

Are you a York resident looking for support to feel healthier, eat well and move more?

City of York Council is working with Slimming World to offer a **free** 12-week weight management programme. You are being offered this programme to help you make positive changes to your diet and lifestyle and reduce risks of future health problems.

To start your registration for your free 12-week referral to Slimming World

Visit: https://slimmingworld17.eu.qualtrics.com/jfe/form/SV_8jMFj6zoYpqM3t4?SchemeID=10340

or scan the QR code:



- By clicking on the above link above you will be asked to fill in a form. This will ask for your personal details such as your name and address.
- Your details will be passed to a trained advisor at Slimming World. They will contact you to complete a questionnaire. Once the questionnaire has been completed, Slimming World will add you to their referral list. Please ask a friend or relative if you need help filling this in.
- During the call the trained advisor will ask you some questions, e.g. your weight and height, and NHS Number (at the top of this page). To answer these questions you will need this letter.
- The advisor will discuss the Slimming World programme and find the group nearest to you.
- If you are unsure or nervous after speaking to the helpline a local Slimming World Consultant can contact you to tell you more about Slimming World before your first attendance.

About Slimming World

Slimming World offers group support every week to help you make healthy changes to your daily life. The Food Optimising eating plan is based around satisfying your appetite with healthy everyday foods like fruit and vegetables, pasta, potatoes, eggs, fish, lean meat and chicken so that you never go hungry. It's a long-term plan, not a quick fix, so no food is banned and whatever your favourite treat is, you can still enjoy it in moderation.



Motivating you to become more active gradually, when you feel ready, is Slimming World's optional Body Magic programme. It works by redefining what is seen as activity so that anything that gets you moving more, from washing the car to walking the dog, is rewarded and counts towards your weekly total.

As a member, you choose the target weight that you feel happy with and are motivated and encouraged in hour long weekly meetings to share experiences, recipes and ideas with your fellow slimmers in a warm, supportive environment. Research shows this is crucial to weight loss success and, once you reach your target weight, you can attend for free. Groups are led by trained Slimming World Consultants, all of whom are former members and have lost weight on the plan themselves. Your weight always remains confidential and your weight losses and gradual changes towards a healthy lifestyle are celebrated.

