






Guided support
to lose weight
for good



FREE 1-to-1 weight management
programme for those living with
mental health conditions

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Norfolk and Suffolk
NHS Foundation Trust

 Norfolk
County Council

 thriving
WORKPLACES

Refer your client for our FREE weight management programme

- A 12-week, **one-to-one programme** designed for those with mental health concerns, with its roots in our gloji weight management programme.
- Using a **behaviour change approach** to help make small, sustainable changes to improve health and wellbeing for good.
- Our specialist weight management practitioners with **mental health training** offer flexible support tailored to meet people's needs and circumstances.
- Helping people to **lose 5% of their body weight** in line with public health guidance.
- **Weekly advice on lifestyle factors** like healthy eating, physical activity, sleep, smoking and alcohol.
- Practical help with recipes, articles, tips and guides and a **weight loss journal**.
- **Signposting to relevant community** partners to help people to sustain their weight loss.

How to refer...

Scan the QR code with your smartphone camera to be taken to the referral form.

Or visit this link www.thrivingworkplaces.org.uk/gloji-mind-plus

