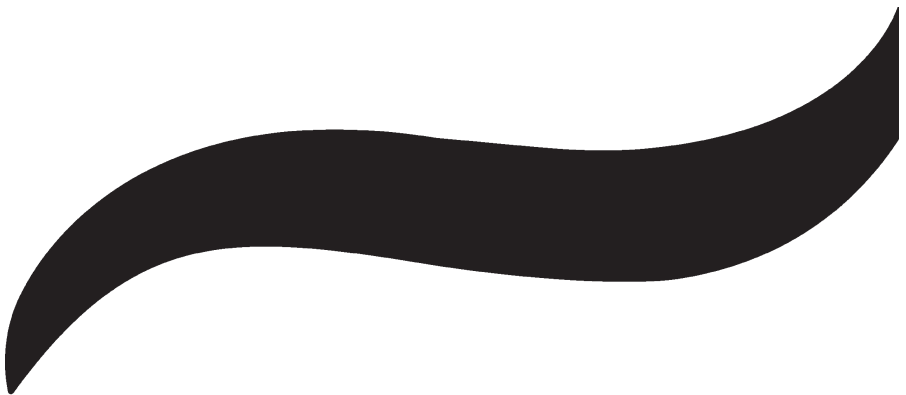




Healthier Together Digital Group

Information for patients
Dietetics



This information is for you as you have been invited to attend the Healthier Together Group Programme to support you with your health goals for achieving long-term lifestyle changes to manage your weight.

Healthier together is a group-based 12 month programme delivered digitally, designed by specialist dietitians, and psychologists. The programme will be provided by specialist dietitians, physical activity practitioners and specialist psychologists. It is made up of two stages, the first is what we call an active phase and the second is the maintenance phase. To find out more about the two stages see the box below.

Active Phase The active phase lasts 16 weeks and includes nutrition advice, behaviour change techniques, and physical activity.

Every 2 weeks: Attend your Healthier Together group session with your Dietitian and peers.

Every week: You will participate in physical activity each week.

Maintenance Phase is to support you to keep going even after the active phase group finishes and will be every 4 weeks for 8 months.

You will continue to have support from our physical activity coaches, to achieve your fitness goals by participating in circuit based activity.

WHAT WILL WE LEARN?

Active phase

The Healthier together programme offers support and guidance on making and sticking to changes to your eating and activity behaviours. Our staff will take you through our exciting and engaging programme to give you the tools to make long term changes to your eating, activity habits and promote health and wellbeing. Each week your group will explore different topics including information and skills about,

- ❖ How to improve motivation to change - Managing our emotions
- ❖ What we mean by energy deficit - Healthy snacking
- ❖ Why we eat what we eat - Setting goals to help us change
- ❖ How our thoughts and feeling impact - Dealing with lapses on our behaviour.

Each week we will cover different topics that you will explore with your practitioner and peers through discussion, group activity and personal reflection. At all times, we prioritise respecting your needs for confidentiality and having a choice to listen, if you don't feel like speaking. At each session, you will be supported to set goals for behaviours to change and put this into practice at home. You will be able to reflect on how things went at your next session.

The programme won't give you a set meal plan or set you daily activity requirements, you will work in partnership with our experienced staff to gain the knowledge and skills for you to make long-term lifestyle changes to work towards your goals and needs.

Physical activity

Each week you will participate in physical activity. Participants will perform each exercise to their own ability and range of movement and have rest periods in between. There will be chair based options for anyone who needs them and also other adaptations if required. Physical Activity will consist of a circuit based programme containing strength and aerobic elements. As the sessions progress you should start to notice a difference in your fitness.

Please have water ready and ensure your exercise area is clear of any trip hazards.

Maintenance phase

During the maintenance phase, you will continue to be supported by our Healthier Together team to keep you on track with the changes you have made during the active phase. It is common to come up against challenges whilst on your journey to a healthier lifestyle. Our team will listen to what has been difficult for you and your peers. Our dietetic assistant will then guide you towards information and skills practice that will support you to meet the goals you have set at this stage.

Monitoring progress and your goals

You will have the chance to weigh yourself at each group session. On your first and last session staff will record your weight privately. We will monitor other types of progress such as you noticing that you have more energy when walking to your car, that you feel better in your clothes and progress you have made towards achieving goals you have set for yourself.

WHAT WILL I NEED?

- ❖ Device for making a video call (PC, Laptop, Tablet, or Smartphone).
- ❖ Reliable internet connection, preferably not using cellular data.
- ❖ Suitable up-to-date web browser (Chrome, Safari, Firefox, Edge) NOT Internet explorer.
- ❖ Invite to Group Session along with how to join the video call on the day. We would recommend you practice logging in before your first session. If you have difficulty with logging in you can contact us for support.

There is no cost for any of our programmes but we understand that some of us worry about other costs or barriers to starting one of our programmes. If you are concerned and need support or advice around things like childcare, costs of adapting your lifestyle (i.e. active wear and buying healthier food), please let us know and our staff will help you access all the support you need.

Have any questions or queries?

If you have any questions about any of our programmes, please contact our team via email: LWMS@lanarkshire.scot.nhs.uk or leave a message (including your name and contact number) on 01698 754275 and one of our team will get back in touch as soon as possible.



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NHS Lanarkshire General
Enquiry Line: 0300 30 30 243

NHS inform - The national health information service for Scotland.
www.nhsinform.co.uk
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