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Next course

Coach House Stourbridge

Starts 16th September

For 10 weeks

Time 6.00-8.00 p.m.

Thank you for making me feel like a million dollars. This is the best cheque I have written all year. T.M.

Happy birthday to us!!

Bridgit and I have been really busy over the last 12 months developing the programme we have:

- ❖ now run 5 programmes in Stourbridge and will be starting our next one in September.
- ❖ been successful in securing some funding from the Department of Health to support us to develop the business.
- ❖ become an accredited training centre with one of the leading awarding authorities in the UK.

- ❖ worked with the staff and management at one of the largest care homes for adults with learning difficulties in Halesowen. to support the residents to lose weight which was really inspiring.

We are really looking forward to the next 12 months and are about to put a tender to Dudley PCT to provide more services and more choice in the borough.

So watch this space.....



Thought for the day

If you always do
what you've always
done you will
always get what you
always got!

Training Opportunity

We have been fortunate to secure some funding from the Department of Health (hooray!!) and are currently putting the finishing touches to the tutor programme. This will be a level 2 accredited course and will enable people to come and work with us and be part of this really exciting growing business.

We will be fully supportive of those wishing to come on board and want to help us expand the company.

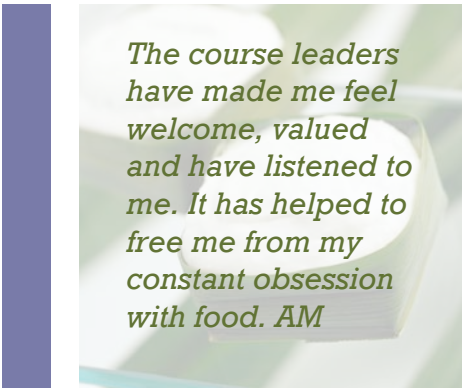
The training will take place at the Coach House in Old Swinford and Bridgit and I think it appropriate for people who have been on one of our programmes, as they would really understand our ethos and values.

This time the course is subsidised and therefore it will only cost £100. We think the value of future courses will be in the region of £1000

If you are interested give Bridgit or Sue a call for more details.

We have organised the sessions as follows:

- September 24: 4.30-7.30
- September 25: 9.00-12.00
- October 22: 4.30-7.30
- October 23: 9.00-12.00
- November 26: 4.30-7.30
- October 27: 9.00-12.00
- January 28 4.30-7.30
- January 29: 9.00-12.00



The course leaders have made me feel welcome, valued and have listened to me. It has helped to free me from my constant obsession with food. AM

Who we are

Bridgit and I wanted to set up an ethically led organisation to deliver our programmes.

So we decided to register Weight Managers as a community interest company.

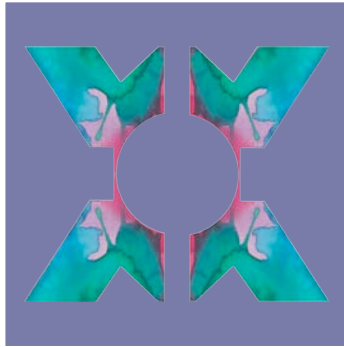
This is a legal structure, which is not for personal profit with social & community aims.

The surpluses are reinvested into the business and there are no shareholders.



Inside Out
The only
way!

It has really helped me to focus and understand food and food related issues. It has taken me back to basics and cut all the unnecessary rubbish around food. PL



What next?

New services

- ❖ Men only course to be run in Stourbridge and Birmingham, by men for men
- ❖ Develop a programme for support to care homes
- ❖ Organise a Boot Camp in April for a quick start to your new healthy regime
- ❖ Bridgit and I are continuing to train and will be completing a level 4 in weight management, Diabetes and nutrition
- ❖ Expand into other areas of the West Midlands
- ❖ Develop a level 3 for our tutors so there is continuing professional development
- ❖ Work with a number of specialists to provide more relevant courses for people from different ethnic backgrounds
- ❖ Identify contracts from NHS Commissioners to provide free at the point of delivery courses
- ❖ Work with parents to support their children adopt a healthier life style.
- ❖ As we progress we will let you know but please visit the web site which will also help to keep you up to date

Other things we do

Expert patient programmes A 6-week courses to support people and their carers living with long term conditions. They are free of charge at the point of delivery and are provided in partnership with Dudley and Sandwell PCT.

Visit the web site www.expert-patients.org.uk

Training for the wider third sector. We work together with a number of associates to provide tailor made training for third the sector, particularly those wanting to start a social enterprise.

Visit the web site www.foremostsolutions.co.uk

7 habits of effective teenagers. Provides students with a step-by-step framework for boosting self-image, building friendships, resisting peer pressure, achieving goals, improving communication and relationships with parents, and much more. The habits build upon each other and foster behavioural change and improvement from the inside out.

The Weight Managers programme is really different to any other I have tried as it really helps you to understand what you are eating and why you are eating. KO



The EPP sessions made a big difference to my life and I am really happy I went on the course. RG

Action planning was super, great tutors, it was really professional and helpful. JG

+ Contact us

Weight Managers CIC

Bridgit Richardson or Sue Gazey

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