

Privacy & Confidentiality

Workshops and individual services are confidential.

However, as we work closely with GPs, we will inform your GP that you are accessing PositiveStep.

Please note that PositiveStep has a responsibility to protect any child or vulnerable adult. To fulfil this duty, we will, if necessary, pass information on to other relevant agencies.

Feedback

If you have a complaint which cannot be resolved by your PositiveStep Worker, please call PositiveStep or PALS:

PositiveStep—01934 523766

PALS (Patient Advice & Liaison Service) - 041249 468261 or 08000 731778

Ways to access PositiveStep

Courses are available across North Somerset at various times. Upcoming courses are advertised on our website. To join a course, please check the website or call the number below.

www.positivestep.org.uk

0300 300 0834

positivestep
supporting wellness in North Somerset

The Coast Resource Centre
Diamond Batch
Locking Castle
Weston Super Mare
BS24 7FY

Email: enquiries@positivestep.org.uk



Free
Weight
Management
Support

Get Ready for Change

positivestep
supporting wellness in North Somerset



Weight Management

Changing habits is hard—losing weight and making lifestyle changes are no exception.

To help you with your weight management, as well as feel less stressed about it, there is a **free course** for adults in North Somerset called **Get Ready for Change**

We meet for 2 hours a week for 6 weeks.

The course provides information which can help you become more motivated to change and will show how to overcome some of the obstacles to weight loss.

It is run by a member of the psychology service with a dietician who runs one session.

Who is the course for?

The course is designed for people who have struggled with weight management and who might benefit from taking a different approach. This course looks at different ways of thinking about weight management and how this may impact on your daily life.

Topics include:

- Thinking about change
- Eating and emotions
- Dealing with cravings
- Healthy, balanced eating
- Stress management
- Assertiveness and communication

We ask that people have a BMI of between 25 and 40; you can calculate your BMI at www.nhs.uk/BMI or call us if you do not have internet access.

What others have said about the course:

‘Excellent course, felt valued and supported. All ideas they gave sound possible’

‘It has helped me to identify and change difficult diet habits during the day’

‘Gave a good understanding of our relationship with food’

‘Helped me to identify where I have issues surrounding my ability to control thoughts & emotions with food & how to manage better’

‘Excellent facilitators focus on being supportive and safe, non-judgmental’

‘Very informative and positive throughout’