

# Weight Management in Cornwall

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THE HEALTH PROMOTION SERVICE - WILSON WAY - POOL - REDRUTH - CORNWALL TR15 3QE  
WEBSITE: [www.healthpromcornwall.org/index\\_WM.asp](http://www.healthpromcornwall.org/index_WM.asp)

## Weight Management in Cornwall

This newsletter aims to share good practice and highlight the benefits of providing group support.

It has been a busy year with Health Trainers offering community Weight Management

Groups, Weight Matters working in partnership with Leisure Providers, GP practice's and workplaces offering

patients and staff group support.

I would like to get contributions from anyone who has good practice to share.

If you want to register to receive a copy of this newsletter email [mary.williamson@ciospct.cornwall.nhs.uk](mailto:mary.williamson@ciospct.cornwall.nhs.uk) to be added to the list.

## SURGERY'S OFFER WEIGHT MANAGEMENT GROUPS

3 patients with the nurse who have now lost over 50lbs between them.



Carnon Downs Surgery have run three Weight Management Groups and over 50 patients have attended. Recruitment for the groups is via a surgery

display and referral by health professionals within the practice.

Jackie (Practice Nurse) said "running weight

management groups in this way allows us to support more people than we could in the practice. Participants are supporting each other and attend swimming session together. Patients report learning new skills which help them and their families."

### Staff Lose Pounds!!

Workplace groups are proving successful. To promote sustainability try to identify a member of staff who would shadow the delivery and can continue to facilitate a group. To save staff time these groups were offered for 6 week at one hour a week.

# Cornwall Health Trainers Shape Up Group's Impact on Peoples Lives

A part from participants learning how to manage their weight more effectively Beth Mitchell reported that in some groups lasting friendships

are being formed. "It worked out that 3 of the ladies who attended all have husbands that have had heart bypasses and they have now shared

contact details and are supporting one another. They have also joined the local walking group along with one of the husbands."



## GOOD PRACTICE IDEAS

Weight Concern have a free newsletter with up to date idea and up to date research. To register for the newsletter visit the website [www.weightconcern.org.uk](http://www.weightconcern.org.uk)

## DID YOU KNOW

- ◆ Men who ate quickly were 84% more likely to be overweight and women 50% more likely?
- ◆ Keeping a diary can double your amount of weight loss!

## WEIGHT MATTERS

Working together with LEAP, Eatsome & Mobilise group participants have an opportunity to gain practical experience of cooking and exercise as part of a 2 hour session. Being introduced to the walking groups has identifies a cheap sustainable exercise opportunity that they can continue once the group ends. These groups are offered over 8 weeks at 2 hours each session.

## NEWQUAY SHAPE UP REUNION

Health Trainers offered members of past groups an opportunity to attend a reunion group. This provided a good opportunity to evaluation whether participants had managed to maintain their behaviour changes. Feedback was very positive and everyone had continuing with their goals. Those attending have now formed an afternoon club which will meet regularly for a chat, refreshments, healthy cakes and alternatives!

## SHAPE UP TRAINING AND SUPPORT

If you would like any information or support offering a Shape Up Group in your area please contact me

For more information contact Mary Williamson on 01209 310063  
or e-mail [mary.williamsom@ciospct.cornwall.nhs.uk](mailto:mary.williamsom@ciospct.cornwall.nhs.uk)