



Have a go at the word search!

T F Q D I C R Y E F M E E B X
 D N G U A N T G O L O A V R L
 P C E E Z I P O Y B V R I E W
 A M P M V M D E A C I V T A S
 W J L I T L L R A E N V I K Z
 B B T N A I R A I X G R S F H
 T C P B T I M R O A F B O A P
 A J E M E X O M L G O U P S K
 N L R R I L R P O C R R K T C
 S F P P A P H Z Q C W E N Y Y
 A Q W C S O C O K D A G I I B
 Q O D S Y J Z W R S R N H H A
 A Q C A X J T P U A D U T B C
 E S L E E P K Q O P F H L W U

ACTIVITY, BARRIER, BREAKFAST, CALORIE,
 COMMITMENT, FOODLABELS, GOAL,
 HUNGER, MOVINGFORWARD, SLEEP,
 THINKPOSITIVE

Moving Forward will be delivered at the end of every month at Moor Park Health Centre & St Annes Health Centre.

You will be able to access the sessions for 6 months . After each session you will be asked to book onto the next one and an invite will be sent out to confirm your place.

Please inform us as soon as possible if unable to attend your session by calling our office on 01253 956184

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

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

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.

Blackpool Teaching Hospitals 
 NHS Foundation Trust

Local Specialist Obesity Service

Tel: 01253 956184

Email: asktheweightmanagementteam@bfwhospitals.nhs.uk

www.bfwh.nhs.uk/weightmanagement



MOVING

FORWARD

GROUP

This course helps you to maintain and put into practice, skills and goals from Eat Well, Inside Out or the sessions you have had within our service.

Moving Forward is designed to use your skills to make long-term changes to:

- Your eating habits
- Maintain weight loss
- Improve your confidence

This will be achieved by:

- Embedding principles of healthy eating
- Establishing a personal routine
- Using practical skills to overcome barriers to change
- Setting realistic goals

***A goal without a plan
is just a wish!***



Personal goal

Don't give up!

Goal setting will help you to keep

**Focused
Motivated
Positive**



Working together

Supporting,
listening to the
group

Brainstorming
ideas



Sharing
experiences

Helping each
other – problem
solving



YOU ARE YOUR OWN EXPERT!