Bromley, Bexley, Croydon, Greenwich and Lewisham.

We provide a wide range of nursing, medical and therapy services for adults and children. These include District Nursing, Health Visiting, Speech and Language Therapy, Physiotherapy and Occupational Therapy. 98% of our patients would recommend our services to their friends and family.

### Tell us what you think

We want you to be happy with the service you receive from us, but we know that every so often something might go wrong. If you're unhappy with the care you receive or an element of our service, we want to hear from you.

Of course, we also want to hear from you if you're happy with the care you're receiving - it's good to be able to thank the team and let people know they're doing a good job, so if you have a compliment or congratulation, we'd like to hear from you.

If we are unable to resolve your concerns or you would like to take the matter further please contact us at the address below.

Central Court  
1 Knoll Rise  
Orpington BR6 0JA

**020 8315 8880**

[bromh.feedback@nhs.net](mailto:bromh.feedback@nhs.net)

[bromleyhealthcare.org.uk](http://bromleyhealthcare.org.uk)

Bromley Healthcare Community Interest Company Ltd  
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## Lewisham Adult Dietetic service

Provided by Bromley Healthcare

# Dietetic clinics in your GP surgery, Lewisham

## Where will I be seen?

In your GP surgery, Lewisham.

## Do I need a referral?

Yes, from your GP, practice nurse or health care professional.

## Who can be referred to the practice based dietitian?

You can be referred to the practice based dietitian for advice if you have:

- Unintentional weight loss or low weight
- Diabetes
- High cholesterol
- Irritable bowel syndrome
- Inflammatory bowel disease
- Constipation
- Coeliac disease
- Medically diagnosed food allergy or intolerance
- Other conditions that may benefit from dietary modification

Please note: Home visits are available for patients that are housebound.

## How do I book my appointment?

With your GP receptionist.

## How long will my appointment be?

Your first appointment will last for 30 minutes. Follow up appointments will last for 15 minutes.

## What will happen at my appointment?

Your dietitian will take a diet history, either verbal or written, and agree a plan to suit your individual needs.

## Will I be seen more than once?

Everyone is different so the number of times we will see you depends on the type of dietary advice you will need. During your first appointment the dietitian will discuss with you whether any follow up is needed and will book you another appointment if necessary.

## Will I see the same dietitian?

We will try and book all your appointments with the same dietitian, but sometimes this is not possible.

## Can I bring someone with me?

You can bring a friend or partner to the appointment with you.

## How do I arrange an interpreter?

If you need an interpreter please let the receptionist know when you book your appointment.

## What if I want to change my appointment?

Please call the practice as soon as possible if you cannot come to your appointment. The practice will arrange a new one for you. Your appointment can then be offered to someone else, helping us to keep waiting times down.

## What if I miss my appointment?

If you miss your appointment and do not let us know you will not be given another appointment. We will let your GP know.

## Weight management clinics

The weight management clinics are for people with a body mass index (BMI) over 35kg/m<sup>2</sup>, or over 30kg/m<sup>2</sup> if you have diabetes, heart disease or another long term condition.

Weight management clinics are run at one of four 'host' surgeries and you will be seen at the 'host' surgery for your area.

To attend the weight management clinics you must be referred by your GP, practice nurse or health care professional. The dietitian will then post an appointment date and time to you.

Your first appointment will last for 40 minutes. You will have two follow up appointments for 20 minutes each, during the next six months. You can also attend the weekly drop in clinics between your appointments for up to a year.