

Information for Patients

Weight loss support in your area

Being overweight or obese can greatly increase your risk of developing life-threatening conditions such as type 2 diabetes, heart disease, cancer and stroke. The best way to lose weight is to eat a healthy reduced-calorie diet and exercise regularly.

While losing weight can be a healthy step, it needs to be done safely. That means ensuring that your mental health is looked after, as well as your physical health. Make sure you talk to your GP before starting a specific weight-loss plan if you have a health condition or are very inactive or obese. You also shouldn't try to lose weight while pregnant.

You may be keen to lose weight quickly. It's easy to fall into the trap of extreme dieting or exercise to lose weight. But this isn't sustainable in the long-term and it can be bad for your health. With an extreme diet, you might miss out on vital nutrients your body needs to function, and with extreme exercise, you can get injured. It's best to set yourself a gradual plan, based around simply improving your diet and introducing more physical activity into your routine.

The Eatwell Guide – NHS 2019



This leaflet will signpost you to online and in-person weight loss support groups and clinics in and around Manchester. There are several ways you can access the resources from this leaflet:

- You can scan the QR code on your phone using the camera and/or a QR scanner app in order to access the resources
- You can copy the links
- You can google the organisations at home
- You can ask your hospital Doctor or GP to contact the organisation on your behalf for a referral.

NHS weight loss resources:



NHS Weight Loss Plan app

- 12-week diet and exercise plan
- Safe and effective weight loss advice
- Record your goals, activity, and progress
- Available on iPhone and Android

<https://www.nhs.uk/live-well/healthy-weight/start-the-nhs-weight-loss-plan/>



Change 4 Life website and app

- Free online resource for recipes and activities
- Family-oriented
- Recipes available on the app
- Scan your food through the app to know exactly what is in your food
- Available on iPhone and Android

<https://www.nhs.uk/change4life>





NHS Live Well

- Advice on all-round wellbeing
- Exercise and eating well
- Smoking and alcohol support
- Mental/sexual wellbeing

<https://www.nhs.uk/live-well/>

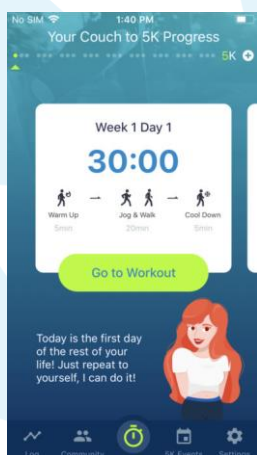
Bike 2 Work



Bike2Work Scheme.co.uk
Tax Free Cycles

allows you to purchase a bike and its accessories and pay it off in monthly instalments. Bikes are exempt from tax, meaning you can get a bike cheaper than buying it outright. Find out more about what cycle to work schemes can do for you up to

[Bike2WorkScheme.co.uk](https://www.bike2workscheme.co.uk)



Couch to 5K

- A running plan for absolute beginners
- Involves 3 runs a week over a 9-week period, with rest days included
- Available as an app and podcast on iPhone and Android

<https://www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k/>



More Life Greater Manchester

- A free 12-week programme when referred by a health professional
- Face-to-face groups that discuss different aspects of healthy eating and weight loss each week
- Groups based in Manchester City Centre, Salford, Bury Stockport, Tameside, Glossop
- Check you are eligible and ask your doctor for a referral

MORE Life



SCAN ME



abl
a better life

A Better Life

- Self-referred weight management service
- Group sessions to support communities to become more active
- Psychological support for food-related psychological issues

<https://www.ablhealth.co.uk/>



SCAN ME

Slimming
WORLD[®]

touching hearts, changing lives



SCAN ME

Find your nearest Slimming World: <https://www.slimmingworld.co.uk/nearest-group-search>

What does Slimming World do?

- Food plans to help you organise your meals and make positive, permanent changes to your diet
- Online recipes
- Exercise programme that will guide you through the process of making activity a part of your daily routine
- Group meetings in person or virtually for continuous support by peers and mentors

Salford Support

<https://www.northernalliance.nhs.uk/our-services/weight-management-service?q=%2Four-services%2Fweight-management-service>

Salford Weight Management Service

- Based in Salford Royal Hospital
- A team of professionals that can offer up to date, trusted advice on effective weight loss
- Ask your GP or hospital doctor for a referral



Weigh ahead from Salford Council

- Free online services
- Timetable of online/outdoor activities
- Contact numbers and emails for support
- Self-referral

<https://www.salford.gov.uk/health-and-social-care/health-services/health-improvement-connect/weight-management/>

Salford Leisure Centres:

- Broughton Leisure Centre, Great Cheetham St W, Salford, M7 2DN
- Clarendon Leisure Centre, Liverpool St, Salford M5 4HU



Wigan Support

Inspiring Healthy Lifestyles Wigan

- Free 12-week tailored service of healthy eating advice, physical activity, and support
- Tailored specifically for men and women
- Self-referral



<https://www.wigan.gov.uk/Resident/Health-Social-Care/Adults/fit-and-well/losing-weight.aspx>

Wigan Leisure Centres:

- Ashton Leisure Centre, Old Road, Ashton-in-Markerfield, Wigan WN4 9TP
- Robin Park Leisure Centre, Loire Drive, Newtown, Wigan WN5 0UL
- Hindley Leisure Centre, Mornington Road, Hindley, Wigan, WN2 4LG

Bolton Support



Bolton Weight Management Service

- Based in Tonge Moor Health Centre, with physical activities based in other locations
- A team of professionals that can offer up to date, trusted advice on effective weight loss
- Ask your GP or hospital doctor for a referral

<https://www.boltoncommunitypractice.nhs.uk/weight-management-advice>

Bolton Leisure Centres:

- Leverhulme Park Community Leisure Centre Park, Long Lane, Bolton, BL2 6EB
- The Jason Kenny Centre, Bolton One, Moor Lane, Bolton BL3 5BN
- Harper Green Community Leisure Centre, Campbell St, Farnworth, Bolton BL4 7HP



Bury Support

BEATS

- 12-month programme to support you on your weight loss journey
- Activities can take place at home, outdoors, or at your local leisure centre
- free service which is able to offer discounted rates at Bury Leisure sports facilities at Castle Leisure Centre, Radcliffe Leisure Centre and Ramsbottom Pool and Fitness Centre



Live Well

- Support service aimed at improving eat habits
- One-to-one sessions at a venue that suits you
- Self-referral

<https://www.bury.gov.uk/health-and-wellbeing/bury-live-well-service/eat-well>

Bury Leisure Centres:

- Castle Leisure Centre Bury, Bolton St, Bury, BL9 0EZ
- Radcliffe Leisure Centre, Spring Lane, Radcliffe, Manchester M26 2SZ
- Ramsbottom Pool and Fitness, Stubbins Lane, Ramsbottom, Bury BL0 0PT

Rochdale Support

Saving Lives, Improving Lives

- Team of dieticians, nutritionists, active lifestyle advisors and dietetic assistants
- 12-week programme of healthy eating and physical activity, 1.5-hour sessions once a week
- Group/individual meetings
- Self-refer/GP referral



<https://www.penninecare.nhs.uk/about-us/latest-news/nhs-service-empowers-more-people-lose-weight>



Living Well Rochdale

- Support service for exercise, smoking, oral health and all-round wellbeing
- Exercise referral scheme
- Wellbeing sessions
- Health trainers offering 6 free one-to-one sessions

<https://www.livingwellrochdale.com/>

Rochdale Leisure Centres:

- Rochdale Leisure Centre, Entwhisle Road, Rochdale, OL16 2HZ



Oldham Support

A Better Life Oldham

- Online, group and one-to-one sessions monitoring goals and behaviours
- Targeted physical activity
- Ongoing behaviour change support
- GP referral



<https://www.yourhealtholdham.co.uk/>

Oldham Leisure Centres:

- Oldham Leisure Centre, Middleton Road, Oldham OL9 6AF
- Royton Leisure Centre, Park St, Royton, Oldham OL2 6QZ
- Chadderton Sports Centre, Burnley St, Chadderton, Oldham OL9 0JH

Trafford Support



Weight Management Services

- Tailored weight loss programme
- A team of dieticians, physiotherapists, nurses and psychologists
- GP referral

<https://www.trafforddirectory.co.uk/kb5/trafford/fsd/service.page?id=tV9jamSwWN4>

Trafford Leisure Centres:

- Stretford Sports Village, Chester Centre, Great Stone Road, Old Trafford, Stretford M32 0ZS
- Altrincham Leisure Centre, Oakfield Drive, Altrincham WA15 8EW

Tameside Support



Be Well Tameside

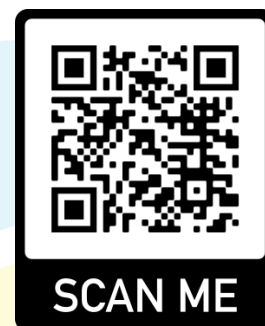
- One-to-one sessions for support and tips
- Help to access other services locally
- Self-referral/ GP referral

<https://www.tameside.gov.uk/bewelltameside>

Active Tameside

- Paid membership to gyms, swimming pools and leisure attractions
- Gym classes, cycling, swimming, badminton, gymnastics, yoga and more
- Active Tameside App

<https://www.activetameside.com/>



Tameside Leisure Centres:

- Active Oxford Park, Pottinger St, Ashton-under-Lyne OL7 0PW
- Active Hyde, Walker Lane, Hyde SK14 5PL
- Active Medlock, Gardenfold Lane, Droylsden, Manchester M43 7XU

ACTIVE TAMESIDE

Stockport Support



Healthy Stockport

- Online advice for weight management, physical activity and healthy eating
- Examples of exercise that promote weight management
- Information on healthy food and diet

<https://www.healthystockport.co.uk/>

Weight loss counselling

- List of counsellors in Stockport area
- Contact details



<https://www.psychologytoday.com/gb/counselling/weight-loss/eng/stockport>

Stockport Leisure Centres:

- Life Leisure Avondale, Heathbank Road, Cheadle Heath, Stockport SK3 0UP
- Life Leisure Priestnall, Priestnall Road, Stockport SK4 3HR



Manchester City Support



Be Well

- Advice and signposting for healthy weight and exercise
- Search for services

<https://hsm.manchester.gov.uk/kb5/manchester/directory/service.page?id=Ehd1RZMzenE>

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- Check you are eligible and ask your doctor for a referral



<https://www.more-life.co.uk/>

Manchester Leisure Centres

- East Manchester Leisure Centre, Grey Mare Lane, Beswick, Manchester M11 3ND
- Moss Side Leisure Centre, Moss Lane E, Moss side, Manchester M15 5NN
- Abraham Moss Leisure Centre, Crescent Road, Crumpsall, Manchester M8 5UF

