To be on time
• Although we understand that life is often unpredictable, it is important that you aim to arrive for the sessions on time. It is unfair if the session has to be interrupted by people who arrive late and you will miss information crucial to your weight loss programme.

To remember that everybody has a chance to speak, but no-one is forced to speak
• Every group member will be given the same opportunity to speak. Some people are naturally more talkative than others which may put the quieter members of the group off talking. The more people that share their views, the more everyone will benefit.
• Some people don’t like speaking out in public, and that’s fine too. No-one will be pressurised into talking if they don’t want to.

Do remember that this is your group
• Although you are attending this group, the majority of the work is done, by you, in between groups. We hope that you will be ready to work hard at changing your usual eating behaviour and physical activity levels during your contact with the service and that you will have the confidence and skills to continue after you leave the programme.
• So that you can get the most from the GCWMS, we hope you will be able to be open and honest about your progress.
• Please turn off mobile phones and arrange for children to be looked after by someone else, to allow you to attend the group with no distractions.

If after assessment and consideration of this information you would like to join the GCWMS Programme please phone: 0141 201 6118

Contact Details
GCWMS
Mansionhouse Unit
100 Mansionhouse Road
Langside
Glasgow G41 3DX
Tel: 0141 201 6115
Fax: 0141 201 6117
Email: GWMS@ggc.scot.nhs.uk
Website: www.nhsggc.org.uk/gcwms

Healthy body, healthy mind
Get started
Healthy eating
Weight loss
The Glasgow and Clyde Weight Management Service (GCWMS)

- This is a service for the people served by NHS Greater Glasgow and Clyde.
- The staff team includes dietitians, psychologists and physiotherapists.

The GCWMS aims to help you:

- Change your eating behaviour and physical activity levels.
- Develop confidence and skills to change unhelpful habits.
- Lose enough weight to improve your health. A modest weight loss of 5-10kg (11-22 lbs) can significantly improve your health.
- To successfully maintain your weight loss over time.

Your first appointment

- Your first appointment will be an initial assessment and you will be seen by a member of the GCWMS team.
- This usually takes up to one hour to complete. The assessment will include dieting and weight history, activity levels, how you are feeling, the problems you have that are associated with your weight, and your readiness to change aspects of your lifestyle in order to lose weight.

What happens after the first appointment?

- The person who carries out the assessment will discuss what options are available to help you.
- Further appointments will usually be carried out in groups. Your first group involves one session per fortnight, over a 4 to 5 month period. Groups are held at monthly intervals thereafter.
- Individual interventions may be available if a group approach is unsuitable.

Interventions

- Interventions will be delivered in the Mansionhouse Unit, Sir James Clark Building, Paisley or in local venues.
- Interventions will include nutrition and physical activity advice and psychological approaches to health behaviour change.
- You will learn about many different things, e.g. healthy eating, your own eating habits and ways of preventing relapses (falling back into old habits).

Get Started

- Get Started classes (sessions to increase levels of physical activity) are held at various locations for service users of the Glasgow and Clyde Weight Management Service.

Will there be any follow-up?

- The GCWMS will review how you have got on and offer you further advice and support if you need this.

Your role

To attend all sessions

- Following your assessment, you will be given time to consider whether you would like to commit to the programme.
- If you decide to commit, it is vital that you attend all the sessions of the programme.
- The groups are “closed groups” Once a group has been formed, no new people will be able to join. There are morning, afternoon and limited evening groups and you may need to make arrangements so that you can manage to attend each session.
- If you cannot attend, please phone us

Continues overleaf