

## Comments from participants:

“It’s nice to come here and talk with others, and to realise there are other people in the same situation.”

“I felt very welcome and not at all nervous. I have learned so much about food and drink during the course.”

**We look forward to seeing you at the first session!**

## Patient Advice and Liaison Service (PALS)

Do you need information or advice about NHS services? Do you have concerns about you or your family’s healthcare or are seeking a resolution to a problem and cannot get an answer to your questions? PALS is here to listen and support you in whatever way they can to ensure your experience of healthcare services is a positive one.

Tel: **01253 955588** email: **pals@bfwh.nhs.uk**

You can also write to us at:  
**PALS, Blackpool Victoria Hospital,  
Whinney Heys Road, Blackpool FY3 8NR**

Further information is available on our website: [www.bfwh.nhs.uk](http://www.bfwh.nhs.uk)

## Travelling to our hospitals

For the best way to plan your journey to any of the Fylde’s hospitals visit our travel website:

[www.bfwhospitals.nhs.uk/departments/travel](http://www.bfwhospitals.nhs.uk/departments/travel)

## Useful contact details

Switchboard: **01253 300000**  
Community Dietetics: **01253 956184**

## References

This booklet is evidence based wherever the appropriate evidence is available, and represents an accumulation of expert opinion and professional interpretation.

# Eatwell

## For a Healthier Weight

### Local Specialist Obesity Service

Tel: 01253 956184

Email:

[asktheweightmanagementteam@bfwhospitals.nhs.uk](mailto:asktheweightmanagementteam@bfwhospitals.nhs.uk)



## Course Details

The Eatwell course consists of 8 informal, practical sessions to give you the skills and confidence to make long-term changes to your eating and weight. You will pick up ideas to make healthier eating a way of life.

The course is also ideally suited to those with Type 2 Diabetes trying to lose weight and improve their health.

The course is run from various locations:

It is important that you attend all the sessions.

**Please inform us as soon as possible if you will be absent for any of the sessions either in person or by calling our office on 01253 956184**

We will weigh you at the first and final session (wearing light clothes, no shoes), and also take a waist circumference measurement. You can choose to be weighed at other sessions.

Tea, coffee, water are provided.

### Session 1

#### Introduction to Your Eatwell Group

- Introduction
- What the group is and **isn't!**
- Set personal weekly goals

### Session 2

#### Your Guide to Eating Well

- What does Eating Well/ Healthy eating mean?
- Healthy Eating and Balanced Nutrition – how to decrease your calorie intake
- Introduction to the Eatwell plate

### Session 3

#### Realistic Expectations for Weight Loss

- Reasons why I want to lose weight
- How do we lose weight?
- How do we use energy?

### Session 4

#### Staying Motivated and Positive

How to stay motivated when you're trying to lose weight

- SMART goal setting
- Strengthening your motivation.
- Positive thinking and re-framing

### Session 5

#### Reading & Using Food Labels + Keeping Active

- Physical activity - why is it important?
- Making sense of food labels
- Labelling claims
- Facts about Salt

### Session 6

#### Your Weight and Your Health + Hungry or Not ?

- Sleep hygiene – Effects of poor sleep
- Physical v Emotional hunger
- Diabetes

### Session 7

#### Drinks, Alcohol & Eating Out

- Fluid and alcohol
- Thoughts and emotions around eating out
- Method on how to make healthier choices when eating out

### Session 8

#### Celebrating Success & What's Next?

- Final assessments
- Celebrating success
- Next steps