



What will happen after your 12 week programme?

Following your 12 week programme, your maintenance plan will support and encourage you to continue with the positive changes you have made for you and your family

The Health and Lifestyle Programme works closely with:

- The Maternity Wellbeing Programme
- The NHS Health Check Service
- Exercise referral and Community Weight Management Programme
- Places where people work

How to access the Health and Lifestyle Programme:

If you think the programme is for you or would like to receive more information, contact the programme administrator at:

The Health and Lifestyle Programme

Monkton Hall
Bedewell
Monkton Lane
Jarrow

NE32 5NN

Tel: 0191 283 1156

(answerphone available after 5pm)

Fax: 0191 283 1491

NHS South of Tyne and Wear (serving Gateshead Primary Care Trust, South Tyneside Primary Care Trust and Sunderland Teaching Primary Care Trust) is committed to raising the standard of written information for patients, their carers, people who use the NHS and the general public.

This information can be made available in another format or language on request.

For further copies of this leaflet please contact the team above.

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Working together to make
South of Tyne and Wear
HEALTHY FOR YOU



South of Tyne and Wear

Community Health Services

The Health and Lifestyle Programme in South Tyneside



A guide for you

Gateshead Primary Care Trust
South Tyneside Primary Care Trust
Sunderland Teaching Primary Care Trust



Your Health and Lifestyle Advisor Team

We are based in your local community for your convenience and accessibility. Each Health and Lifestyle Advisor is dedicated to encourage lifestyle changes and help you lose weight – for good.



Who is the programme for?

The programme is available free of charge to people in South Tyneside who would like to make lifestyle changes that are realistic, achievable and that are designed to meet your individual needs.

Some activities may incur a small charge, however we will always offer a free alternative.

It is provided for adults aged 16 and over, with no upper age limit, but in the future there is an aim to expand and include other age groups. You do not have to be referred by a GP or Health Professional as you are able to self refer by ringing the team.

Why should I consider making healthy changes?

Making lifestyle changes can help to reduce the risk or help to manage heart disease, osteoporosis, diabetes, some cancers and other long term conditions.

Healthy changes can help to:

- lose weight
- improve diet
- improve mobility and help to manage osteoarthritis
- increase levels of physical activity
- improve breathing and overall fitness
- Feel more energetic
- improve mental wellbeing
- increase confidence and self esteem

What to expect

Your Health and Lifestyle Advisor will contact you to arrange an appointment at your convenience at a centre in your local area for an initial health check. This will include height, weight, body mass index (BMI), blood pressure, waist and hip measurements, and if our service is not suitable for you, we will signpost you a service to suit your needs.

At our first appointment you will be given a food diary to record everything you eat and drink for 7 days. This allows us to understand your normal eating habits. Together we will work to plan and develop a 12 week personal programme, designed specifically to meet your individual health needs, which may include advice on:

- energy balance and weight loss
- portion sizes and control
- fat, sugars and salt
- food labelling
- eating out
- increasing physical activity levels
- how to access the exercise referral programme
- making use of activity services in your local community
- how to use some new and unique easyline equipment, ideal for those who do not want to use a traditional gym

You will have regular contact with your advisor to support and monitor your progress.