If you have answered yes to any of the questions we will need further information to ensure you are provided with the most appropriate programme for your needs so please visit your GP.

If you have recently had a baby, have you had a successful postnatal check? Yes/No. If no please return to your GP to achieve this before contacting the programme.

What information will I need when I phone?

In addition to your contact details an indication of your height and weight will be needed and the administrator will send you the programme details in your area.

Approx height: ………………  Approx weight: ………………

What if I am unable to use a telephone?

Simply fill in your own contact details below and send to the Gateshead Weight Management Self Referral Programme (address below).

Name: …………………………….  DOB ……………………………
Address: …………………………………………………………………
………………………………………………………………
………………………………………………………………
Tele number(s) ………………….  ……………………………
Approximate height: ………………  Approximate weight: ………………
GP Details: …………………………………………………………………

Gateshead’s Weight Management Self Referral Programme
The Old Town Hall
West Street
Gateshead
NE8 1HE
Tel: 0191 433 6973
Do you think that a weight management programme could help you? If so, you can refer yourself directly to a weight management programme and this leaflet tells you how.

What is the weight management programme and is this for me?

It is a free programme to help people who are overweight to become more physically active, eating more healthily and support weight loss.

If you can circle no to all of the following questions simply phone the programme administrator on 0191 433 6973 to obtain details of your nearest programme.

1. Has your doctor ever said you have had a heart problem? Yes/No.
2. In the past month have you had any chest pain when doing activity? Yes/No. When you are resting? Yes/No.
3. Are you currently taking any medication? Yes/No.
4. Do you suffer from any bone or joint problems? Yes/No.
5. In the past year have you had any major illness or surgery? Yes/No.
6. Have you ever been diagnosed with:
   - Diabetes Yes/No
   - Asthma Yes/No
   - Epilepsy Yes/No
   - Any other dietary illness? Yes/No
7. Are you pregnant? Yes/No
8. Do you ever lose your balance because of dizziness or lose consciousness? Yes/No
(2) Gateshead Weight Management Self Referral Programme

Venues and Times

<table>
<thead>
<tr>
<th>Day</th>
<th>Venue</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Birtley Leisure Centre</td>
<td>10—11am</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Heworth Leisure Centre</td>
<td>1.30—2.30pm</td>
</tr>
<tr>
<td></td>
<td>Blaydon Primary Care</td>
<td>1—2pm</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Gateshead Leisure Centre</td>
<td>6.30—7.30pm</td>
</tr>
<tr>
<td>Thursday</td>
<td>Dunston Activity Centre</td>
<td>11—12.00noon</td>
</tr>
<tr>
<td>Friday</td>
<td>Ryton Youth Centre</td>
<td>9—10am</td>
</tr>
</tbody>
</table>

Introduction

Based in your local area the Weight and Activity Management Team is made up of a range of professionals. They are dedicated to encouraging you to make positive, healthier lifestyle changes and helping you to lose weight and keep it off through a range of different programmes.

This may not be the first time you have tried to lose weight. Some of your attempts may have worked at first but at times these changes may have become too difficult to maintain.

There are plenty of reasons to consider taking the first step to a healthier lifestyle, including:

- Learning more about healthy eating.
- Lose weight.
- Improve mobility.
- Improve breathing and overall fitness.
- Feel more energetic.
- Increase confidence and self esteem.

The team can provide you with a free, realistic and achievable programme designed to suit your lifestyle and tailored to your needs. There are 2 different 13 week programmes. If you achieve your target weight loss in 13 weeks you can continue on a programme.

(1) Weight Management Referral Programme
(approximately 2 hour sessions)

The programme will include:

- Professional Dietetic support
- A healthy eating programme
- Personalised healthy eating plan
- Cooking demonstrations and tasters
- Group sessions and ongoing support
- Exercise sessions
- Regular measurements including: height, weight, body mass index and waist.
How to Join the Weight Management Referral Programme

If you are suffering from any of the following:

- Raised blood pressure
- Heart problems
- Diabetes
- Raised cholesterol
- or any conditions requiring specialist dietary advice.

and you think the programme is for you then talk to your GP, Practice Nurse or other healthcare professional who can refer you to the Weight and Activity Management Team.

(2) Self Referral Weight Management Programme
(approximately 1 hour sessions)

The programme includes group support to motivate and empower through weekly discussion sessions facilitated by Community Nutrition Assistants:

The programme will include:

- A healthy eating programme
- Personalised healthy eating plan
- Sharing knowledge and experiences
- Regular health checks
- Taster sessions about activity
- Cooking demonstrations and tasters (may be available depending on venue)

How to Join the Self Referral Programme

Complete the attached referral form, and send to the administrator at the Old Town Hall who will allocate you a place at the venue of your choice or complete and bring to your nearest session. Please phone the team administrator to ensure session is being held before turning up.

(1) Weight Management Referral Programme

Venues and Times

<table>
<thead>
<tr>
<th>Venue</th>
<th>Venue details</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barley Mow Village Hall</td>
<td>Bedford Avenue DH2 2AJ</td>
<td>Wednesday 10.00—12 noon</td>
</tr>
<tr>
<td>St Joseph’s Community Centre</td>
<td>Shibdon Road Blaydon NE21 5AE</td>
<td>Tuesday 10.00—12 noon</td>
</tr>
<tr>
<td>Dunston Hill Methodist Church</td>
<td>Shrewbury Street NE11 9NS</td>
<td>Tuesday 6.00—8.00pm</td>
</tr>
<tr>
<td>Durham Road Baptist Church</td>
<td>Durham Road NE8 4EJ</td>
<td>Monday 6.00—8.00pm</td>
</tr>
<tr>
<td>St Andrew’s Church Hall</td>
<td>Whinbrooke Leam Lane NE10 8RB</td>
<td>Thursday 5.45—7.30pm</td>
</tr>
<tr>
<td>St Barnabos Church Hall</td>
<td>Sirling Lane Rowlands Gill NE39 1PS</td>
<td>Monday 5.30—7.30pm</td>
</tr>
<tr>
<td>Durham Road Baptist Church</td>
<td>Durham Road NE8</td>
<td>Monday 2—4pm</td>
</tr>
</tbody>
</table>