What people have said after completing the programme

John, 23
“I have been to every slimming club and tried just about every diet so I thought I knew everything about losing weight, but this programme is different and I have learned loads of really useful skills to help me lose weight.”

Ray, 49
“I really enjoyed the programme and made some good friends. It helps to know that I am not the only one struggling to lose weight.”

Sharron, 38
“I have changed what the whole family eat because of what I have learned at the programme.”
What is the Weight Management Programme (Wear Shaping Up)?

The Weight Management Programme, known as ‘Wear Shaping Up’ is a free, fun programme which you will come along to every week for 10 weeks.

It is a group programme so you will get the chance to meet other people who also want to lose weight just like you do. There will be a maximum of 15 people in a group and you are welcome to bring a friend or relative with you.

Each session will last for one hour. This includes a confidential weight and progress check and then an education session to help you learn more about managing your weight. You will have the opportunity to look at your eating habits and make positive changes to your lifestyle with help from your dietitian.

Topics include:

- How to lose weight in a healthy way
- Eating a balanced diet
- Food labelling and making healthy choices
- Seasonal tips and recipes
- Coping with slip-ups

You will also be given your own portion plan to make sure you are choosing the right foods to help you to lose weight.

Once the 10 week programme has finished you can keep coming along to a support group to make sure you still have help and support for as long as you need it.

During the programme you will be given the opportunity to access the exercise referral programme if appropriate.

It is recommended that regular physical activity is important when losing and controlling weight. The exercise referral programme is available to you in various venues across the city. Please ask your Dietitian for details when booking your programme.

Where can I find a Weight Management Programme (Wear Shaping Up)?

There are programmes delivered in several venues across the city on various days and times. Options and further details can be provided on request by contacting 0191 541 0120.

What do I need to do now?

Your GP or other health care professional will have told you about the benefits of losing some weight and will have completed a referral form and send a copy to us. If you would like to join the programme or you would like any further information about the programme, then please contact us on the telephone number below.

0191 541 0120
(Monday – Friday between 9.00am – 12.15pm)

Unfortunately we do not have childcare facilities and are unable to allow children to attend the programme.