



## 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 once a month for a duration of four months.

The sessions will be delivered by two clinicians.

Please inform us as soon as possible if unable to attend your session by contacting our office on 01253 956184 / [bfwh.asktheweightmanagementteam@nhs.net](mailto:bfwh.asktheweightmanagementteam@nhs.net)

## 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: [bfwh.patientrelations@nhs.net](mailto:bfwh.patientrelations@nhs.net)

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.

Blackpool Teaching Hospitals   
 NHS Foundation Trust

## Local Specialist Obesity Service

Tel: 01253 956184

Email: [bfwh.asktheweightmanagementteam@nhs.net](mailto:bfwh.asktheweightmanagementteam@nhs.net)

[www.bfwh.nhs.uk/weightmanagement](http://www.bfwh.nhs.uk/weightmanagement)



**MOVING**

**FORWARD**

**GROUP**

This course helps you to maintain and put into practice, skills and strategies acquired during your engagement with our service.

# MF

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

- Your eating habits
- Weight loss
- Your confidence and motivation

This will be achieved by embedding:

- Principles of healthy eating
- Your personal routine
- Practical skills to overcome barriers to change
- Realistic goal setting

A goal without a plan is just a wish!



Personal Goal

Don't give up!

# MF

Goal setting will help you to keep

**Focused  
Motivated  
Positive**

In order to set a goal you need an action plan.

An action plan is:

*“How you want to do it”.*

This helps you make a detailed plan of what you want to do.

This includes details of:

- When (what day, time)
- Where (i.e. home or work)
- How often (frequency e.g. number of times per week)
- With whom (will you do it alone or would it help to do it in a group/with a friend)

**Working together.**



**YOU ARE YOUR OWN EXPERT!**