

Weight Management Courses for patients with diabetes in Swindon

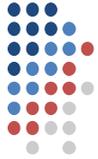


Course	About	When?	Where?	How?
Dietbusters Swindon Borough Council	<p>Free 12 week course when referred by your GP. The class is a combination of weight management education (45 minutes) and group exercise (45 minutes). Looks to promote long term lifestyle changes rather than traditional all-or-nothing diets. <u>This course is suitable for people with physical disabilities as it is adapted to individual need.</u></p> <p>Requires motivated individuals to commit to the 12 weeks and agree to improve their lifestyle, eat more healthy, exercise more and as a result, lose weight. Sets individualised targets, without putting pressure upon you, to allow you to achieve your goals.</p> <p>Introductory session may be offered to hear about the Dietbusters approach and what to expect from the course so you may be in a better position to decide if the course is right for you.</p>	Sessions offered at different times of day throughout the week to fit around your lifestyle	Sessions held at several convenient locations around Swindon near to local practices to facilitate ease of access such as community centres, sport centres or schools	For enquiries on Dietbusters and to book onto an introductory session, contact The Live Well Hub on 01793 465513, e-mail: live-well@swindon.gov.uk
Weightwatchers Swindon Borough Council	<p>12 free sessions over 16 weeks including full access to online tools including 1000's of recipes and 24/7 online support. The Weight Watchers approach has 3 elements; healthy eating, moving more and finding ways to take care of you. It's an approach that's all about you becoming happier, healthier and more confident. It is suitable for everyone of all ages and backgrounds. There are no good or bad foods – all food is in, Weight Watchers will help you make healthy eating choices helped by reducing portion sizes whilst still enjoying treats and social occasions.</p> <p>There are 2 ways to follow the programme: A no count approach where there is no weighing, measuring or counting. Or a simple counting system to help you take control of what you eat (called SmartPoints™) and tracking what you eat and drink</p>	Sessions offered at different times of day throughout the week to fit around your lifestyle	Sessions held at several convenient locations around Swindon near to local practices to facilitate ease of access such as community centres, sport centres or schools	To find out where weight watchers meetings are held clients can contact weight watchers on 0345 3451500 or at: www.weightwatchers.co.uk or contact The Live Well Hub on 01793 465513 or via email: live-well@swindon.gov.uk
LIFT psychology “Healthy Habits for Body and Mind”	<p>Free 4 week course held once a week for 2 hours in a group format, aiming to help people feel more motivated to make changes and learn techniques to overcome some of the common difficulties. It includes topics such as managing unhelpful thoughts and feelings, setting realistic goals, differences between physical and emotional hunger, and dealing with urges to eat when not physically hungry</p>	Wednesday 6.30pm-8.30pm	Old Town Surgery (2nd Floor), Curie Avenue, SN1 4GB	Visit www.seqol.org/lift-psychology , email lift.psychology@nhs.net or call 01793 835710 or 01793836836

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Slimming World www.slimmingworld.co.uk	<p>This is a free 12 week course lasting 1 hour in a group format, with online resources, exercise programmes and motivational coaching. The aim of this group is to allow you to be in control and does not ban any foods. It avoids hunger by allowing you to have unlimited amounts of “Free” foods which are low calorie but high in nutrients such as pasta, lean meat, rice, fish, fruit and veg, whilst limiting calorie-packed foods that are nutrient-poor such as biscuits and alcohol. This avoids the needs to weight/measure food.</p>	<p>Sessions offered at different times of day throughout the week to fit around your lifestyle</p>	<p>Sessions held at several convenient locations around Swindon near to local practices to facilitate ease of access such as community centres, sport centres or schools</p>	<p>To find out where slimming world meetings are held, clients can contact slimming world on 0344 897 8000 or at: www.slimmingworld.co.uk or contact The Live Well Hub on 01793 465513 or via email: livewell@swindon.gov.uk</p>
Football Fans in Training	<p>13 week weight management programme running weekly for men aged 35-65 years old with a BMI of >28 kg/m² or a waist circumference of >38 inches. Training is by club community coaches and you will also receive a programme of advice on how to eat more healthily and become more active, including being given a pedometer to count the number of steps walked each day. Cost £5/session.</p>	<p>2 programmes per year: Jan-April Sep-Dec Thursday 6.30-8.00pm</p>	<p>Legends Lounge, Country Ground</p>	<p>Email jon@stfc-fitc.co.uk with Football Fans in Training as the subject line, visit http://stfc.co.uk/?p=5395, or ring 01793 421303 (Swindon Town Football Club)</p>
NHS choices weight management programme	<p>Free 12 week online weight loss programme—this gives advice on recipes, portion sizes, calories as well as access to a weight loss forum to discuss progress/problems with others. Weekly diary to document diet/physical activity and weight loss progress.</p>	<p>Whenever suits you!</p>	<p>Online</p>	<p>Visit www.nhs.uk/livewell/weight-loss-guide/Pages/weight-loss-guide.aspx</p>



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For more information about everything detailed here visit: www.swindondiabetes.co.uk

The Live Well Hub is a one stop shop for Swindon residents to access a range of lifestyle programmes including stopping smoking, weight management, walking groups, cycling, supervised gym sessions, disability sport and other wellbeing support services. Individuals can self-referral to Live Well Swindon by contacting the Hub Contact: Tel 01793 465513 or email livewell@swindon.gov.uk or livewellswindon@nhs.net

Why is weight management important?

- Obesity is one of the reasons for Type 2 Diabetes, leading to insulin resistance, as well as being associated with many other health problems
- 90% of Newly Diagnosed Type 2 Diabetes are above their ideal weight
- Weight loss in these cases is key to improving blood sugar control and reducing the need for medications, which will lead to a reduction in long term morbidity and mortality

What is my ideal weight?

- We measure obesity by looking at the person's Body Mass Index (BMI— combines height and weight) as well as waist circumference
- A healthy BMI is 25kg/m² or less (or <23kg/m² for people of Asian, African or African Caribbean origin)
- 'Overweight' is classed as a BMI 25-29.9kg/m² and 'Obese' is classed as >30kg/m²
- A healthy waist circumference is <80cm (31.5 inches) for all women, <94cm (37 inches) for white or black men and <90cm (35 inches) for Asian men

What rate of weight loss should I aim for?

- Aim for a maximum weekly weight loss of 0.5-1kg after the first 3 weeks of losing weight
- Set an initial weight loss target of 5-10%

How can I achieve this?

- Initially by a combination of diet and exercise. If these fail to work, medication or surgery may be considered. If blood sugars are poorly controlled despite lifestyle modifications, anti-diabetes medication or insulin may be required to manage your diabetes
- Diet—reduce intake of alcohol, sweet and fatty foods (particularly those high in saturated and trans-fatty acids). Reduce portion sizes except fruit or vegetables. Encourage regular meals. Use high fibre, low glycaemic index sources of carbohydrates. Include low fat dairy products and oily fish. Avoid 'diabetic' foods. For more information visit NHS choices: www.nhs.uk/livewell/healthy-eating/Pages/Healthyeating.aspx or Swindon diabetes website (www.swindondiabetes.co.uk/support/helpful-diet-information/)