

IT'S A BREEZE TO LOSE WEIGHT THIS SUMMER...

If you struggle to manage your weight, why not change this summer and join a **FREE** weight management programme run by your local NHS?

- Award-winning programmes with a proven track record of success
- Group and 1-1 sessions available
- No fad diets, just long term lifestyle changes
- Run by fully-trained professional staff
- Completely free of charge



Sound good? Call today to reserve your space:

0800 022 4524



Your local NHS offers two weight management programmes for adults: Shape Up (group support) and My Weight Matters (individual support).

Our award-winning programmes can help you to lose weight for good and improve your overall health and well-being.

Both our programmes cover the following topics:

- Eating a healthy balance of foods
- Managing portions (serving sizes)
- Building confidence and motivation to help you manage your weight
- Being more active in your daily life
- Changing unhealthy habits to healthier ones
- Understanding food labels and making healthier food choices
- Support to help you make long term plans to keep going with the changes you have made

Our successful programmes use approaches devised by dietitians, psychologists and exercise specialists, using Cognitive Behavioural Therapy. This is considered to be the most successful and comprehensive approach to managing weight.

They are run by fully trained professional staff, who will support and motivate you to help you reach your goals.

Both are provided **FREE OF CHARGE** to local residents, who are ready to make changes.

Furthermore, they are run at many different, convenient locations and are available evenings and weekends (as well as weekdays) to accommodate all.



- Programmes held in groups
- A 12 week programme
- Structured and comprehensive
- New courses starting throughout the year

*Free on completion of the course.



- 1 to 1 support
- Up to 12 sessions receiving guidance from a facilitator
- Follow-on weekly support for as long as required
- Structured self-help programme
- Join anytime

To get started, simply phone our helpline on 0800 022 4524, visit www.acecic.co.uk, email acecic.weightmanagement-adults@nhs.net, or fill out your details on the form below. Detach this page and post it to the address overleaf. (Please complete using block capitals)



PROGRAMME (tick one)

Shape-Up My Weight Matters

LAST NAME

FIRST NAME

DATE OF BIRTH / /

ETHNICITY

ADDRESS & POST CODE

TELEPHONE NUMBER

Home:

Are we able to leave a voicemail? YES NO

Mobile:

Are we able to leave a voicemail? YES NO

GP NAME

GP SURGERY

continued over...

DO YOU HAVE A LONG-TERM CONDITION?*

YES NO

If yes, please state:

HAVE YOU GIVEN BIRTH IN THE LAST YEAR?

YES NO

BODY MASS INDEX (BMI)†

HEIGHT

WEIGHT

DATE OF REFERRAL:

/ /

PLEASE POST TO:

**FREEPOST RTRE - KAAT - JGHZ
HEALTH AND WELL-BEING
ANGLIAN COMMUNITY ENTERPRISE
KENNEDY HOUSE
KENNEDY WAY
CLACTON ON SEA
CO15 4AB**

(Your envelope will NOT require a stamp)

*If you have a long term condition or have concerns regarding joining any of the weight management options, please speak to your GP for advice.

†You can work out your BMI on the Weight Concern website:

www.shape-up.org/weightcon/bmi.html

or call us and we can calculate it for you to see if you are overweight and qualify for one of our free programmes. Alternatively, fill in your height and weight instead.

ace Lifestyle
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NHS

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NHS

Your local Weight Management services

For adults in Essex

For further information on either of these programmes, please call the weight management helpline:

0800 022 4524

FREE!



LIVE
2013 Award
WINNER



Initiative funded by  Essex County Council

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