

‘Weight off your Mind’ Programme

The ‘Weight off your Mind’ programme is an online group weight loss course designed to help you build awareness of your health and wellbeing through self-reflection and problem solving. We will provide you with information and skills to help you to lose weight and maintain it long term.

More Information about the course

The sessions

The programme consists of six online group sessions running over three months, followed by a final masterclass. Sessions are held in the evening on the second and fourth Tuesday of every month and last up to 90 minutes.

The sessions take place online through a simple platform called One Consultation. You don’t need to download any apps, the link and access code will be sent to your email.

Smartphones or tablets sometimes cause connection issues, so we advise using an ipad, laptop or desktop. We also ask that you choose a private place to attend the sessions with good internet connection.

What’s covered?

During each session, we will cover different aspects of healthy eating, allow you to explore your relationship with food, discuss physical activity ideas and goal setting to help with weight loss.



Benefits of our programme

- It’s a healthy way to lose weight
- It provides lifelong skills to help maintain weight loss
- The sessions look at all aspects of eating
- It provides a safe space that does not judge
- Group members can share how they are getting on at each session and provide support to one another

Benefits of losing weight

- Reduces your chances of developing diabetes, heart disease and stroke
- Improves your blood pressure and blood cholesterol levels
- Improves diabetes control in people with diabetes
- Reduces the risk of some cancers
- Sometimes reduces the amount of medication needed
- Helps you look and feel healthier

Who can join?

This programme is for people with a Body Mass Index (BMI) over 30 (or a BMI over 27.5 if you have a South Asian, Chinese, other Asian, Middle Eastern, Black African or African-Caribbean family background) **in addition** to one or more of the following weight related medical conditions:

- Polycystic Ovarian Syndrome (PCOS)
- Osteoarthritis (wear and tear of knee and hip joints)
- Heart Disease



If you have type 2 diabetes and/or high blood pressure (hypertension) it is likely that you'll be eligible for the NHS England digital weight management programme. Your GP or pharmacist can refer you.
<https://www.england.nhs.uk/digital-weight-management/how-to-access-the-programme/>

How to join

If you have received a letter from us inviting you to the programme, please email us including your full name and NHS number.

If you wish to refer yourself and you meet our criteria, please email us including your full name, NHS number, current BMI and details of the medical condition listed above that applies to you.

Please be aware that we will need to access your medical records to ensure you meet our referral criteria.

What if I don't want to attend a group

We understand that joining a group can feel quite daunting. However, research and our experience tell us that attending a group is the most effective way to lose weight. The benefits of a group programme are:

- Being given information and support over a longer time
- Support and learning from others in the group

Find out more

Contact our team if you require any further information on this course.



Scan me

📞 0118 904 3251 (Mon to Fri 8am – 4pm)

@ virtualwm@berkshire.nhs.uk