



Weight Management Courses for Patients with Diabetes in Swindon

Course	About	When?	Where?	How?
<p>Weightwatchers</p> <p>Provided through Swindon Borough Council</p> <p>Eligibility for free service: -Swindon Borough Council resident -Aged 16 years and over -Body Mass index of 30 or greater -Ready to tackle your weight -Eligible for free prescriptions</p>	<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>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</p>	<p>Contact The Live Well Hub to see if you are eligible for free vouchers on 01793 465513 or via email: livewell@swindon.gov.uk</p> <p>To find out where Weight Watchers meetings are held clients can contact Weight Watchers on 0345 3451500 or at: www.weightwatchers.co.uk</p>
<p>Slimming World</p> <p>Provided through Swindon Borough Council</p> <p>Eligibility for free service: -Swindon Borough Council</p>	<p>This is a free 12 week course lasting 1 hour in a group format, with online resources, exercise programmes and motivational coaching.</p> <p>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</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</p>	<p>Contact The Live Well Hub to see if you are eligible for free vouchers on 01793 465513 or via email: livewell@swindon.gov.uk</p>



Weight Management Courses for Patients with Diabetes in Swindon

<p>resident -Aged 16 years and over -Body Mass index of 30 or greater -Ready to tackle your weight -Eligible for free prescriptions</p>	<p>“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>To find out where slimming world meetings are held, clients can contact slimming world on 0344 897 8000 or at: www.slimmingworld.co.uk</p>
<p>Football Fans in Training weight management programme</p> <p>Part- funded by Swindon Borough Council</p>	<p>13 week weight management programme running weekly for men and women aged 35-65 years old with a BMI of >28 kg/m² or a waist circumference of >38 inches.</p> <p>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>6 programme per year: Jan-April Sep-Dec</p> <p>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</p> <p>Visit http://stfcfitc.co.uk/?p=5395,</p> <p>Ring 01793 421303 (Swindon Town Football Club)</p>
<p>LIFT psychology “Healthy Habits for Body and Mind”</p>	<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.</p> <p>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>	<p>Wednesday 6.30pm-8.30pm</p>	<p>Old Town Surgery (2nd Floor), Curie Avenue, SN1 4GB</p>	<p>Visit : https://lift-swindon.awp.nhs.uk, email lift.psychology@nhs.net or call 01793 835710 or 01793 836836</p>



Weight Management Courses for Patients with Diabetes in Swindon

Online recourses				
<p>NHS choices: weight management programme</p>	<p>Free 12 week online weight loss programme— advice on recipes, portion sizes, calories and access to a weight loss forum to discuss progress/problems with others.</p> <p>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>
<p>NHS Choices: Live Well section</p>	<p>Information on most areas of lifestyle change, including tools and tips to help you be more active, stop smoking, reduce alcohol, manage your weight, reduce stress and eat well. There are home exercise workouts plus podcasts to increase flexibility or to help you to start running (from couch to 5K), plus much more.</p>			<p>Visit: www.nhs.uk/livewell/Pages/Livewellhub.aspx</p>
<p>NHS related Health apps</p>	<p>Change4Life Be Food Smart app -this free app allows you to scan food packaging barcodes for sugar, fat and salt content.</p> <p>Active 10 tracks your walking and shows you when to increase your pace to benefit your health.</p> <p>Easy Meals app- easy meal ideas, recipes and you can create shopping lists. 4.</p>			<p>Download from - https://apps.beta.nhs.uk/category/healthy_living/</p>



Weight Management Courses for Patients with Diabetes in Swindon

My Fitness Pal - fitness and food website and app	Free website and free app that allows you to log and count your food calories and calories you burn from exercise.			www.myfitnesspal.com/
--	--	--	--	--

Why is weight management important?

- Obesity is one of the reasons for people developing Type 2 Diabetes, leading to insulin resistance, as well as being associated with many other health problems.
- 90% of Newly Diagnosed cases of 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 or more.
- 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-



Weight Management Courses for Patients with Diabetes in Swindon

eating/Pages/Healthyeating.aspx or Swindon diabetes website
(www.swindondiabetes.co.uk/support/helpful-diet-information/)

For more information about everything detailed here

The **Live Well Hub** is a one stop shop for Swindon residents to access a range of lifestyle programmes including 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

visit:

www.swindondiabetes.co.uk

Contact

Swindon Community Diabetes Service
Eldene Health Centre
Colingsmead
Eldene
Swindon
SN3 3RZ

Telephone: 01793696621

Leaflet prepared by Dr L Maycock GPST2, and Dr V Vaks Consultant in Diabetes/Endocrinology, Great Western Hospitals NHS Foundation Trust, January 2017. Updated by Fiona Dickens and Debbie Mitchell at Swindon Borough Council November 2019

This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email patient.information@gwh.nhs.uk

Document Control

Division: Swindon Community Health Services
Department: Diabetes Service
Approved Date: November 2018
Next Review Date: November 2019
Document Number: SCHS-PIL0072