



your first week at Slimming World

As soon as you walk through the doors of any Slimming World group, you can be assured of a **warm welcome** from your **Consultant** and **fellow members** – a group of **really friendly people** all at various stages in their weight loss campaign.

Once you've been welcomed and before you decide whether to join, your Consultant will tell you all about **Slimming World** and **Food Optimising**. Your **'new member talk'** begins around 10 minutes after the group's start time, during which the other members will be getting weighed and generally chatting.

You'll then be invited to join the other members and enjoy the session called **IMAGE Therapy**. It stands for Individual Motivation And Group Experience and it's full of warmth, friendship, laughter, ideas being shared, recipes, inspirational stories and much, much more...

Along with the other new members, you'll then be invited to **enrol** and be weighed. **Your weight remains private and confidential**. Because of your new member talk your first group usually lasts around 1½ hours then around an hour each week after that.

are there any extra costs involved?

No, everything you will need to lose weight with Slimming World is **included** in the membership pack you'll be given at **your first meeting**.

There are **recipe books** and **magazines** available to buy if you'd like to but you'll find **members swap** and **share information** and there'll be **plenty of recipe ideas** and **books** available for you to use in the group.

All we ask is your commitment to attend the group regularly.

over to you!

If you've already made your decision to take up this invitation **we know you won't regret it!** We're confident you'll enjoy slimming with support from Slimming World as much as we enjoy providing it.



Slimming
WORLD
on Referral

Will you feel embarrassed?
Will everyone be slim except you?
Absolutely not!

You'll find:

- ♥ **there are no strangers** – only friends you haven't met before – all with the same hopes and dreams and all ready to help you fulfil yours.
- ♥ **there'll be no embarrassing revelations** about how much you weigh or anything else – your weight is never disclosed.
- ♥ **a friendly and highly trained Consultant** to guide and support you.

Sandra Robinson astonished her GP by turning her health around after losing over 6 stones with Slimming World:

"It was just the situation I normally avoided, a room full of people. I wish I'd overcome my fears earlier. The support of the group and my Consultant have been a life saver. I'd advise anyone feeling nervous about joining, there's no need – you'll find a warm welcome awaits you."

a warm
welcome
awaits you
at
Slimming World



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a guide for patients

Slimming
WORLD
on Referral

here for you

You have been offered membership of Slimming World by your health care team to help you lose weight. Working in partnership with Slimming World, your health care team will pay for you to attend a local group each week for an initial period of 12 weeks.

We **truly believe** that a **Slimming World group** will help you to **lose weight** in a way that is **enjoyable and healthy**.

This leaflet aims to answer some of the questions you may have about Slimming World and the Slimming World on Referral service. Other questions can be answered by calling the Consultant who runs the group you decide to join. She or he will be very happy to talk to you.

where do I start?

Choosing a Slimming World group to join is the first step, and we're sure you'll find one that's easy to reach from your home or place of work. Your health care team may help you choose a local group, or you can find your nearest group on our website www.slimmingworld.com, or by phoning **0844 897 8000**. The details include names and contact numbers of Slimming World Consultants who run the groups in your area. All our **Consultants** are **warm, caring people**, who understand exactly what it's like to be overweight, and are highly trained to give you the very best support. Your Consultant will be there to greet you at the group and will be happy to answer any questions you have.



how does it work?

A Slimming World group offers you the three essential things you need to lose weight successfully:

A **healthy eating plan** that is easy, safe and works for all the family, an easy way to help you **build activity** into your everyday life and, most importantly, **excellent support**.

1 Food Optimising

– Slimming World's famous eating plan is a **healthy, generous and flexible** way to satisfy your appetite, so that you **never go hungry** and still lose weight.

2 Body Magic

– a plan to help you **increase physical activity** in a way that **fits your lifestyle**. You won't be exercising within the group meeting and you won't be expected to join a gym (unless of course you want to!)

3 Group support

– most important of all, your Consultant and fellow members will give you as much **support** as you need **every week** in a **warm and friendly group of people** who will understand and help motivate you to make the **lifestyle changes** you need. This support is available between groups too, if that's helpful to you, and you'll have **free** access to online support 24 hours a day.

All these features of Slimming World group membership are fully in line with the best practice in weight management – one reason why your health carer recommended Slimming World to help you lose weight.



what happens once I've been referred?

You'll receive a referral form which entitles you to receive a membership card in your first week in group. The form will either be issued by your health care team or you'll be given a number to call to request it.

Your card is identical to those used by other members of the Slimming World group and you will be treated in exactly the same way as all Slimming World members.

- ♥ We need you to attend your first group within one month of the date shown on the referral form.
- ♥ Once you've decided which group to join, you can enrol at the next group session just by going along; you don't need to make an appointment or call first, unless you want to.
- ♥ Your referral form is only valid if your name and relevant information are entered by your health care professional.

Your referral entitles you to **12 consecutive free weeks at a Slimming World group**. If you miss a week, unless you pre-arrange it with your Consultant for holidays, you will not be able to claim an extra session when the 12-week course ends. You can book up to two weeks during your referral period with your Consultant as absence. This is to encourage regular attendance which, from experience, we know is the key to successful weight loss.

what happens when the 12-week referral is complete?

You may feel you can continue without attending your group. However, we would strongly recommend you continue your Slimming World membership so that you can continue to receive the **vital support to help you succeed long term**. Your health care team may be able to supply you with a further 12-week course at your group. If not, you may decide to pay the weekly fees yourself.



Nathan lost nearly 7 stones



Jackie lost 1 stone 11lbs

are there any risks or side effects?

Only good ones! There are no risks to your health and no unpleasant side-effects when you lose weight with Slimming World. On the contrary, your health professional feels **your health will benefit** by losing weight. Losing small amounts of weight can result in vast improvements in health. We will not ask you to lose a large amount of weight in a short time, which could be damaging to your health. Your Consultant will work with you to set a realistic weight loss target.

Please note: At Slimming World we take your privacy very seriously. As part of the referral scheme, we will keep your health care team informed about your progress. We'll also use your data to audit, evaluate and develop our service – but only once all your personal information (that's anything that you could be identified from) has been deleted.