

Helping you reach a healthy weight

The following NHS resources and programs are available to help you achieve and maintain a healthy weight



Foodwise for life is an 8 week healthy lifestyle program delivered by trained Dietetic Assistant Practitioners.

These are fun and informal sessions aimed at helping you become more active and change your eating habits.

This can be delivered alongside **Get Cooking**, a practical, hands-on cooking course aiming to help build your knowledge, skills and confidence to prepare and cook a balanced diet.

For more information click [here](#) and [here](#) or scan the QR codes above to sign up





The Wellness Improvement Service (WISE) is a wellness coach led service using a lifestyle medicine approach to improve mental and physical wellbeing. They look at many factors affecting health and happiness including healthy eating and physical movement.

To register for the service, click [here](#).



If your BMI is over 30, or over 25 with a co-existing medical condition, speak to your GP about referral to the **Adult Weight Management Program** where you will receive support from a Dietician and other health professionals .