



Would you like some support with your weight?

There are a number of options available to you from the NHS to support you!

As a practice, we collectively believe in the benefit of a diet based around low Carbohydrates to help support healthy weight and improve your general health. Two sources of information to read further about this including practical diet advice are:

Low Carb Freshwell Project:

<https://lowcarbfreshwell.co.uk/>



Newforest PCN Low Carb Website:

<https://newforestpcn.co.uk/low-carb/>



Note – If you are a diabetic please discuss with your GP or diabetic nurse before making significant change to your diet

The following services **DO NOT** need input from your GP. You can self-refer yourself:

MoreLife:

MoreLife provide weight management programmes for adults, designed to create long-lasting shifts in behaviour and give clients the tools and support they need to achieve their health goals.

The adult programme lasts 12 weeks. It is group based. Each session lasts 1.5 hours.



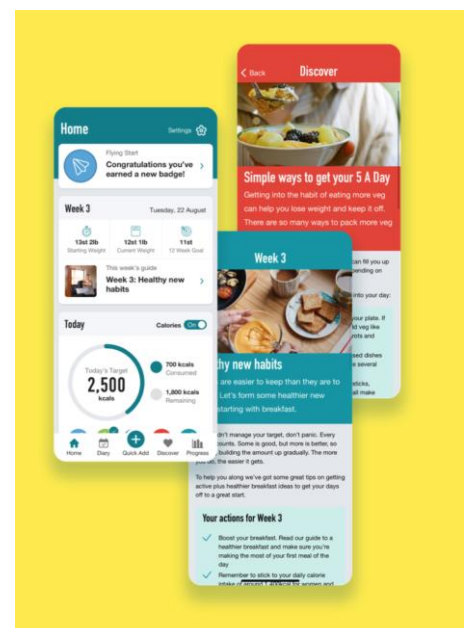
This service is free to access for patients registered to Asplands Medical Centre. However, there is **eligibility criteria** which you can access on the website.

<https://www.more-life.co.uk/what-we-do/our-services/in-your-area/bedsmk/>

NHS Weight loss plan

Exclusively online free 12 week plan that is based on an app. It aims to help you start healthier eating habits, be more active and start losing weight.

<https://www.nhs.uk/better-health/lose-weight/>



 **Download the free NHS Weight Loss Plan**

The following services **DO** need input from your GP. They can refer you to the following services:

NHS Digital Weight Management programme

If you are living with obesity and have diabetes and or high blood pressure you are eligible for this service.

Once referred you will be offered a different, free, 12 week digital (online or via app) weight management plans to help you.



Health and Wellbeing Coaches

Our Practice has capacity for face-to-face appointments for practical and personalised advice to patients with a Health and Wellbeing Coach. If you would like to know more about this, you can discuss it with your GP during a consultation.