

On the day of the appointment, press 'Join Microsoft Teams meeting' and once the updates have been installed you will enter into the lobby area of the meeting. At your appointment time, the dietitian will allow you to join the call.

You must confirm your identity and that you can see and hear the dietitian. Please check that you turned off the mute button.

If you would like to be seen, you will be asked to turn on your camera. By turning on your camera, you will be seen by the other members. The session is interactive and your questions are welcomed.

Technical Problems

If there are any technical difficulties with your online consultation, please refer to the handouts given.

What happens if you are unable to make your appointment?

Please be available to take your call. If you are running late you may be asked to make another appointment.

Contact us as soon as you are aware that you are unable to attend your appointment.

If you cancel within one week of your appointment you may still receive a reminder text to your mobile for the cancelled appointment.

Further Information

If you require further information about, or wish to cancel or reschedule your group appointment please call 01635 273710. Failure to attend your appointment may result in you being discharged from the service.

What happens if you are unhappy with the service you received?

If you are not happy about any aspect of the service you have received please call us so that we can improve things for you. Please call 01635 273710 in the first instance.

If you wish to make a complaint, please contact the Patient Advice and Liaison service on 0118 960 5027

Thank you for reading this leaflet. We look forward to meeting you.

Nutrition and Dietetic Service



Virtual Weight Off Your Mind

A different approach to
weight loss



Weight off your mind

Weight Off Your Mind is a weight loss programme run by our dietitians for anyone who needs to lose weight for health reasons.

It is designed to help you become more aware and attuned to the factors that influence what and how you eat, while giving you practical tips on how to lose weight the sensible way. The programme will show you how to manage your weight and eating habits through self-reflection and problem solving.

The programme consists of six sessions running over three months plus a final masterclass. Sessions are held twice a month and each session lasts up to 90 minutes.

How does it work?

Each session will be focused on a particular topic. We will provide you with information, methods and behaviour change skills to help you successfully lose weight and keep it off.

Topics we cover include:

- Healthy eating
- Why some diets don't work
- Physical activity
- Motivation and goal setting
- Self-monitoring
- Portion sizes
- Understanding food labels
- Managing cravings
- Glycaemic Index
- Eating out and special occasions

Benefits of the programme?

- It's a healthy approach to weight loss
- It is sustainable, providing you with tools that can be used for life
- It is holistic because it looks at all aspects of eating
- It caters for everyone
- It is non-judgemental

Losing weight can:

- Reduce your chances of developing diabetes, heart disease and stroke
- Improve your blood pressure and blood cholesterol levels
- Improve diabetes control in people with diabetes
- Reduce the risk of some cancers
- Sometimes reduce the amount of medication needed
- Help you look and feel healthier

What if I don't want to attend a group?

Many people find the idea of a group quite daunting. However, research and our experience tells us that attending a group is the most effective way to lose weight. The benefits of a group programme are:

- Being provided with information and support over a longer time frame
- Benefitting from being supported by others
- Learning from the experiences of others in the group

Where will I see the dietitian?

You have chosen to receive dietary advice via an online group consultation. We would recommend that you choose a private place to have this appointment.

Microsoft Teams

An invitation will be sent to the email address you have provided. The following link provides information regarding downloading the Microsoft Teams App and accessing your weight management sessions. Please read and follow the 'join by link' information.

Please be aware smartphones or connectivity issues may prevent virtual consultations so we advise using an iPad, laptop or desktop.

<https://support.office.com/en-gb/article/join-a-meeting-in-teams-1613bb53-f3fa-431e-85a9-d6a91e3468c9#ID0EAABAAA=Mobile>

What can I expect at my appointment?

Prior to your appointment please ensure that you are in a private area with reasonable internet connection. Home broadband should be sufficient.

You will have received an invite via email. This invite is unique to you, other members of the group and your clinician who will control and manage the online call.

Press 'Join Microsoft Teams meeting' to launch the web app. Click 'Join the meeting'. Your browser will prompt you to download and run a required plug-in.
We recommend you download the web app prior to your session