

## Our Approach

- We actively encourage participants to consider their strengths and skills and at the same time consider strategies to overcome any identified barriers.
- We want to bolster the skills and strengths that you already have that will support with your wellbeing and weight management.
- We use a client centred approach, we recognise that everyone is different.
- Throughout the group there is emphasis on development and application of skills.
- We encourage you to make wise, informed choices that are supportive of you – we promote independence and autonomy throughout the group.



## Patient Advice and Liaison Service (PALS)

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.pals@nhs.net](mailto:bfwh.pals@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:

<https://www.bfwh.nhs.uk/hospitals/>

### Useful contact details

Switchboard: **01253 300000**

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

# Skills for Wellness and Weight Management Group

## Local Specialist Obesity Service

Tel: 01253 956184

Email:

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

Website:

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



## Course Details

The Skills for Wellness and Weight Management (SWWM) course recognises that many factors impact on weight management; it will explore expanding your functional skills and abilities to empower and enable you to support your day to day function that will enhance and support your weight management pathway and overall wellbeing.

The sessions will consist of education and discussions, application of skills and at the end of each session you will have practical skills that you can take away. All this is done within a supportive and relaxed environment.

The topics have been carefully considered to support individuals on their weight management pathway and are based on evidence & research.

Each session will last one to two hours. 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 by calling our office on 01253 956184 or emailing [bfw.h.asktheweightmanagementteam@nhs.net](mailto:bfw.h.asktheweightmanagementteam@nhs.net)**

### Session 1 - Introduction to SWWM.

- Introduction to the group.
- Why we facilitate this group within the Weight Management service.
- Motivation, personal responsibility, autonomy, curiosity & choice.

### Session 2 – Goal setting, Self Monitoring and Reflection.

- Goal setting skills to support your day to day function.
- How to use reflection to aid behaviour change.

### Session 3 – Routine, Structure and Problem Solving.

- How does your routine/structure support and/or inhibit you?
- Tips to become successful at problem solving.

### Session 4 - Environment.

- Is your environment working for you?
- Strategies to support environmental changes.

### Session 5 – 1:1 Review

- Clinician 1:1 review to discuss topics covered and issues arising.

### Session 6 - Communication and Interpersonal Effectiveness, Assertiveness Skills and Boundaries.

- Skills to enhance and support effective communication.
- How does your interpersonal and communication skills support or inhibit you?
- Personal boundaries and their importance.

### Session 7 – Weight Stigma and Judgements, Body Respect.

- What is weight judgement and stigma?
- Skills and strategies to manage judgements/stigma from society, others and ourselves.
- Tips to build a positive body image.

### Session 8 – Self Care/Compassion, Mindfulness and Relaxation.

- What is self care/compassion and how to support its practice.
- What is mindfulness and how can this support me?
- Relaxation strategies.

### Session 9 – Consolidation and Celebration.

- Reflection on topics discussed.
- Final assessments.
- Next steps within the service.