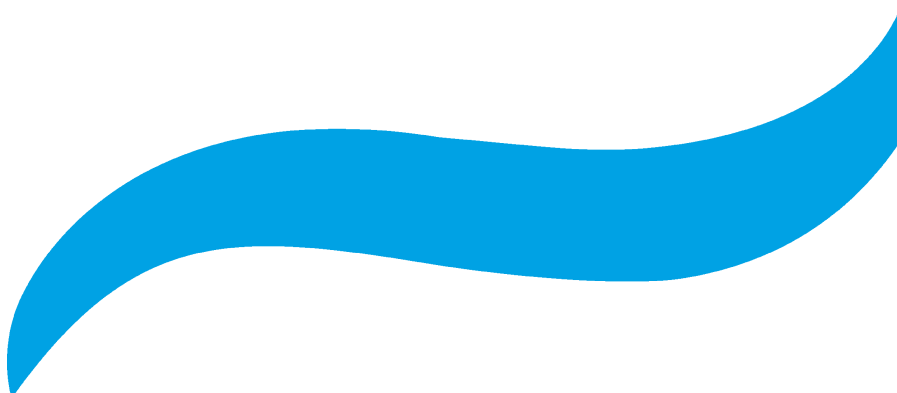




Healthier Together

Information for patients

Lanarkshire Healthy Lifestyle
and Weight Management Service



You have been invited to attend the Healthier Together Group Programme. This leaflet will give you information about the programme to support you with your health goals.

Healthier Together; is a group-based programme delivered either face-to-face or digitally. It was designed by the weight management team. The programme will be provided by:

- ❖ specialist dietitians,
- ❖ dietetic assistant practitioners,
- ❖ and physical activity instructors.

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 20 weeks. It includes: nutrition advice, behaviour change techniques, and physical activity.

- ◆ Every 2 weeks: Attend a Healthier Together group session with your Dietitian and peers. You will go to 10 of these sessions in total.
- ◆ Every week: You will do physical activity. You will do 12 of these sessions, starting from session 7.

Maintenance Phase:



This phase supports you to keep going after the active phase finishes. You will attend a session every 4 weeks over 44 weeks.

We will encourage you to do physical activity as part of your ongoing healthy lifestyle. Moving more in small ways keeps you mobile and helps with a healthy body weight.

WHAT WILL WE LEARN?

Active phase

The Healthier Together programme supports you to make changes to your eating and activity behaviours. It also helps you to stick to them. We will give you the tools to make long-term changes to your eating and activity habits and promote health and wellbeing.

Each week, we will cover different topics that you will explore with us and your peers. This will be through discussion, group activity and personal reflection. These topics are:

- ❖ How to improve your motivation to make changes
- ❖ Managing your emotions
- ❖ What we mean by energy deficit
- ❖ Healthy snacking
- ❖ Why we eat what we eat
- ❖ Setting goals to help us change our habits
- ❖ How our thoughts and feelings affect our behaviour
- ❖ Dealing with lapses

At each session, we will support you to set goals. These are to change your behaviours and put this into practice at home. You can reflect on how things went at your next session.

The programme won't give you a set meal plan or set you daily activities to do. Instead, we will help you learn the knowledge and skills to make changes towards your goals and needs.

Weight loss medication

Our consultant can prescribe certain weight loss medications as part of treatment. This is only in exceptional circumstances. Each patient is assessed individually to see if the medication is suitable for them.

If the medication is right for you, you can only keep getting it if you stay involved with our service.

If weight loss medication is not right for you, then you can still take part in the Healthier Together Programme. You just won't take weight loss medication.

Maintenance phase

During this phase, we will support you to stay on track with the changes you made in the active phase. It is common to come up against challenges whilst on your journey to a healthier lifestyle.

We will listen to what you and your peers have found difficult. We will then guide you to the information and skills to help you reach your goals.

Monitoring progress and your goals

At face-to-face groups, you will have the chance to weigh yourself at each session. Those in digital groups will be encouraged to self-weigh.

On your first and last session, we will record your weight in private. We will also monitor other progress you have made. Such as: having more energy when walking to your car; feeling better in your clothes; and making progress towards the goals you set for yourself.

WHAT WILL I NEED?

The group sessions involve doing some physical activity. We advise you to wear comfortable clothes and to take a bottle of water with you.

There is no cost to you for any of our programmes.

PHYSICAL ACTIVITY

During the active phase, you will do physical activity. This is led by an experienced and qualified Health Instructor.

You will do each movement as much as you are able. You will have rest periods in between.

You can do the exercises in a chair if needed. We can also make other changes to suit you.

The aim is to help you to move better in daily life, now and into the future. As the sessions go on, you should start to feel fitter and have more energy.

WHAT PARTICIPANTS HAD TO SAY ABOUT HEALTHIER TOGETHER

"I was anxious about the classes from the outset. Doing the digital class was great for me. I enjoyed the interaction and enjoyed listening to the others. The tutor Laura was really good and was happy to answer questions. Helped to show different ways to help with your issues. I wish the course had been longer as it was very informative and enjoyable."

"Lorna who done the physical side is very knowledgeable and her ways of exercising allows everyone to exercise no matter their limitations."

"A great course would really recommend. Hope there is more to come."

"I learned so much from these sessions and they really helped changed my mindset on what I previously thought to be true."

"Was able to exercise with underlying condition."

"I liked the interaction and knowing that there were other people who felt they were in a vicious circle with not being able to lose weight at the beginning and throughout the sessions."

"Kay's knowledge made me know that this was going to work for me as she really knew what she was talking about and that made all the difference to me. She cared and showed empathy to all of us as she understood our struggles."

"I enjoyed being part of these sessions. Everyone was there for the same reason. I felt it was a good group."

"The people in charge of the groups were very helpful, pleasant, and helpful towards every one of us attending."

"I am sorry it has come to an end and would like to thank everyone for their help on this journey. The three tutors involved I would like to say a huge thank you to them too."

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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