



LLWCHWR WEIGHT-LOSS LIFESTYLE PROGRAMME:

What is this programme?

The Llwchwr Weight-Loss Lifestyle Programme is a free NHS programme delivered through weekly group face to face or online video sessions. The course has been designed using the latest science and principles of Lifestyle Medicine .

Lifestyle Medicine uses current research evidence to help people make sustainable lifestyle choices by supporting behavioural change. Not only can Lifestyle Medicine optimise health, but it can also prevent and even reverse chronic diseases such as Diabetes, High blood pressure and fatty liver disease.

Our programme is designed to support people who want to change their lifestyle but are not sure how to go about it in the most effective way. We will give you the advice, support, and confidence to make the right changes for your health.

Who runs the course?

Dr Josephine Sartori, GP at Tyr Felin Surgery and Dr Pam Brown, GP with a Special Interest in Diabetes and Lifestyle Medicine.

Who is it for?

You need to be registered with a GP practice within the Llwchwr cluster network:-

Estuary Group Practice, Tyr Felin Surgery, Princess Street Surgery or Tal-y-Bont Surgery.

You are likely to be eligible if either;

- you are overweight with a BMI greater than 30.
- you have a diagnosis of Diabetes, Pre-Diabetes or Non-alcoholic fatty liver disease.

Currently the course is not appropriate for people who are :-

Under 18 years of age

Have been diagnosed with an eating disorder by a health care professional.

Currently Pregnant or Breast feeding

Currently on Insulin therapy for Diabetes

Currently under the care of a psychiatrist or the Community Mental health Team

Why does the programme have to be done in a group?

Group consultations are the most effective way to help people wanting support to make lifestyle changes. There is strong research evidence demonstrating that group consultations improve outcomes for patients with chronic conditions such as Obesity and Pre-Diabetes. Group consultations can also improve quality of life compared to one-to-one consultations. Group consultations have high attendance rates, and research has shown that 97% of people who participate in group consultations are very happy with this approach.

What does the programme involve?

The programme will consist of weekly face to face sessions at Tyr Felin Surgery over 6 weeks followed by monthly drop in sessions either face to face or online. We will also be offering an online version of this course in January 2024.

The group will usually consist of 10-20 members.

Before the course commences, you will be asked to complete health questionnaires and consent forms.

At the start of the course, we will undertake some measurements such as weight, blood pressure etc. You may be asked to undertake blood tests to check your liver function, blood glucose and cholesterol. We will need to access your GP records to view your results, check any medication and history regarding relevant medical conditions only. This is a very important part of the course, as it will enable us to measure improvements made and help you understand how the changes you make improve your health. We will repeat these measurements at the end of the course and provide you and your GP with a report of your progress.

What will I need to do?

You will need to commit to attend the group session face to face for 60-90 minutes a week for the first 6 weeks the course. Then every 2 weeks for the following 6 weeks. The programme runs for 12 weeks in total and is followed up with monthly drop in sessions. You will also need to devote time during the week to achieve your lifestyle goals.

We will provide you with a workbook, but we recommend that you bring a pen and notebook to note down questions which occur during your week or to take notes during the weekly sessions.

If you do not have time to complete work in between our sessions, then this may not be the right time for you to undertake this course.

Where are the sessions held?

Our face-to-face group programme is based within Tyr Felin Surgery. We will also run a remote programme for those who may find it difficult to attend in person.

Can a relative or friend support me on the group course?

Yes, if they complete a consent form. We understand that some people may feel nervous about attending a group session. Friends and relatives are a very important help in supporting you to make lifestyle changes. Often, after the first one or two sessions, you will find that you enjoy the sessions and do not feel so anxious.

If you have any further queries, please contact us at Obesity.Llwchwr@wales.nhs.uk